

# 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 )**

## August 2018 Newsletter Summary



08/10/2018- Basic Sabre  
08/04/2018- Kung Fu class at Octavia Fields Branch Library.  
08/10/2018- Guest Instructor (Master Jia).  
08/11/2018- Kung Fu Birthday Party. 1 pm - 4:30 pm.  
08/13/2018- Women self defense class. 7 pm - 8 pm.  
08/18/2018- Kung Fu rank test  
08/20/2018- Kung Fu rank test  
08/25/2018-Picture Day 9 am - 1 pm  
08/27/2018-Picture Day 5 pm - 8 pm

### 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

### Tai Chi Rank Test

Date: 9-15-2018 ( Sat. )  
Time: 12 noon – 2:00 pm or  
9-18-2018 (Tue.) 8 - 9 pm.

### Tournament point:

Rosel Rodriguez	33
Ricky Shepherd III	33
Makinza Rodriguez	33
Avairya Rodriguez	30
Jeffrey Villarde	27
Madeline Briles	24
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!  
1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> Place-6pts; Participation-3pts.

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

### Report card point

Maya Rivadeneyra	9.00
Anika Glasco	6.75
Hunter Figueroa	6.75
Brandon Figueroa	6.75
Madeline Briles	4.50
Cameron Vancho	3.75
Connor Sherridan	3.75
Nicole Glasco	2.25
Parker Chaffin	2.25
Nickelus Moreno	2.25
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.

### Guest Instructor; Master Jia

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

Date: August 10, 2018 (Friday).

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

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

Date: August 10, 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.**

### Brown and Black Belt Kung Fu Rank Test

October 16, 2018 (Tue.) 6 – 8 pm

October 19, 2018 (Fri.) 6 – 8 pm

October 20, 2018 (Sat.) 9 am – 3 pm

### Inner-school tournament;

Date: September 22, 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.

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 .

<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.

#### Red, Brown and Black Belt Class

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



#### **New Student:**

Tony John

Orlando Taylor

Noah Gutierrez

**Welcome!**

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

September 17, 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

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

All A's - \$500.00

A & B's - \$300.00

All B's - \$200.00

#### **August Birthday**

Ashley Alagna	8/30
Eloy Saucedo	8/13
Brandon Rattay	8/21
Jennifer Rodger	8/09
Douglas Jasper	8/02
Xiomara Ramirez	8/26
Gabriel Sapp	8/07
Lisa Cooper	8/05
Jacob Darst	8/11
Edvardo Gutierrez	8/28
Jennifere Stuart	8/05
Robert Pomirko	8/28
Aaron Bernazal	8/20
Aaron Cook	8/13
Donovan Tran	8/13
Dillon Fragoso	8/25
Nathan Berry	8/07
John Kramer	8/18
DeJuan Bailey	8/21
Jordan Santos	8/31
Daniel Davison	8/30
Alexus Golden	8/31
Cameron Runnels	8/26
Marion Hunter	8/25
Jaisa Davis	8/23
Jose Guzman	8/25
Zakk Borg	8/03
Clarence Jackson	8/06
Jonathan Piacenti	8/01
Daniel Thibodeaux	8/23
Sharon Kolajczak	8/27
Dominic Sere	8/04
Shane Miro	8/26
Charbel Bechara	8/02
Ethan Fu	8/04
Angus Lyons	8/04
Kathleen Veley	8/06
Arturo Rodriguez	8/07
Jeffrey Villarde	8/11
Galilea Navarro	8/15
Jesus Delgado	8/15
Dillon Flanagan	8/15
Gwendolyn Doan	8/17
Lana Draughan	8/18
Dennis Dodson	8/18
Damien Macedo	8/18
Donato Salvitti	8/19
Clifton Powell	8/19
Dung Nguyen	8/20
Linda Alberty	8/20
Nolan Coston	8/10
Charlie Dove	8/13
Amanda Dunn	8/16
Chad Dove	8/16
Lily Valdez	8/20
Jared Torres	8/21
Alex Lyon	8/21
Julianna Uzeta	8/22
Cruz Flores	8/23
Carlos Aquino	8/26
Jimmy Sullivan	8/26
Jose Ramirez	8/30
Christine Kirk	8/30
Timothy Grier	8/30
Anthony Marcia	8/31
Elizabeth Lehmann	8/31
Mary Bush	8/05

**Happy Birthday**

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

#### Tournament point - 2017

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



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

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

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

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

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

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

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

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

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

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

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

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

# Wang's Martial Arts App.

We are excited to announce our school app is now available for download in Google Play or the App Store. In the app you will be able to find school events, sign up for rank tests, view requirements for each belt and more.

**Android Users:** If you would like to download the app please see Master Wang or Ms. Madeline so they can forward you the link to Google Play store.

**If you are opening this email on your mobile device just click on the link provided and it will take you to the App store**

**Apple Device:**

<https://itunes.apple.com/us/app/wangs-martial-arts/id1422637801?mt=8>

**Android Device:**

<https://play.google.com/store/apps/details?id=com.wangs.martial.arts>

**Once downloaded all you have to do is enter your name, email, and app code.**

**App code:** 2816823387 (no spaces or special characters)



**Wangs  
Martial Arts**

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**Date: August 13, 2018 (Monday),**

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

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

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

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## REGISTRATION FORM

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

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

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

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

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

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

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

Date: August 11, 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: 1:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),  
Veggie lunch (Veggie Hot dog, Veggie Egg Roll, Veggie Dumpling, Organic pop corn,  
Bottled water).  
Organic cookies, Singing Happy birthday song in English, Chinese & Spanish.  
3:00 pm – Fearless by Jet Lee. (After a terrible tragedy, a martial artist (Jet Li) retreats to a remote village to gain a new appreciation for the important things in life, but when he returns to the city to reconcile his past with the present, he gets caught up in a duel to the death defending China's honor.)  
4:30 pm - Party end.

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REGISTRATION FORM - Reservation before August 9, 2018.

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

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

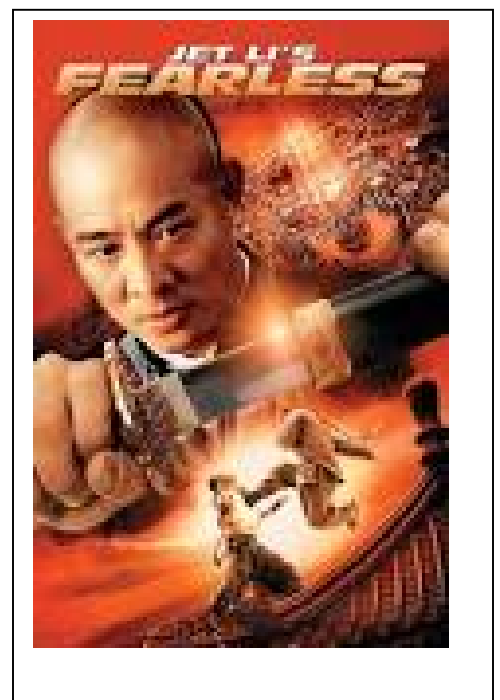
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

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

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

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

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



# Iron On Patches for Kung Fu Uniforms

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



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







# OFF-CAMPUS PHYSICAL EDUCATION INFORMATION PACKET

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Address \_\_\_\_\_

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

---

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

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

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



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

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

MIDDLE SCHOOL	ADDRESS	PHONE #	FAX #
Atascocita Middle School	18810 West Lake Houston Parkway Humble, TX 77346	281-641-4600	281-641-4617
Creekwood Middle School	3603 West Lake Houston Parkway Kingwood, TX 77339	281-641-4400	281-641-4417
Humble Middle School	11207 Will Clayton Parkway Humble, TX 77346	281-641-4000	281-641-4188
Kingwood Middle School	2407 Pine Terrace Kingwood, TX 77339	281-641-4200	281-641-4217
Riverwood Middle School	2910 High Valley Drive Kingwood, TX 77345	281-641-4800	281-641-4817
Ross Sterling Middle School	1131 Wilson Rd Humble, TX 77338	281-641-6000	281-641-6017
Timberwood Middle School	18450 Timber Forest Drive Humble, TX 77346	281-641-3800	281-641-3817
Woodcreek Middle School	14600 Woodson Park Drive Houston, TX 77044	281-641-5200	281-641-5319

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

**Grades Due to Registrar**

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

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

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

*(Due in December and June)*

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

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

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

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

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

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

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

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

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

\_\_\_\_\_  
Date

# Kung Fu Rank Test Results - 6/4/2018.

<p>Age 15 year old and +</p> <p>Chassidy Anguiano - Yellow          Nolan Coston - Yellow/stripe          Rob Sheridan - Yellow/stripe          Graig Glasco - Orange          Prajakti Glasco - Orange          Gisela Villanueva - Orange/stripe          Xiomola LaVerde - Green/stripe          Miguel Angelo Cacunindin - Green/stripe          Sarah Rivera - Purple/stripe          Harry Euegne - Red          John Prewett- Red/stripe          Rickey Shepherd - Red/stripe          Rosel Rodriguez - Red/stripe</p>	 <p>Rank test result - 7/9/2018</p> <p>Drew Conner - Yellow belt          Jad Kawaja - Orange/stripe          Xiomola LaVerde - Purple</p>
<p>Age 9 - 14 years old</p> <p>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</p> <hr/> <p>Age 5 - 8 years old</p> <p>Christopher Serrano - Yellow/stripe          Levi Garcia - Yellow/stripe          Anika Glasco - Orange          Cameron Vancho - Orange          Nicole Glasco - Orange          Maya Rivadeneyra - Orange/stripe          Connor Sheridan - Green          Juan Ceja - Green/stripe</p> <hr/> <p>Tai Chi test Result -06-16-2018</p> <p>Edu Araujo- Yellow Belt          Monica Johnston- Blue Belt          Guillermo Slack- Blue Belt          Richard Sibley- Brown Belt          Tania Myers- Brown Belt          Chris Duffy- Brown Belt          Bill Campbell-Brown Belt          Paul Greenwood- Black Belt 3rd          Susan Fischman- Black Belt 3rd          Russell Haws- Black Belt 5th</p>	<p>Brown &amp; Black Belt Test - 4/28/2018</p> <p>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</p> <hr/>  <p>Rank Test results - 4/30/2018</p> <p>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</p> <hr/>

**HAIR BY TERE BEAUTY SALON**

**1502 1<sup>ST</sup> ST E**

**HUMBLE, TX 77338**

**CELL: 832-513-3495**

**MARIA T. RIVERO**

**[TERE1475@HOTMAIL.COM](mailto:TERE1475@HOTMAIL.COM)**



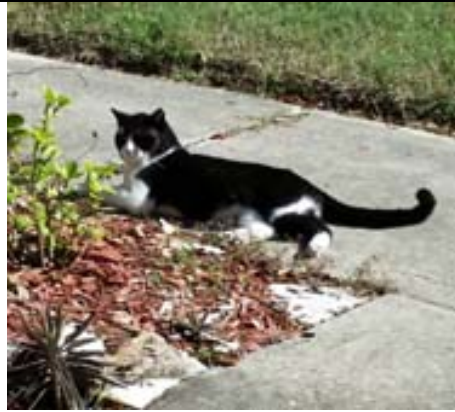
Wang's Martial Arts

**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.



# 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:

- 08/10/2018- Basic Sabre  
08/04/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
08/11/2018- Kung Fu Birthday Party.  
08/13/2018- Women self defense class. 7 pm - 8 pm.  
08/18/2018- Kung Fu rank test  
08/20/2018- Kung Fu rank test  
08/25/2018-Picture Day 9 am - 1 pm  
08/27/2018-Picture Day 5 pm - 8 pm
- 09/01/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
09/10/2018- Escrima (short) stick class. 7 - 8 pm.  
09/15/2018- Tai Chi Rank Test. 12 - 2 pm.  
09/15/2018- Kung Fu Birthday Party.  
09/18/2018- Tai Chi Rank Test. 8 - 9 pm.  
09/22/2018- Inner School Tournament.  
09/24/2018- Women's Self defense class 7 -8 pm  
09/29/2018- Lucky Land Demonstration 3 pm



**PLEASE HELP KEEP OUR SCHOOL  
CLEAN!**

**Do not leave anything behind.**

**Put your name tag on equipment bags etc.**

**We can contact you if anything is left behind.**

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

**But we will only keep for 10 days,**

**after that we will donate to HAAM in Humble.**

**T-Shirt days**

Wednesday & Saturday class

(Unless if we have special event, rank test, demonstration need to be in full uniform).



**\$12.00**

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

**KUNG-FU**

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

**T'AI CHI CHUAN**

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

# 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>



## Basic Escrima (short) stick Class

Date: September 10, 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 \_\_\_\_\_ .



# 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  
e-mail: [yyw3888wma@gmail.com](mailto:yyw3888wma@gmail.com)  
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 & 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 (2<sup>nd</sup>) Black Belt in Tai – Chi – Chuan on 27 February 2016 from Master Wang – Wang’s Martial Arts, I decided I wanted to reach out and give back to the community by teaching Tai – Chi classes at Retirement Centers in Kingwood, Texas.

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

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

Paul B. Greenwood  
Student Wang’s Martial Arts

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# 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  
e-mail wang3888@embarqmail.com  
Web site www.WangsMartialArts.com

## Basic Sabre Class

Date : August 10, 2018 (Fri.)  
August 17, 2018 (Fri.)  
August 24, 2018 (Fri.)  
August 31, 2018 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts  
5311 FM 1960 Rd. E. #J  
Humble TX, 77338  
(281) 548-1638  
(281) 682-3387

Fee : \$49.00 / \$24.50 for Review

(15-80 years old, Yellow belt & above.)  
( 9-14 years old, Green belt & above)



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### REGISTRATION FORM

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

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

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

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

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

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

# WANG'S MARTIAL ARTS SPONSORSHIP PROGRAM

Our school would like to invite its students, family and friends to join us helping a young man in need. Our school will be receiving the donations every day during class time. Funds raised will go towards food, clothing, personal hygiene products, and living arrangements.

## Andres Garcia

Andres is a 12-year-old boy from Venezuela. 2 years ago he was diagnosed with Rhabdomyosarcoma (RMS) alveolar paratesticular stage 4. After a year and two surgeries doctors thought he was clean from the cancer and was expected to have a complication free recovery. Never did they expect for a remainder of the RMS to not disappear with chemo treatment, nor did test or tomographies show its existence. Due to this issue three month ago he has relapsed and the tumor grew faster in the pelvic region, outside the bladder which caused issues to his ureters. He underwent two nephrostomy bilateral surgeries, so the kidneys could drain the urine. After two more surgeries they were able to remove 70% of the tumor. This tumor has also made a perforation in his colon that led to difficulty in his digestive tract. Because of this he is sent to get more chemotherapy to try to end what is left of the tumor, he is now on his second round of chemo. The chemo has helped in a small way but has also affected the suturing in the pelvic regions which have opened dues to the chemo side effects. He is still attending his chemo and making the best of the little hygiene products he can afford in order to maintain his body clean and away from infections. Andres will keep in touch and update us periodically about his condition, and how much the contributions have helped.



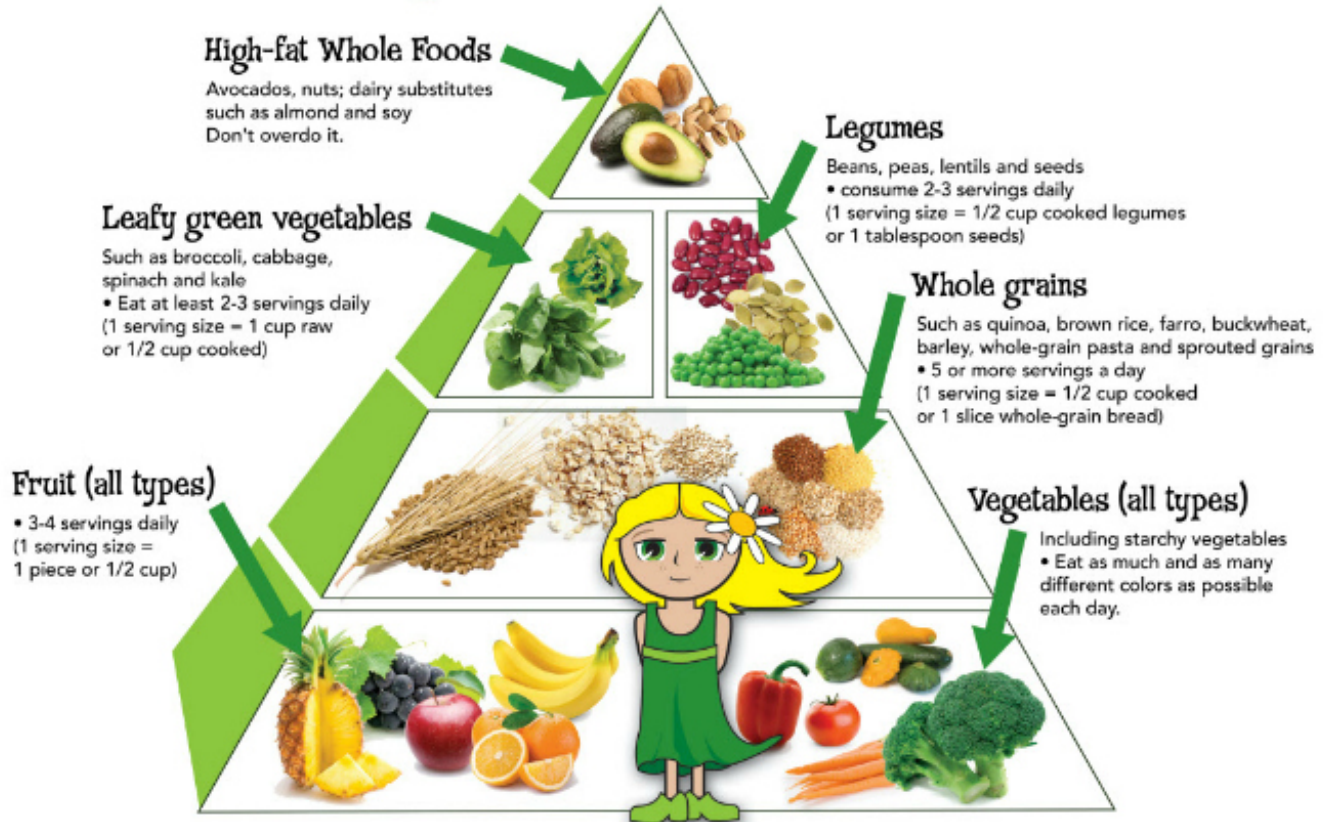
**We encourage our students and friends to donate pocket change for this long term project.**

### A message from Andres to you:

I want to thank everyone who has taken the time so help me in any way they can. I sometimes do not understand why this is going on with me, but to know I have the support of those who do not know me and are willing to help me; gives me not only joy but also the strength to get up and keep walking in this journey. From the bottom of my heart thank you so much for everything.

07-07-2018	\$40.00
07-18-2018	\$63.00
07-21-2018	\$22.00
07-28-2018	\$20.00
08-11-2018	\$20.00

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



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

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



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

**INNER SCHOOL TOURNAMENT**

Date: 9-22-2018 (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 \_\_\_\_\_



**Saturday, August 25<sup>th</sup> (9am-1pm) and Monday, August 27<sup>th</sup> (5-8pm)**

Kung Fu Black Belts - Black belt group on 08/25/18 at 10 am.

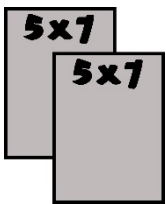
Tai Chi Black Belts - Black Belt Group on 08/25/18 at 1 pm.

Wang's Martial Arts School Photo Session

Wang's Martial Arts is going to update its student photo board. Jackie Curtis Photo will be photographing all students on Saturday, August 25th (9am-1pm) and Monday, August 27th (5pm-8pm). This will be offered the weekend after the Kung Fu Rank Test. Master Wang would like all of his Tai Chi and Kung Fu students to have their portraits taken. There is no cost to the session, but you may purchase your portraits if you would like a copy for yourself.

**Appointments will be 5 mins apart, 4 stance/ technique, 1 close up pose**

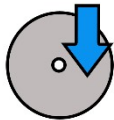
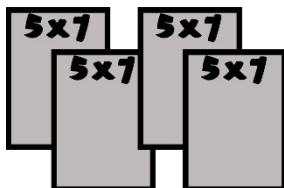
\* You can also include any weapon you have formally learned through the school. Take some time to choose what stance you would like to showcase your talent.



Kung Fu Portrait Packages

Package 2 \$19

- 2- 5x7



Package 3 \$29

(Get ½ off of additional family member's Package  
Example: 2 member family-\$43.5 Family of 3-\$58)

- 4- 5x7
- High Resolution Digital Images Download or CD

## Raw fruit and vegetables provide better mental health outcomes

Posted on May 7, 2018 in [Featured News](#), [Health](#)



The study surveyed more than 400 young adults — an age group with typically the lowest fruit and vegetable consumption and at high risk for mental health disorders. Image: Shutterstock

*New study identifies the top 10 raw foods related to better mental health: carrots, bananas, apples, dark leafy greens such as spinach, grapefruit, lettuce, citrus fruits, fresh berries, cucumber, and kiwifruit.*

— By University of Otago

Seeking the feel good factor? Go natural.

That is the simple message from University of Otago researchers who have discovered raw fruit and vegetables may be better for your [mental health](#) than cooked, canned and processed fruit and vegetables.

[Dr. Tamlin Conner](#), Psychology Senior Lecturer and lead author, says public health campaigns have historically focused on aspects of quantity for the consumption of fruit and vegetables (such as 5+ a day).

However, the study, published in [Frontiers in Psychology](#), found that for mental health in particular, it may also be important to consider the way in which produce was prepared and consumed.

“Our research has highlighted that the consumption of fruit and vegetables in their ‘unmodified’ state is more strongly associated with better mental health compared to cooked/canned/processed fruit and vegetables,” she says.

Dr. Conner believes this could be because the cooking and processing of fruit and vegetables has the potential to diminish [nutrient levels](#).

“This likely limits the delivery of nutrients that are essential for optimal emotional functioning.”

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**Related:** [Organic food provides significant environmental benefits to plant-rich diets](#)

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For the study, more than 400 young adults from New Zealand and the United States aged 18 to 25 were surveyed. This age group was chosen as young adults typically have the lowest fruit and vegetable consumption of all age groups and are at high risk for mental health disorders.

The group’s typical consumption of raw versus cooked and processed fruits and vegetables were assessed, alongside their negative and positive mental health, and lifestyle and demographic variables that could affect the association between fruit and vegetable intake and mental health (such as [exercise](#), [sleep](#), unhealthy diet, chronic health conditions, socioeconomic status, ethnicity, and [gender](#)).

"Controlling for the covariates, raw fruit and vegetable consumption predicted lower levels of mental illness symptomology, such as [depression](#), and improved levels of psychological wellbeing including positive mood, life satisfaction and flourishing. These mental health benefits were significantly reduced for cooked, canned, and processed fruits and vegetables.

"This research is increasingly vital as lifestyle approaches such as [dietary change](#) may provide an accessible, safe, and adjuvant approach to improving mental health," Dr. Conner says.

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# Heart health: What to eat and what to avoid

Published Today

By [Ana Sandoiu](#)

[Fact checked](#) by Jasmin Collier

Is dairy good or bad for your heart? And what about coffee? Are foods rich in omega-3 really as good as people say? These are legitimate questions that riddle the average consumer. A new review sifts through the nutritional studies available in order to give us the bottom line on which foods are best for heart health.



Legumes such as beans and peas are great for your heart, concludes the new review.



Here at *Medical News Today*, we're constantly keeping our readers informed on the latest trends in healthful [nutrition](#), as well as the scientific evidence that backs them up.

For instance, we recently reported on a [review](#) that critically examines the hype around [omega-3](#) supplements.

The scientific evidence doesn't support the claim that fish supplements protect against [heart disease](#), the review concluded, even though millions of people in the United States take them.

Similarly, a new meta-analysis of existing studies — conducted by the American College of Cardiology Nutrition & Lifestyle Workgroup of the Prevention of Cardiovascular Disease Council — reviews the pros and cons of popular foods for heart health.

Dr. Andrew Freeman, a Fellow of the American College of Cardiologists and the director of cardiovascular prevention and wellness at National Jewish Health in Denver, CO, led the research.

The [findings](#) were published in the *Journal of the American College of Cardiology*.

## **Controversy over heart-healthy foods**

Dr. Freeman explains the rationale for the review, saying, "The current nutritional recommendations show a heart-healthy diet is high in fruits, vegetables, whole grains, and nuts in moderation."

"However," he adds, "there are many food groups which can result in confusion for patients, including dairy, added sugar, [coffee](#), and alcohol."



## Large study reviews the cardiovascular benefits of walnuts

Here are the results of a review of clinical trials published over a 25-year period.

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[READ NOW](#)

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Indeed, while the National Institutes of Health (NIH) [recommend](#) fat-free or low-fat dairy for optimal heart health, several recent [studies](#) have suggested that full-fat dairy is not harmful to the heart and may even have cardiovascular benefits.

Similarly, moderate alcohol consumption has been [associated](#) with heart health benefits in many studies, but other researchers point out the methodological flaws and biases that may be responsible for these results.

So, Dr. Freeman and his team reviewed several meta-analyses of only the highest-quality papers to elucidate the link between heart health and alcohol, dairy, and other controversial foods.

## Foods you should avoid

The researchers found studies suggesting that low-fat dairy can lower [blood pressure](#). However, they also found that it may raise levels of "bad" [cholesterol](#), [fractures](#), and death risk from any cause.

**So, in light of this controversial evidence — and given that dairy is rich in saturated fats and salt — the researchers concluded that ideally, dairy products should be avoided or at least consumed with caution.**

Additionally, the team found a link between added sugars, such as table sugar or syrups, and a high risk of [coronary heart disease](#), [stroke](#), and death resulting from [atherosclerosis](#).

**As a result, they strongly advise that people avoid processed foods that have added sugar, as well as sweetened drinks such as soda, fruit drinks, sports drinks, and energy drinks.**

Finally, although a low to moderate intake of alcohol reduces the risk of cardiovascular disease, the researchers warn that people should not drink alcohol for its alleged cardiovascular benefits. This is due to the high risks of liver disease and [cancer](#), which outweigh its potential benefits.

## **Foods you should add to your diet**

Conversely, [legumes](#) such as beans, chickpeas, lentils, peas, soybeans, and peanuts lower the risk of coronary heart disease, cholesterol levels, and blood pressure. The consumption of legumes also helps reduce weight.

**"Legumes are affordable and a rich source of protein," Dr. Freeman says. "We should be incorporating more beans and bean-dishes like hummus into our diets to promote heart health."**

Coffee was associated with a reduced risk of death from any cause, as well as death from heart disease. No links were found between coffee consumption and the risk of [high blood pressure](#).

Some studies suggested that black and [green tea](#), when consumed without added dairy, sugar, or sweeteners, can contribute to a healthy heart and safe levels of [blood lipids](#) — which include cholesterol and triglycerides.

**Overall, evidence supports the cardiovascular benefits of plant-based proteins such as the ones from legumes, foods rich in omega-3 fatty acids, mushrooms, coffee, and tea.**

However, "There is no perfect, one-size-fits-all dietary pattern for preventing heart disease," Dr. Freeman says.

"But, most of the evidence continues to reinforce that a predominantly plant-based diet lower in fat, added sugars, added salt, processed foods, and with limited if any animal products [benefits heart health]."

Dr. Andrew Freeman



# 11 Things That Can Happen When You Drink Apple Cider Vinegar Every Day



*Meghan Jones*

Apple cider vinegar is making the rounds as a bit of a “miracle cure,” but what exactly does it do to your body? Here are some of the proven benefits.

## The flavor could grow on you



Michelle Lee Photography/Shutterstock

A big reason people are hesitant to try apple cider vinegar (ACV) is the taste. But not only can you mask the taste by mixing it into something else, you absolutely should: [Drinking apple cider vinegar straight could damage your esophagus.](#) Dilute the vinegar in a glass of water and honey to protect your throat and your taste buds.

If the flavor is still too much for you, give it time: [Jenny Sugar of PopSugar](#) was reluctant to start downing ACV, thinking “drinking it every day would be a chore.” But as she became more used to the flavor, she “started to look forward to it.” Likewise, Rebecca Lee, RN, a New York City nurse and founder of [RemediesForMe.com](#), discovered that she quickly grew so accustomed to the flavor that she increased her dosage. “To get myself started, I initially diluted a large glass of water with one small teaspoon of apple cider vinegar,” she told RD.com. “As I got used to it, I increased the amount of vinegar to two teaspoons. After a few months, I was up to two tablespoons.”

## Your appetite could decrease



Lesya89/Shutterstock

One of the best-known health benefits of ACV is its potential to help you lose weight. “Vinegar could lead to metabolic changes that support weight loss,” says clinical cardiologist Luiza Petre, MD. “Apple cider vinegar helps in weight loss [by] reducing appetite...and maintaining the fullness after meals longer.” Even small amounts of ACV have been proven to increase satiety. Jenny Sugar, during her ACV trial run, experienced these benefits firsthand. “[The] ACV lemon water satiated my appetite more than plain old water, which helped curb my desire to nosh after dinner,” she reports.

## You may stop craving sweet things



Annette Shaff/Shutterstock

In addition to helping you feel fuller longer, ACV may curb your sweet tooth, especially if you mix it with honey. The acetic acid in the vinegar helps tamp down your sugar cravings. And the best part? ACV satisfies those cravings even with its very small calorie count. “Apple cider vinegar is a very low caloric food—three calories per tablespoon,” says Lee. Yet it has essential vitamins and minerals, she says, including potassium, magnesium, and some fiber. Sounds like a pretty good deal. And that’s only scratching the surface of the many [reasons apple cider vinegar for weight loss works](#).

### Your stomach might feel better



9nong/Shutterstock

ACV works wonders for your digestive system. The prebiotics contained in ACV are incredibly beneficial to the healthy microorganisms that monitor your digestive system. Drinking it can also help regulate the amount of acid in your stomach, which leads to easier digestion. “My digestion was great all week,” Sugar reported of her ACV trial run. “No bloating or constipation—just a happy tummy.”

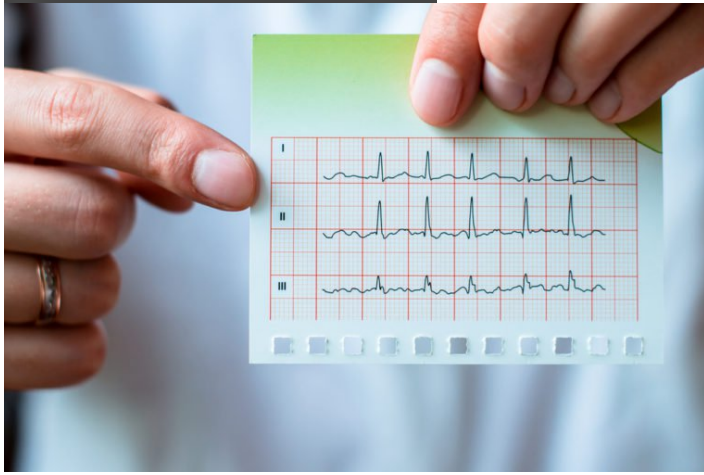
### It could reduce your blood sugar



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“Apple cider vinegar increases the efficiency of insulin in breaking down sugar, even during a high-carb meal,” says Lee. [Amy Leigh Mercree](#), author of *Apple Cider Vinegar Handbook*, adds, “A daily dose of ACV can help stabilize and regulate your blood sugar. This also can prevent insulin resistance, a symptom of pre-diabetes.” There is no scientific evidence to support *diabetics* using ACV to replace insulin or other diabetes medications, but incorporating ACV as part of a preventative diet might help keep pre-diabetics from ever developing the condition. Learn some more [apple cider vinegar myths you should know the truth about](#).

### It could boost your heart health



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If you're looking for a simple way to help lower cholesterol and your risk of heart attack, look no further than that bottle of ACV. "Apple cider vinegar [lowers triglycerides](#)," says Lee. "Triglycerides causes fatty plaque along your arteries. This buildup can lead to a blockage of blood flow." Likewise, the dietary fiber called pectin, found in both apples and vinegar, helps neutralize bad cholesterol.

### You could absorb more of your food's nutrients



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Another secret benefit of ACV is that it can boost the nutrients you absorb from other foods. According to the scientific journal *Bioscience, Biotechnology, and Biochemistry*, vinegar can help your intestines better absorb calcium; the same seems to be true for iron. "The helpful prebiotics in apple cider vinegar that feed our good bacteria allow us to absorb the vitamins and minerals from our food more easily," says Mercree. "This also helps our body function better and increases our overall health." Check out the full list of [amazing health benefits of apple cider vinegar](#).



**Your risk for cancer could decrease**

acid balance of our body,” says Lee. “This is important because cancer cells thrive in an acidic



environment.”

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Although there isn't much research indicating that ACV can prevent cancer, [a study back in 2004](#) suggested the vinegar could shrink and kill cancerous cells in test tubes. Despite the lack of direct evidence, many scientists do believe ACV has some anti-cancer benefits. “Apple cider vinegar is an alkalizing food that restores the alkaline/





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