

# 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 )**

## May 2018 Newsletter Summary

05/04/2018- Basic Sabre class start.  
05/05/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
05/05/2018- Humble Rotary Club Festival. 11 am - 3 pm.  
05/07/2018- Basic Escrima class 7 pm - 8 pm.  
05/13/2018- Mother's Day  
05/19/2018- May Birthday Party. 1 pm - 2:30 pm.  
05/20/2018- Chinese Culture class. 2 pm - 3:30 pm.  
05/21/2018- Women self defense class. 7 pm - 8 pm.  
05/28/2018- No class due to Memorial Day.  
05/26/2018- Lucky Land demonstration. 3 pm - 4 pm.

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

### Kung Fu Rank Test

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

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

### Report card point

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

Report Card Points – Turn in your report cards all year long for a chance to win a seven foot trophy at the Chinese New Year event!

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

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

### Tournament point:

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

Tournament Points: Don't forget to turn in your points after each tournament for a chance to win a seven foot trophy at the Chinese New Year event!  
1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> Place-6pts; Participation-3pts.

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

### Tai Chi Rank Test

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

## **Guest Instructor; Master Jia**

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

Date: May 11, 2018 (Friday).

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

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

Date: May 11, 2018 (Friday).

Time: 5 - 6 pm.

Cost: Paid by Wang's Martial Arts.

Time 8 - 9 pm.

Cost: \$50 per person.

Make check payable to:

**HeBei Chinese Martial Arts Inst.**



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

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.

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

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

Date: 5-14-18 (Monday)

Time: 7:00 – 8:00 pm



#### **New Student:**

Austin Hughes,  
Jackson Biscamp,  
James Kelly.

Lily Valdez,  
John Sheridan.

**Welcome!**

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

July 9, 2018 (Monday) 6 – 8 pm

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

All A's - \$300.00

A & B's - \$200.00

All B's - \$100.00

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

All A's - \$500.00

A & B's - \$300.00

All B's - \$200.00

\* 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.

#### **May Birthday**

Clifford Reynolds	5/12
Paul Turk	5/23
Roberto Matsumura	5/20
Steve Castelo	5/29
Emmory Leach	5/14
J.R. Phillips	5/7
Virginia Gordman	5/15
Gina Payne	5/15
Philip Spruell	5/20
Chris Castillo	5/25
Julius Herron	5/29
Justyn Davis	5/27
Deztanie Hellsten	5/00
Brian peveto	5/10
Tri Tran	5/27
Ian Ramirez	5/29
Nicholas Hung	5/1
Myriah Jones	5/4
Guillermo Slack	5/6
Kelly Sibley	5/9
Dana Rose	5/10
Bruce Varley	5/11
Jared Boullion	5/13
Miguel Angelo Cacanindin	5/13
Jeremy Rangel Rangel	5/18
Matthew olmsted	5/19
Andrew Guzman	5/28
Anai Muniz	5/1
Prajakti Glasco	5/14
Jozlyn Rodriguez	5/19

***Happy Birthday***

Inner-school tournament;

Date: June 23, 2018 (Sat.)

Time: 2 - 5 pm

Place: Wang's Martial Arts

Fee: \$45.00 up to two events

\$5.00 additional event

\$5.00 goes to scholarship fund.

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

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





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

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

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

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

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

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

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

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

#### Report card point - 2017

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

#### Tournament point - 2017

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



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

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

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

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

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

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

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

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

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

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

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

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



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**Date: May 21, 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: May 19, 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 Meatball, Veggie Egg Roll, Veggie Dumpling, Organic pop corn,  
Bottled water).  
Organic cookies, Singing Happy birthday song in English, Chinese & Spanish.  
2:30 pm – One of the old Bruce Lee movie (title to be announced).  
4:30 pm - Party end.

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REGISTRATION FORM - Reservation before May 17, 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: \_\_\_\_\_  
Campus: \_\_\_\_\_

Student ID#: \_\_\_\_\_  
Grade Level: \_\_\_\_\_

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

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

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

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

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

\_\_\_\_\_  
Date



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

Age 15 year old and +

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



Age 9 - 14 years old

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

Brown & Black Belt Test - 4/28/2018

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

Age 5 - 8 years old

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



Tai Chi test Result - 3/10/2018

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

Rank Test results - 4/30/2018

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



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

**Chinese Culture Class**



Date: 5-20-2018 (Sunday)  
Time: 2 - 3:30 pm  
Place: Wang's Martial Arts  
5311 FM 1960 Rd. E. #J  
Humble, TX 77346  
(281) 682-3387  
  
Learn simple read and speak Chinese.  
Try calligraphy, traditional Chinese brush writing.  
  
Cost: \$10.00 (Including the supplies)  
All proceed will go to scholarship fund.  
  
(Limited to first 15 people register)

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

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

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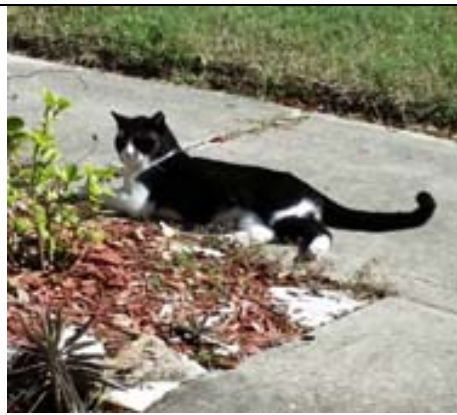
Wang's Martial Arts

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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  
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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:

- 05/04/2018- Basic Sabre class start.  
05/05/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
05/05/2018- Humble Rotary Club Festival. 11 am - 3 pm.  
05/07/2018- Basic Escrima class 7 pm - 8 pm.  
05/19/2018- May Birthday Party. 1 pm - 2:30 pm.  
05/20/2018- Chinese Culture class. 2 pm - 3:30 pm.  
05/21/2018- Women self defense class. 7 pm - 8 pm.  
05/28/2018- No class due to Memorial Day.  
05/26/2018- Lucky Land demonstration. 3 pm - 4 pm.
- 06/01/2018- Basic Bo class start.  
06/02/2018- Kung Fu Rank Test  
06/02/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
06/04/2018- Kung Fu Rank Test Make up day  
06/16/2018- June Birthday Party. 1 pm - 2:30 pm.  
06/16/2018- Tai Chi Rank Test  
06/18/2018- Women self defense class. 7 pm - 8 pm.  
06/19/2018- Tai Chi Rank Test Make up day.  
06/23/2018- Inner School tournament  
06/29/2018- No class due to Independence Day Until July 4  
06/30/2018- Lucky Land demonstration. 3 pm - 4 pm.



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CLEAN!**

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

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

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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

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e-mail yyw3888wma@gmail.com  
Web site <http://www.WangsMartialArts.com>



## Basic Escrima (short) stick Class

Date: May 07, 2018 (Monday)

Time : 7:00 - 8:00 PM

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

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

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

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Phone (Cell): \_\_\_\_\_

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

Amount paid \_\_\_\_\_ .

# Wang's Martial Arts

5311 FM 1960 Rd. E. #J  
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U.S.A.

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

## Sabre Class

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

Time : 8:00 – 9:00 PM

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

Fee : \$49.00 / \$24.50 for Review

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



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### REGISTRATION FORM

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

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

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July 24, 2017

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---

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

## Baisc Bo



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

Time : 8:00 - 9:00 PM

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

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

Fee : \$49.00  
\$24.50 for review class

---

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

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

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

Phone (cell): \_\_\_\_\_

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

# Ditch the Gluten, Improve Your Health?



Updated: April 12, 2017

Published: May, 2015

By: Robert Shmerling, M.D.

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

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

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

## What Is Gluten?

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

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

## Is This Really a Myth?

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

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

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

Three other features of many popular health myths include:

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

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

### Who Should Avoid Gluten?

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

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

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

### What About Everyone Else?

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

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

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

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

### What's the Downside?

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

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



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

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

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

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

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

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

### The Bottom Line

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



# 10 Benefits of Turmeric and Curcumin

The popular curry spice and its active ingredient (curcumin) offer a wide array of uses for health and wellness.

VERA TWEED

18 HOURS AGO

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•  
•



## 1. Improved Memory

For years, it's been suggested that eating lots of turmeric is a reason why seniors in India have much lower rates of Alzheimer's than Americans. Now, a study at the University of California Los Angeles may help to explain the

link. Among 40 people ages 50–90, those who took a curcumin supplement daily improved their memory, according to standard tests, by 28 percent after 18 months.

## 2. A Stronger Heart

A review of studies with a total of 649 patients, published in *Nutrition Journal*, found that both turmeric and curcumin supplements could enhance heart health by reducing LDL (“bad”) cholesterol and lowering triglycerides among people at risk for heart disease. Levels of “good” HDL cholesterol did not change. In earlier animal research, curcumin somewhat reversed enlarged hearts, reduced scar tissue, and improved heart function.

## 3. Healthier Skin

Treating burns and scalds with a topical curcumin gel enhanced healing, reduced pain and inflammation, and resulted in less or no scarring, in a study at the David Geffen School of Medicine in Los Angeles. In animal research, both topical and oral curcumin shows a protective effect against the most common form of skin cancer, squamous cell carcinoma. Many skincare products contain turmeric or curcumin to treat blemishes and soothe irritation. The herb is also taken as a therapy for eczema and psoriasis by natural practitioners.

---

### **Healthy Tip!**

If you have psoriasis, eczema, or a similar type of skin condition, consider taking a turmeric supplement to reduce flare-ups.

---

## 4. Better Digestion

Turmeric is a traditional remedy for indigestion, and studies have found it can help heal or prevent digestive disorders. British researchers found that a turmeric extract, taken daily for eight weeks, reduced symptoms of irritable bowel syndrome. In Japan, adding curcumin to prescription medications for



ulcerative colitis improved results. Adding turmeric to food can also reduce risk for bacterial stomach infections.

## 5. Less Dry Eye

A review of animal, lab, and human research, published in the journal *Planta Medica*, found that taking curcumin supplements for a few weeks can help relieve discomfort from dry eye and other eye conditions, such as allergic conjunctivitis, anterior uveitis, glaucoma, maculopathy, and ischemic and diabetic retinopathy. Researchers found that extracts designed to improve absorption, such as BCM-95 and Meriva, were some effective forms of curcumin supplements.

## 6. Seasonal Allergy Relief

A study of 241 people with seasonal allergies, published in the *Annals of Allergy, Asthma & Immunology*, found that curcumin significantly reduced symptoms, when compared to a placebo. Taken daily for two months, the supplement reduced sneezing, mucus, and nasal congestion, and improved breathing.

## 7. Healthier Arteries

With age, the ability of arteries to dilate deteriorates, increasing the odds of high blood pressure. A Japanese study of post-menopausal women, published in *Nutrition Research*, found that taking a daily curcumin supplement for eight weeks was as effective as doing aerobic exercise, in terms of improving dilation of arteries.

## 8. Less Diabetes

A study published in *Diabetes Care* found that curcumin supplements, taken daily for nine months, effectively prevented diabetes from developing among people who were already at high risk for the disease. In a group of 240 people diagnosed with prediabetes, none of those taking curcumin developed diabetes, compared to 16 percent of those taking a placebo. Curcumin reduced

inflammation and improved the body's ability to use insulin, which improves levels of blood sugar and keeps diabetes at bay.

## 9. Better Liver Function

Non-alcoholic fatty liver disease is linked to excess body fat and develops among 50–90 percent of those who are obese. A study of 87 people with the disease, published in *Drug Research*, found that liver health improved for 75 percent of those who took daily curcumin supplements for eight weeks. Among those taking a placebo, improvement was seen in five percent.

## 10. Arthritis Pain Relief

Studies with nearly 800 people have found that curcumin relieves pain from osteoarthritis, sometimes just as well as ibuprofen. And those with rheumatoid arthritis can also benefit. A study published in the *Journal of Medicinal Food* found that taking a curcumin supplement for three months reduced pain, inflammation, and medical markers of rheumatoid arthritis.

## Turmeric Supplements



New Chapter Fermented Turmeric Booster Powder



Nature's Answer Turmeric-3 Liquid



Youtheory Turmeric



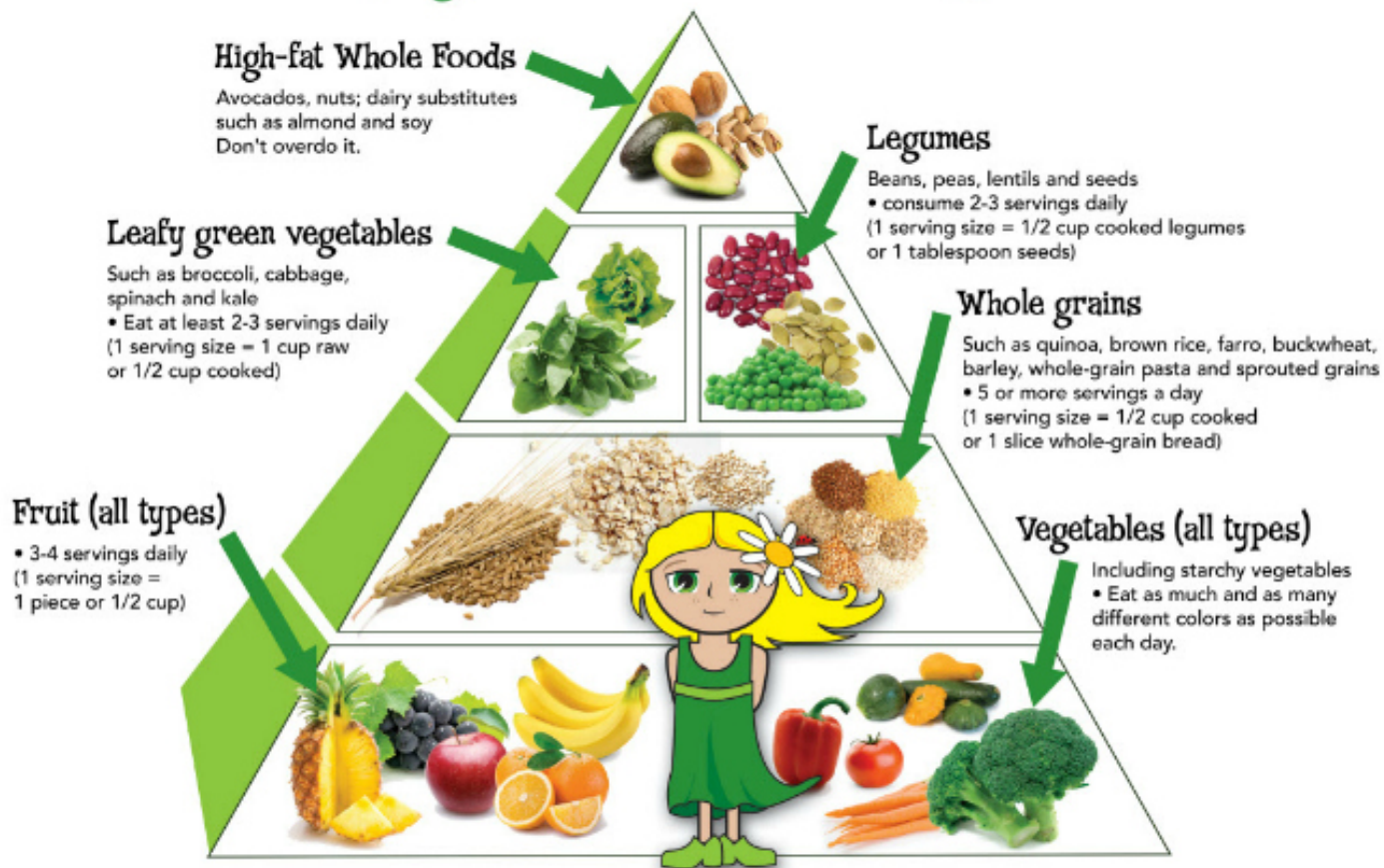
BY

VERA TWEED

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# 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



# Calling on Caution

*Watchdog groups urge cell phone users to be wary of increased cancer risk.*

**By Eric Schneider**

*November/December 2011*

*energytimes.com*



When Stuart Cobb was diagnosed two years ago with a type of brain tumor called a benign glioma that led to physical impairment, visual disturbances and memory problems, he and his family suspected that his longtime cell phone use was the culprit. Cobb, a Portland, Maine, plumber, was a 15-year user averaging two to five hours on the phone each day.

“A cell phone is how we would communicate with our coworkers from service call to service call,” Cobb, 36, recounts. “I would also use my cell after work to communicate with friends and family.”

Stuart’s wife, Kristen, a medical transcriptionist, says, “The two questions that were raised by his doctor the day he was diagnosed that I cannot seem to get off my mind were ‘How often do you use your cell phone?’ and ‘Which side do you hold your cell phone on?’ We put two and two together, and we were shocked to find out that our state tried to pass a law requiring cell phones to come with warning labels.”

Although Maine’s effort to get mobile devices sold with warnings did not pass, emerging studies are giving researchers more ammunition to call for a change in standards applied to cell phone use and to caution consumers about exposure to cell phones and other wireless equipment, such as microwave ovens, baby monitors, cellular phone towers and cordless phones.

Watchdog organizations advocating more restrictions recently celebrated what is said to be the first cell phone ordinance in the United States, adopted in San Francisco. It requires consumer education at the point-of-sale recommending limited cell phone use by children and the use of headsets or speaker phones.

San Francisco retailers are also to recommend that consumers keep a cell phone away from the body, avoid areas with weak signals (where the phone uses more power) and reduce the frequency and length of calls. Retailers were required to comply by the end of October.

### **Long-Term Risk**

The problem with cell phones is that low-level radiation is still radiation. That emitted by the devices is weaker than that of X-rays, for example, giving a false sense of security to consumers, says

Devra Davis, PhD, MPH, founder of the Environmental Health Trust (EHT, [www.environmentalhealthtrust.org](http://www.environmentalhealthtrust.org)) in Teton Village, Wyoming, and author of *Disconnect: The Truth About Cell Phone Radiation, What the Industry Has Done to Hide It and How to Protect Your Family* (Dutton Adult). Cell phone emissions are non-ionizing, meaning they are too weak to break ionic bonds that hold chemicals together. “But even though it’s too weak to break those bonds,” Davis says, “it can cause damage in other ways.”

The main health issue surrounding cell-phone radiation is its possible link to cancer, especially of the brain, auditory nerve and parotid gland, a salivary gland in the cheek near the ear, says David O. Carpenter, MD, director of University at Albany’s Institute for Health and the Environment in Rensselaer, New York.

“These relations are quite well established,” Carpenter says. “They occur in individuals who have used a cell phone intensively for many years, and the risk is elevated only on the side of the head where the phone is regularly used.”

Though the major research that has been conducted thus far—much of it funded by the mobile-phone industry itself—might not seem to support this, one large study found an increased risk of glioma among those who reported the highest percentage of cell-phone use (*International Journal of Epidemiology* 5/17/10).

What makes this association difficult to draw is time. Says Davis, “Brain cancer can take 40 years to develop. People say, ‘Well, look, there’s been no increase in brain cancer, so cell phones are safe.’” Since mobile phones have only been in heavy use by many people for less than a decade, however, the long-term effects may not be known for years.

### **Danger for Children**

Evidence is mounting that the risk of cell phone use is heightened in children. “A study from Sweden indicates that use before the age of 20 gives a fivefold greater risk than if you start



after the age of 40,” says Carpenter. France is leading the push to curb use by children; it has banned mobile-phone advertising aimed at those under age 12. And other countries, including Israel and England, have begun to actively discourage cell use by kids.

“Children should not use a cell phone at all,” Carpenter says, “except in emergencies.”

Carpenter and others who monitor the industry aren’t happy with the status quo when it comes to standards. The standard of radiation exposure is quantified by specific absorption rate (SAR), which Davis says is “based on a man in the 90th percentile of military recruits in 1989 who was 6’2” and weighed over 200 pounds, with a head about 11 pounds. He spoke originally for six minutes and then for a half hour, which was thought to be how long you could speak without heating your brain. That standard, based on that head, has not changed in close to 20 years.”

So how can exposure to cell-phone radiation be limited? Carpenter suggests using a landline when possible. The EHT adds that using a headset or speakerphone puts your cell device further from your head, reducing radiation exposure.

Further, your phone emits radiation even while it’s not in use, so it’s important to keep your cell away from your body and even off your nightstand. Another scenario to avoid is using your cell phone when it has a weak signal—exposure to radiation can increase at these times.

“If phones were drugs,” says Davis, “we’d have surveillance systems underway for them. If phones were cars, we’d have federal reporting. If phones were planes, we’d have investigations every time there was a report of something abnormal. But we assume that cell phones are safe.

“That’s what I wanted to assume when I started to get into this,” Davis adds, “because I like my phone. It’s very convenient. We’re not telling people to give them up. We’re just telling them to use them in a smarter way.”

