

Black Hawks Organization™

May 2015 Newsletter



BULLETIN BOARD

SPECIAL THANKS

Thanks to those who donated and bought raffle tickets in support of the Black Hawks Taekwondo Club. The raffle drawing will be held on May 5, 2015

WEBSITE

Remember to check the website for upcoming events, BHO Program updates, herbal remedies, and much more...



Scan the QR code with your QR App.

FEATURE STORY



Did you know?

Are Genetically Modified Crops Safe?

By: Non GMO Project

Are GMO crops safe?

Most developed nations do not consider GMOs to be safe. In more than 60 countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. In the U.S., the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale. Increasingly, Americans are taking matters into their own hands and choosing to opt out of the GMO experiment.

Read more at:

<http://www.nongmoproject.org/>

BHO Programs

BHO Mission Statement

Halting generational curses through lack of knowledge, understanding, and wisdom. By educating the mind, the spirit is enlightened to change the physical mechanics of the body.

B.A.L.A.N.C.E

Our health, fitness, and culinary workshops and seminars are interactive. By the end of each session, you will know how to live a more holistic, alternative lifestyle. The BALANCE Program is preparing for its 1st Annual Early Literacy Workshop. We need monetary donations, service donations, literature donations, and more. Please contact us in order to sponsor or donate.

L.E.A.P.

Students are learning work ethics while giving back to the community by way of volunteering this month. This month the students are volunteering at a local nursing center.

H.O.P.E.

The Health Opportunities through Physical Education program, is designed to educate students on achieving better health through proper nutrition, becoming physically fit. Taekwondo is a component of our HOPE Program. If you or someone you know is interested, please visit our website.

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Health Tip

Clear Skin for Summer!

Red Clover Tea

Drinking three cups per day of organic red clover tea as a natural blood purifier can help your acne clear up. Besides purifying the blood, there are dietary suggestions one can follow that can facilitate a quick recovery from outbreaks of acne. Eat a diet high in Vitamins A, B-complex, and C, or if need be, take daily oral doses of these vitamins.

Vinegar and Lavender Steam

For deep blemishes and long-term infections, try diluted apple cider vinegar. Lavender oil can also be used as an effective anti-acne facial steam by diluting a couple drops in a hot pot of water, covering your head with a towel, and then by placing your face over the pot. The lavender steam opens the pores and is antiseptic.

Proper Diet

Ensure a proper, nutritious diet. Eat lots of fruits, nuts, seeds, beans etc. Try going vegan for a week to see what it does for you.

Food Fact

Jelly beans are a tasty treat and come in many flavors, but did you realize their shiny coating is made from bug feces? Shellac, also known as confectioner's glaze, is made from a resin excreted by the female lac beetle, indigenous to India and Thailand. The resin is processed into flakes, dissolved in denatured alcohol to make liquid shellac, and then sprayed on food products or used to make lacquer for hardwood floors and furniture.

Healthy Living

Colors to Die For:

The Dangerous Impact of Food Coloring

By: Special Education Degree | --

Researchers at Southampton University found that consuming certain synthetic dyes with preservative sodium benzoate increased hyperactivity in kids ages 3-9. Those studied had never been diagnosed with ADHD.

Meet Your Dye

Citrus Red #2

Health Concerns:

- Toxic to rats and mice at modest levels
- Bladder and other tumors found in mice
- Labeled "possibly carcinogenic to humans" by the IARC
- Commonly found in: skin of Florida oranges

Red #40 aka Allura Red

Health Concerns:

- Accelerates the appearance of immune system tumors in mice

- Suspected trigger of hyperactivity in children
- Chromosomal Damage
- Lymphomas

Commonly found in: beverages, candies, cereal, cosmetics

Yellow #5 aka Tartrazine

Health Concerns:

- Chromosomal damage
- Thyroid tumors
- Aggression, violent behavior
- Insomnia
- Neurochemical and behavioral effects
- Asthma
- Hyperactivity
- Allergies

Commonly found in: baked goods, candies, sausage, maraschino cherries

Parent Review

"Our daughter Emma is a completely different person since we cleared her diet of food dye. No more meltdowns or shouting matches. And we just realized that her reading, writing, and math have accelerated tremendously in these few short weeks. Coincidence?"

BHO Sports: Taekwondo

Battle at the Beach

The practitioners of the Black Hawks Taekwondo Club will be attending the Battle at the Beach on May 30, 2015. The tournament will be held in Daytona Beach, Florida. Although everyone will not be able to participate in the competition, we would like everyone to come support their participating practitioners!



Congratulations to Tia, Devin, Naomi, Taevion, Dakari, Wangavu Jr, Jayden, Adan, and Adonis for passing their belt ranking test!

Vegan Recipe

Fresh Mango Salsa

By: Cookie and Kate

cookieandkate.com

INGREDIENTS:

3 ripe mangos, diced (see photos)
1 medium red bell pepper, chopped
¼ cup chopped red onion
¼ cup packed fresh cilantro leaves, chopped
1 jalapeño, seeded and minced
1 large lime, juiced (about ¼ cup lime juice)
⅛ to ¼ teaspoon salt, to taste

DIRECTIONS:

In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime and mix well. Season to taste with salt. For best flavor, let the salsa rest for 10 minutes or longer.



Chia Seeds: Little Seeds with a Big Effect

1. Chia seeds are high in quality protein, much higher than most plant foods. Protein is the most weight loss friendly macronutrient and can drastically reduce appetite and cravings.

2. Chia seeds are very high in the Omega-3 fatty acid ALA. However, humans are not good at converting this into DHA, the most important Omega-3 fatty acid.

3. Chia seeds are high in calcium, magnesium, phosphorus and protein. All of these nutrients are essential for bone health.

4. A study in type 2 diabetics showed that chia seeds can significantly lower blood pressure and a marker for inflammation.



Words of Wisdom

How Do You Think

Unknown

If you think you are beaten, you are;

If you think you dare not, you don't!

If you'd like to win, but you think you can't,

It's almost certain you won't.

If you think you'll lose, you're lost;

*For out in the world we find
Success begins with a fellow's will;*

It's all in the state of mind!

If you think you're outclassed, you are;

You've got to think high to rise.

You've got to be sure of yourself

Before you'll ever win the prize.

Life's battles don't always go

To the stronger or faster man;

But sooner or later the man who wins

Is the person who thinks he can!

CLASS OF 2015

Congratulations to

Abigayil B. Yisrael

Monique Williams

Tia M Green



Today you're a step closer to your dream and will soon be reaping the fruits of your hard work. Congratulations!

MAY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4	5 Raffle Drawing	6	7 Happy Birthday Adan! Congratulations Abigayil Yisrael!	8	9
10	11	12	13	14	15 Congratulations Tia M Green!	16
17	18	19	20	21	22	23
24	25	26 Happy Birthday Wangavu Sr.!	27	28	29 Congratulations Monique Williams!	30 Battle at the Beach
31	1	2	3	4	5	6

*For more information on free Taekwondo lessons, please visit our website for times, days, and locations.

BHO Initiative

The Black Hawks Organization is an advocate for helping children in our communities. The BHO Initiative encourages 4th Graders from SP Livingston Elementary School to become better adults in society by utilizing a spirit, mind, body approach. This month we want to recognize Kyra Smith for being an exceptional student, demonstrating the five tenets of Taekwondo, courtesy, integrity, self-control, perseverance, and indomitable spirit.



Donations

The Black Hawks Organization (BHO) would like you to be a part of our journey to help in the development of our youth and adolescents. We greatly appreciate monetary assistance; however, BHO is in desperate need of supplies and materials such as a building, warm-ups, health supplies, etc.

Black Hawks Organization is a 501©3 Non-Profit Organization. All donations are tax deductible.

If you are interested in sponsoring and/or providing in-kind gifts, please contact:

Sabomnim Yisrael at (904) 866 – 3320 or visit us at www.bhowellness.org

*We would like to thank Books-A-Million and Cindy Van Dyke for giving donations for the Early Literacy Workshop
Your contribution means a lot!*