



Black Hawks Organization™

October 2015 Newsletter

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.

Proud to announce the opening of Black Hawks Institute of Higher Learning Private School. For more information, visit our website at www.bhowellness.org.

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.

FEATURE STORY



Halloween

The Creepy History of Halloween

By: Albany Edu | 2014

Samhain means "summer's end" by the Celts. In old Germanic and Celtic societies, what we call equinoxes and solstices marked the middles of the season, not the beginnings. This day marked the end of summer and the harvest and the beginning of the dark, cold winter. It is most likely this reason that the Druids believed that the spirits of those who died the preceding year roamed the earth the night of Samhain. The Druids celebrated this holiday with a great fire festival to encourage the dimming Sun not to vanish and people danced round bonfires to keep evil spirits away. Also during the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes.

For more History of Halloween, visit <http://www.albany.edu/~dp1252/isp523/halloween.html>

BULLETIN BOARD

Academy Of Scholars

This year, the Black Hawks Organization has partnered with the Academy of Scholars to provide children the knowledge of the Martial Art of Taekwondo. You can find out more information from our website.

WEBSITE

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



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Health Tip

Tea for Symptoms



Food Fact

Colorful Carrots

The modern day orange carrot wasn't cultivated until Dutch growers in the late 16th century took mutant strains of the purple carrot and gradually developed them into the sweet, plump, orange variety we have today. Before this, pretty much all carrots were purple with mutated versions occasionally popping up including yellow and white carrots. These were rarely cultivated and lacked the purple pigment anthocyanin.

Healthy Living

Vinegar Varies

By: All You | 2015

Freshen up the fridge - Clean the shelves and walls with a solution of half water and half vinegar.

Brighten coffee cups and teacups - Gently scrub stains with equal parts vinegar and salt (or baking soda).

Eliminate odors - Swab plastic containers with a cloth dampened with vinegar.

Kill bathroom germs - Spray full-strength vinegar around the sink and tub. Wipe clean with a damp cloth.

Renew paint brushes - To remove old paint, place brushes in a pot with vinegar. Soak for an hour, then turn on the stove and bring the vinegar to a simmer. Drain and rinse clean.

Steam away a microwave mess - Fill a small bowl with equal parts hot water and vinegar, and place it in the microwave on high for 5 minutes. As the steam fills the microwave, it loosens the mess, making clean up a breeze.

Repair DVDs - If you have a worn DVD that skips or freezes, wipe it down with white distilled vinegar applied to a soft cloth. Make sure the DVD is completely dry before reinserting it into the player.

Rinse fruits and vegetables - Add 2 tablespoons white distilled vinegar to one pint water. Use the mixture to wash fresh fruits and vegetables, then rinse thoroughly. The solution kills more pesticide residue than does pure water.

Sticky stickers - Don't scratch at the residue left by stickers. Instead, apply vinegar to the gunk, let it sit for a few minutes, then wipe the glue away.

BHO SPORTS: TAEKWONDO

Tournament season is right around the corner with our first official tournament taking place in January. Tournament training begins in November. There is a tournament, the First Coast Taekwondo Championships, which will take place in November. There is also a color belt test scheduled for Thursday, November 5, 2015.

Congratulations to everyone who passed the last color belt test!
You are on your way to greatness! The First Official BHTC Black Belt test is also scheduled for November.

TAE

KWON

DO

Push harder than yesterday, if you want a better tomorrow.

A "Foot" or "to kick."

A "Kick" or "to punch."

An "art" or a "way".

하이팅!!

Vegan Recipe

5 Ingredient Pumpkin Pudding

Happy, Healthy, Life

INGREDIENTS:

1 lb silken tofu (I used one pack of Nasoya silken tofu)

1/2 tsp salt (I used a pink salt)

2/3 cup maple syrup

1 cup canned pumpkin, unsweetened

3/4 tsp pumpkin pie spice

DIRECTIONS:

1. Add all ingredients to a blender.

2. Blend on low -> high until smooth and creamy. The mixture will be watery at this point, but placing it back in the fridge or freezer will firm it up a bit.

3. If you are adding the coconut oil, melt it in the microwave (don't let it get too hot though - just softened - you can also do this on your stove top). Then very slowly pour into the pudding mixture while blending on low. You don't want the coconut oil to chill too quickly and turn into little beads - a slow smooth blend is ideal.

4. for a quick chill: pour pudding into tiny serving cups and place in the freezer for 15 minutes - then move to fridge until ready to serve.

You can use nutmeg or vanilla bean whipped cream to top it.



Herb of the Month

Turmeric

Turmeric comes from the root of the *Curcuma longa* plant and has a tough brown skin and a deep orange flesh. Turmeric has long been used as a powerful anti-inflammatory in both the Chinese and Indian systems of medicine. Turmeric was traditionally called "Indian saffron" because of its deep yellow-orange color and has been used throughout history as a condiment, healing remedy and textile dye.

Turmeric (*Curcuma longa*), the bright yellow of the spice rainbow, is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage, toothache, bruises, chest pain, and colic.

Words of Wisdom

By associating with wise people you will become wise yourself.

-Menander

The seat of knowledge is in the head, of wisdom, in the heart.

-William Hazlitt

Of all parts of wisdom the practice is the best.

-John Tillotson

The larger the island of knowledge, the longer the shore line of wonder.

-Ralph W. Sockman

The more a man knows, the more he forgives.

-Catherine the Great

A loving heart is the truest wisdom.

-Charles Dickens

Black Hawks Institute of Higher Learning

Umbrella School

A private school in a homeschool setting!

Benefits of Homeschooling:

- o No Bullying
- o No Crowded Classrooms
- o No Distracting Students
- o Tailors to Educational Needs
- o Parents assist with Special Needs (i.e. ADHD)
- o One on One Instruction
- o Spiritual Freedom
- o No State Testing*

We offer a wide variety of services, such as:

- o Managing School Documents
- o Transcript & Diploma Services
- o FSCJ College Readiness Program
- o Student Portfolios
- o 6th Grade – 12th Grade Scope Sequence
- o FLVS Course Management
- o BHI Courses
- o And More!

Basic Package

\$110

Premium Package

M/J \$150

HS \$175

Credit Recovery and Advancement Package

\$125

Virtual



LEAP



OCTOBER 2015

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|---------------------------|--|----------|
| 27 | 28 | 29 | 30 | 1 | 2 Happy Birthday Isaac! | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 AOS Color Belt Testing | 30 Happy Birthday Taevion! AOS Color Belt Testing | 31 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |



AC★DEMY OF SCHOL★RS

"Motivation 4 Learning"

K-10th Grade Private School

6620 Arlington Expressway, 32211

904-274-1107

www.AcademyofScholarsInc.org





Step Up & McKay Scholarships Accepted

Hours of Operation 7:00 am to 7:00 pm

exempt 501(c)(3) non-profit organization

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 make a living by what we get, we make a life by what we give."

-Winston Churchill