

# Black Hawks Organization™

August 2015 Newsletter



## BULLETIN BOARD

### SPECIAL THANKS

Thanks to Publix, Books-A-Million, parents, practitioners, and friends for contributing to the Early Literacy Workshop. Due to your contributions, the first annual Early Literacy Workshop was a great success. Thank you to all that helped.

### WEBSITE

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



## FEATURE STORY



## Back to School!

### Back to School

By: Kid's Health from Nemours

To help ease back-to-school butterflies, try to transition kids into a consistent school-night routine a few weeks before school starts. Also make sure that they:

- Get enough sleep (establish a reasonable bedtime so that they'll be well-rested and ready to learn in the morning)
- Use a wall calendar or personal planner to record when assignments are due, tests will be given, extracurricular practices and rehearsals will be held, etc.
- Eat a healthy breakfast (they're more alert and do better in school if they eat a good breakfast every day)

## 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.

### 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](http://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.

### Editorial Staff

Publisher: Sabomnim Ben Yisrael  
Editor: Abi Ga Yil Yisrael  
Layout Artist: Tia M Green

### Contact Information

Phone Number: (904) 866-3320  
Email: [blackhawksorg@gmail.com](mailto:blackhawksorg@gmail.com)  
Website: [www.bhowellness.org](http://www.bhowellness.org)

© Black Hawks Organization 2015

# Health Tip

## Safe Plastics

### What is Facts on PET?

Facts on PET is an educational campaign designed to dispel any misconceptions about PET and the environmental concerns surrounding PET bottle production and recycling. Our message is simple: PET is globally recognized as a safe, recyclable packaging material. Most single-serve plastic bottles, including those for water, soft drinks and juices, are made with PET, which can be recycled and does not contain BPA.

### What is the difference between BPA and PET?

Simply put, there is no link between BPA and PET. PET stands for polyethylene terephthalate. PET (also known as PETE) is designated by a recyclable "1." Most often found in single-serve plastic bottles, such as those used for water or soft drinks, PET is a safe, recyclable material that contains no BPA. BPA, which stands for bisphenol-A, is most often found in reusable rigid containers and electronic devices.



### Food Fact Meat Glue

Meat glue is a powder officially known as transglutaminase. Originally, the natural enzyme was harvested from animal blood. Now it's primarily produced through the fermentation of bacteria. Added to meat, it forms a nearly invisible and permanent bond to any other meat you stick it to.

## Healthy Living

### Helpful Herbs

By: Beth Gilbert

#### Parsley

Parsley is high in antioxidants, vitamins A and C, and the chemical apigenin, which may help inhibit the growth of cancer cells several studies have found. It also has been shown to have heart-healthy effects, reducing high blood pressure.

#### Chives

That tasty green garnish on your baked potato is rich in vitamins A and C, known for their antioxidant effects. The healing herb has also been shown to reduce the risk for gastric cancer. Sprinkling chives on salads and pasta is great, but cooking with chives is equally as delicious.

#### Cinnamon Sticks

Cinnamon twig appears to have some antibiotic and anti-inflammatory properties. This healing food may also help treat gastrointestinal disturbances, including diarrhea and indigestion. Cinnamon seems to have antioxidant effects as well.

#### Bay Leaves

There's a reason why bay leaves are in so many cold-soothing stews. "Bay leaves contain an oil with the active ingredient cineole, which eases discomfort caused by sinusitis," says Rovenia Brock, PhD, a nutrition expert and author. "Studies show that inhaling the essential oil can reduce inflammation and fluid buildup in the sinuses." In addition, bay leaves may play a role in preventing heart disease, treating arthritis, and supporting the immune system. Bay leaves are a great type of herb for adding flavor to stews, soups, and sauces.

#### Dandelion

According to the University of Maryland Medical Center, dandelion is considered a natural mild diuretic, which could make the herb helpful in treating poor digestion, liver disorders, and high blood pressure. Dandelion root may also improve gastrointestinal disturbances as well as liver and gall bladder function. And you can prepare it as a tea, an infusion, a food, or a vinegar.

## BHO Sports: Taekwondo

### BOOT CAMP

B.H.T.C fitness boot camp has one goal and that is to get you in the best shape of your life. Workouts consist of outdoor group exercise class that mixes traditional plyometric, endurance training callisthenic and body weight exercises with interval training and strength training through the traditional art of Tae Kwon Do kicking and punching. B.H.T.C boot camp is designed in a way that pushes the participants harder than they'd push themselves and, in that way, resemble a military boot camp. During a 4-8 week class, the TKD practitioner training might consist of getting up early to run sprints, perform lots of pushups and various forms of plyometric and interval training with little rest between exercises. This class is design to burn calories, build support with a community of like-minded people, keep you healthy and fit, defined muscle, increase endurance and push your indomitable spirit.



## Vegan Recipe

### Vegan Philly Cheese Steak

[www.peta.org](http://www.peta.org)

#### INGREDIENTS:

- 4 Tbsp. margarine or olive oil
- 1 green pepper, cored, seeded, and sliced
- 1/2 medium yellow onion, sliced
- 1 8-oz. pkg. seitan
- 1/4 tsp. garlic powder
- 1 tsp. celery flakes
- 1/4 tsp. onion powder
- 1 7-oz. block dairy-free provolone style slices
- 2 French rolls, cut in half lengthwise

#### DIRECTIONS:

Preheat the oven to 375°

Melt 2 tablespoonfuls of the margarine in a large pan on medium heat. Sauté the green pepper, onion, and seitan for about 5 minutes, or until the seitan is heated all the way through. Add the garlic powder, celery flakes, and onion powder.

Transfer to an oven-safe pan. Top with the dairy-free provolone and bake for 10 minutes.

Toast the French rolls in the oven.

Fill each roll with the seitan, green pepper, onion, and vegan cheese and serve.



### Herb of the Month

#### Ginger

This root has played a major part in Asian and Indian medicine for centuries, primarily as a digestive aid. Today researchers are most excited by ginger's ability to combat inflammation. Several studies have found that reduces pain and swelling in people with arthritis, because it reduces inflammation, it may also play a role in preventing and slowing the growth of cancer. Ginger's still good for the tummy, too. It works in the digestive tract, boosting digestive juices and neutralizing acids as well as reducing intestinal contractions. It's proven quite effective against nausea. It's also an effective, short-term treatment for morning sickness.



## Words of Wisdom

### Unknown Author

*When things go wrong as they sometimes will, when the road you're trudging seems all uphill, when funds are low and the debts are high, and you want to smile, but you have to sigh. When care is pressing you down a bit. Rest, if you must, but don't you quit. Life is queer with its twists and turns. As every one of us sometimes learns. And many a failure turns about when he might have won had he stuck it out: Don't give up though the pace seems slow –You may succeed with another blow. Success is failure turned inside out -The silver tint of the clouds of doubt. And you never can tell how close you are. It may be near when it seems so far: So stick to the fight when you're hardest hit. It's when things seem worst that you must not quit.*

## 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 6<sup>th</sup> Grade – 12<sup>th</sup> 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 School



LEAP



# AUGUST 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8 Happy Birthday Elijah!
9	10	11	12	13	14	15 Happy Birthday Tia!
16	17	18	19	20	21	22 Raffling at Sam's Club
23 Raffling at Sam's Club	24	25	26	27	28	29
30	31	1	2	3	4	5

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



**AC★DEMY OF SCHOL★RS**

*"Motivation 4 Learning"*

**K-10th Grade Private School**

**6620 Arlington Expressway, 32211**

**904-274-1107**

[www.AcademyofScholarsInc.org](http://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](http://www.bhowellness.org)*

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

**-Winston Churchill**