



Black Hawks Organization™

March 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

Through B.A.L.A.N.C.E, the Better Alternative Life and Natural Choice Education program, we provide wisdom and knowledge for living a healthier lifestyle. 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.

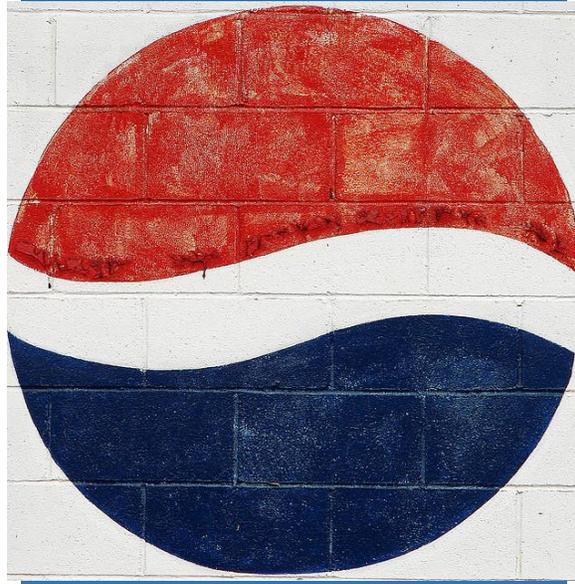
L.E.A.P.

Through L.E.A.P, Life Enhancing Academic Program, we are educating youth in a non-traditional way on holistic living, while preparing them for college.

H.O.P.E.

The 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, and developing ways to help reduce physical and mental stress through various physical activities/exercise.

FEATURE STORY



Did you know?

Pepsi's Bizarro World: Boycotted Over Embryonic Cells Linked to Lo-Cal Soda

By: Melanie Warner | June 3, 2011

The company appears to be engineering HEK cells to function like the taste-receptor cells we have in our mouth. This way, Senomyx can test millions of substances to see if they work as different types of taste enhancers without subjecting human volunteers to endless taste tests. To non-scientists this may sound a bit strange, but the reality is that HEK 293 cells are widely used in pharmaceutical research, helping scientists create vaccines as well as drugs like those for rheumatoid arthritis.

Read more at:

<http://tinyurl.com/m3n8hb2>

BULLETIN BOARD

SPECIAL THANKS

We would like to thank everyone who donated items to the February drive. It was a great success. BHO strongly believes in giving back to the community.

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.

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Health Tip

How to Kick the Common Cold Herb and Vegetable Soup

Eating the soup and drinking the broth provides many nutrients and vitamins that are lacking when someone has a cold.

Herbal Tea

Herbal teas not only taste great (most of the time) they also help break up mucus and congestion. Herbal Teas can also soothe a calm throat.

Detox Bath

Detoxifying baths help raise your body temperature to also help break up mucus and congestion. The steam from the bath helps you sweat (the body's natural way of detoxifying) and works just as good as a sauna.

Steam

Steam infused with all natural herbs, including mint, thyme, sage, etc., can help soothe the throat and unclog sinuses.

For recipes and more visit our YouTube Channel

Food Fact

Formaldehyde is the stinky liquid that's used to preserve dead laboratory animals. This chemical is what the artificial sweetener, aspartame, breaks down into after being eaten. It is also found in cigarettes.

Healthy Living

3 Simple, Natural Ways for Detoxing Your Body

By Lisa Garber | August 31, 2014

"As much as we would like to believe otherwise, avoiding toxins in today's environment is near-impossible. In a 2005 study, the Centers for Disease Control and Prevention (CDC) found 60 toxic compounds in over 2,000 people across America..."

Juice

Juicing isn't just a trendy way to lose weight or consume more greens—it's a powerful tool for detoxing your body. Mix organic vegetables with greens and purified water and have as a snack daily, or, if you're experienced, power yourself through a fast. Juicing isn't part of the famed Gerson cancer therapy for nothing. This is also one great way for how to detox your body naturally using healing foods.

Drink lemon water

Beginners should start every day with a glass of lemon water; it is among natural liver cleansing foods, which are major players in the body's detoxification process. (It even fights fat and boosts your immune system.)

Sweat

One of the body's natural method of toxin removal is sweating, which is why we advocate moderate exercise and even the occasional venture into a dry sauna. Used in conjunction with other methods, like drinking water with lemon or juicing, sweating can help with detoxing the body.

Detoxing your body is something you will not regret – so start today!

For more information, visit:

<http://tinyurl.com/n63wd63>

BHO Sports: Taekwondo

First Step to the Nationals: Georgia Qualifier

By TMG | February 28, 2015

After months of warrior competition training, two of BHTC's finest heavyweights prepare to go to Georgia to battle it out for the gold. Devin LaVette and Richard Williams will be attending the Annual 2015 Georgia State Championships on March 7. The tournament will be held in Dacula, Georgia. Placing 1st – 4th will qualify them to go to the Taekwondo National Championships. So, mark your calendars and COME OUT AND SUPPORT!



Vegan Recipe

Pumpkin Butter

By Aine Carlin | November 4, 2013

INGREDIENTS:

- 1 cup pumpkin puree
- 1/4 cup soy milk
- 1/2 cup agave nectar
- 2 tbsp date syrup
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tsp nutmeg
- 1/4 tsp allspice
- 1/4 tsp coriander
- pinch salt

DIRECTIONS:

1. Put all the ingredients into a saucepan and mix thoroughly.
2. Simmer the mixture on a low heat until it thickens ensuring to stir it constantly to prevent it from sticking to the bottom of the pan. It should take about 20-30 minutes to thicken.
3. When the butter has sufficiently thickened transfer to the jar and screw the lid on immediately. Allow to cool for at least a day before using or giving it away.

For more recipes, visit

www.onegreenplanet.org



Amazing Uses of Aloe Vera

1. Pamper yourself to a soothing body rub. Slice aloe leaves lengthwise and use the inner sides as a biodegradable body scrub in the shower.
2. Strengthen gums and promote strong, healthy teeth by taking orally or use toothpaste with aloe vera ingredients.
3. This solid material contains over 75 different nutrients including vitamins, minerals, enzymes, sugars, anthraquinones or phenolic compounds, lignin, saponins, sterols, amino acids and salicylic acid.
4. Replace creams and lotions as a general moisturizer for dry skin. Aloe is fast absorbing!
5. Take orally to reduce cholesterol and triglycerides for a healthy heart.

Words of Wisdom

I live my life as the Almighty intends for me to live. I don't claim to be perfect, but I try to live my life in perfection. Though I may fall short from time to time, I will not allow myself to fall victim to my short comings. I understand that I am human an imperfect being, even though I am entitled to my mistakes. It does not mean that I have the right to excuse them. I strive to live my life, as all of us should, that is to build, grow and develop; if we do not, then we will truly die spiritually, mentally, and physically.

~Sa Bom Nim Yisrael

"Real knowledge is to know the extent of one's ignorance."

- Confucius

Mother's Essence

SHOWCASE THE AUTHENTIC YOU

By Abigayil Yisrael | March 1, 2015

Shalom Daughters. Take it off, wipe it off, and allow your authentic inner beauty shine. Cease dressing and making up yourselves to impress, rather dress to express who you are. It's easier to conform to the trends around you, than to be yourself because you love yourself. You were wonderfully and marveolusly created. This month tap into your inner being and showcase self appreciation by allowing your inner beauty to shine.



MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23	24	25	26	27	28	1
2	3	4 Erev Purim	5 Purim*	6	7 Georgia Qualifier No Class	8 Daylight Savings Time Begins
9	10	11	12	13	14	15
16	17 Happy Birthday Jayden!	18	19	20	21 Warrior's Challenge No Class	22
23	24	25	26	27	28 GA/FL Invitational No Class	29
30	31	* The Story of Purim is found in the Book of Esther. This miraculous story of the saving of the Hebrew People from destruction during the time of the Persian Empire 2,600 years ago.				

* For 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, utilizing a spirit, mind, body approach. At the completion of this program, children will demonstrate courtesy, integrity, self-control, perseverance, and indomitable spirit.



Beginners Practicing | January 2015

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