



Black Hawks Organization™

September 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.

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



Back to School!

Keeping Kids Healthy at School

By: Amanda Gardner | August 16, 2015

If you think your kids are sick a lot during the school year, that's because they are. Children in day care or in school can have as many as 8 to 12 colds a year, according to the American Academy of Pediatrics. And that's just respiratory infections. Often colds and other germ-triggered conditions aren't that serious and symptoms disappear on their own (if they can't be treated by a doctor). But isn't it better to prevent them in the first place?

Two main threats are bacteria and viruses. The risk of either can be minimized by hand washing and telling kids to not touch their face unless they've washed their hands.

Make sure kids don't put objects, especially shared objects like pencils, in their mouths and stress that they need to eat their own lunch, not anyone else's.

BULLETIN BOARD

SPECIAL THANKS

We are on a great track, raising money for next year's competition season. A special thanks to our congresswoman Corrine Brown for her donation! We would also like to thank Sam's Club for use of their property! Thanks to all that donated.

WEBSITE

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



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
Website: www.bhowellness.org

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Health Tip

Homemade Deodorant

Why homemade deodorant?

Like so many other cosmetics, several of the ingredients used in most deodorants and antiperspirants are not so good for you. For Example:

Aluminum –It's a metal which has been linked to breast cancer in women and increased risk of Alzheimer's disease.

Parabens –Paraben exposure has been linked to birth defects and organ toxicity.

Propylene glycol –In large quantities, studies have shown that this stuff can cause damage to the central nervous system, liver, and heart.

All Natural Spray Deodorant Recipe

1/2 cup witch hazel

1/4 cup aloe vera gel (or juice)

1/4 teaspoon baking soda

10 drops of an Essential Oil

Directions:

Pour all ingredients into a spray bottle. Close and shake well. Enjoy!



Food Fact

Itchy Cashews

Cashews are never sold without their shell because their shell contains an oil that can cause a rash similar to poison ivy.



Healthy Living

Essential Oils

House Hold Uses

By: AbiGaYil Yisrael | August 30, 2015

All-purpose cleaner: Add three drops each of lemon oil and tea tree oil to a few ounces of warm water, then spray countertops to naturally disinfect.

Natural mosquito repellent: Combine one drop each of lemongrass oil, citronella oil and eucalyptus oil with one teaspoon of coconut oil to make natural bug spray and rub on exposed skin. Reapply as needed.

Sports gear: If your kids play sports, add two drops each of tea tree oil and lemon essential oil to one quart of warm water; next add four tablespoons of baking soda and mix. Use to clean ripe (!) jerseys, cleats and sports gear.

Clean air: Diffuse cinnamon essential oil in the air and enjoy its anti-microbial properties.

Washing machine: Add 10-20 drops of your favorite scent per load.

Homemade sunscreen: Mix coconut oil, zinc oxide, shea butter, helichrysum oil and lavender essential oil, then store in a squeeze bottle to make homemade toxic-free sunscreen.

Eliminate shower curtain scum: Using a 16-ounce spray bottle, use four drops of eucalyptus essential oil and four drops of tea tree oil (melaleuca) with warm water; spray onto your shower for natural mold killing action.

Clean burnt pans: Use a few drops of lemon oil and some boiling water to help remove burnt food from pots and pans.

Wonderful smelling home: Diffuse clove, rosemary and orange essential oils when guests come over, and they will talk about how amazing your house smells.

Carpet cleaner: Mix 20 drops of tea tree oil with Borax for homemade carpet powder.

Kill pests: Spray orange essential oil and clove oil to kill pests on contact.



BHO Sports: Taekwondo

CONGRATULATIONS!

Congratulations to all BHTC Practitioners that passed their Color Belt Promotion Test. You worked hard and persevered to get to where you are.

Congratulations to:

- Elijah
- Amonte
- Jaden
- Dakari
- Wangavu Jr.
- Taevion
- Abigayil
- Randeja
- Tia

Vegan Recipe

Vegan Churros

www.allrecipes.com

INGREDIENTS:

- 1 cup water
- 2 1/2 tablespoons white sugar
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup all-purpose flour
- 2 quarts oil for frying
- 1/2 cup white sugar, or to taste
- 1 teaspoon ground cinnamon

DIRECTIONS:

In a small saucepan over medium heat, combine water, 2 1/2 tablespoons sugar, salt and 2 tablespoons vegetable oil. Bring to a boil and remove from heat. Stir in flour until mixture forms a ball.

Heat oil for frying in deep-fryer or deep skillet to 375 degrees F (190 degrees C). Pipe strips of dough into hot oil using a pastry bag. Fry until golden; drain on paper towels.

Combine 1/2 cup sugar and cinnamon. Roll drained churros in cinnamon and sugar mixture.



Herb of the Month

Hulled Hemp Seed

Hemp is a well-balanced vegetarian protein source that includes all of the essential amino acids. Not only is hemp one of the best veggie sources of protein, it's easy for the body to digest and assimilate. Hemp also features plenty of other nutrients including abundant fiber, chlorophyll, vitamins and omega-3 and -6 essential fatty acids.

Hemp has been cultivated for over 12,000 years around the globe. The hardy plant has been used as a food, fiber, textile, paper, and even fuel. It is believed that Tibetan women first discovered how to produce string and cloth from the hemp fiber.

Words of Wisdom

Unknown Author

- It takes strength to be firm,
- It takes courage to be gentle.*
- It takes strength to conquer,
- It takes courage to surrender.*
- It takes strength to be certain,
- It takes courage to have doubt.*
- It takes strength to fit in,
- It takes courage to stand out.*
- It takes strength to endure abuse,
- It takes courage to stop it.*
- It takes strength to stand alone,
- It takes courage to lean on another.*
- It takes strength to love,
- It takes courage to be loved.*
- It takes strength to survive,
- It takes courage to live.*

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 School



LEAP



SEPTEMBER 2015

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



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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