

# Black Hawks Organization™

June 2015 Newsletter



## BULLETIN BOARD

### SPECIAL THANKS

Thanks to those who donated and bought raffle tickets in support of our youth. Due to your contributions, ten of our practitioners were able to travel to Daytona Beach and compete in the 2015 Battle at the Beach.

### WEBSITE

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



## FEATURE STORY



## Did you know?

### Is Deet safe to use?

*By: Mercola | --*

Most insect repellents out there are loaded with toxic chemicals, including the pesticide DEET, which is so poisonous that even the Environmental Protection Agency says you should wash it off your skin when you return indoors, avoid breathing it in and not spray it directly on your face. Think about it--if this chemical can kill mosquitoes, it can likely do some harm to other life forms too.

The good news is that there are natural alternatives out there that can keep mosquitoes away while keeping you safe, but be sure to read the label to be sure they're truly chemical-free. You can also try staying indoors from dusk to dawn, the peak mosquito biting hours or wearing long sleeves, pants and socks when possible.

## 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 1<sup>st</sup> 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](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

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# Health Tip

## Natural Mosquito Repellents

### Lemon Eucalyptus Oil

Used since the 1940s, lemon eucalyptus oil is one of the more well-known natural repellents. The Centers for Disease Control and Prevention (CDC) has approved eucalyptus oil as an effective mosquito repellent.

### Lavender

Crushed lavender flowers produce a fragrance and oil that can repel mosquitoes. Lavender has analgesic and antiseptic qualities. This means that in addition to preventing mosquito bites, it calms and soothes the skin.

### Cinnamon Oil

According to a study conducted in Taiwan, cinnamon oil can kill off mosquito eggs. It can also act as a repellent against adult mosquitoes, most notably the Asian tiger mosquito. A concentrated dose of cinnamon oil on your skin can be irritating, so be careful.

### Thyme Oil

When it comes to repelling malarial mosquitoes, thyme oil is one of the best at providing protection.

## Food Fact

**L-cysteine**, which is used as a softener in some bread and baked goods is made from human hair and duck feathers.



# Healthy Living

5 Health Benefits of Laughter  
By: Daily Health Post | April 4, 2013

## #1 Laugh Stress Away

In addition to making you feel less stressed due to humor or a positive outlook, laughter also physically relieves stress. First, a laughter response mimics a stress response with elevated heart rate and quick breathing. Then, as you stop laughing, that stress response dissipates, leaving you feeling more relaxed.

## #2 Lower Blood Pressure

Studies have found that twenty to thirty minutes of laughter can lower blood pressure in healthy adults.

## #3 Burn Calories

Next time you get in a good laugh, pay attention to what your body is doing – you're probably out of breath, have

an elevated heart rate, and might even have some abdominal muscle soreness.

## #4 Reduce Pain

One study found that chronic pain patients experienced a 55% reduction in perception of pain after 8 weekly "laughter therapy" sessions.

## #5 Lower Blood Sugar

Another study looked at diabetic patients, and found that the participants had lower blood sugar levels after attending a comedy show than they did after eating the same meal but attending a boring lecture. While it remains to be seen whether or not this effect is present in individuals without diabetes, it may also be true that laughter can help regulate blood sugar levels in general.

To Read More, visit:

## BHO Sports: Taekwondo

### Battle at the Beach Results



Name	F	S
<b>Black</b>		
Xavier	2 <sup>nd</sup>	1 <sup>st</sup>
<b>Advanced</b>		
Richard	3 <sup>rd</sup>	2 <sup>nd</sup>
<b>Intermediate</b>		
Wangavu Sr.	1 <sup>st</sup>	1 <sup>st</sup>
Randeja	3 <sup>rd</sup>	3 <sup>rd</sup>
Tia	2 <sup>nd</sup>	2 <sup>nd</sup>
<b>Novice</b>		
Abigayil	1 <sup>st</sup>	1 <sup>st</sup>
Taevion	2 <sup>nd</sup>	1 <sup>st</sup>
Wangavu Jr.	3 <sup>rd</sup>	3 <sup>rd</sup>
Dakari	3 <sup>rd</sup>	--
Jaden	2 <sup>nd</sup>	3 <sup>rd</sup>
Elijah	3 <sup>rd</sup>	3 <sup>rd</sup>

## Vegan Recipe

### Kiwi Popsicles

By: Divas Can Cook | July 11, 2011

[divascancook.com](http://divascancook.com)

#### INGREDIENTS:

4 ripe kiwi

1½ cups pineapple juice, naturally sweetened

½ teaspoon sugar \*optional\* (you could also use honey, agave or more pineapple juice to make it sweeter naturally)

#### DIRECTIONS:

1. Carefully slice the kiwi in half and spoon out the flesh.
2. Place the kiwi into a food processor.
3. Pour in pineapple juice.
4. Blend on low speed for a few seconds. Be careful not to over blend to avoid the seeds breaking or it will produce a bitter taste.
5. Give it a taste. You may add a little sugar, honey or agave to sweeten.
6. Pour the mixture into the popsicle mold.
7. Insert popsicle sticks. Freeze for 6 hours or until completely frozen.
8. Run the popsicle mold under warm water to remove the frozen popsicles.



### Arugula: Salad Rocket

With very few calories and tons of flavor arugula is a great green to help maintain a healthy weight without sacrificing great tasting foods!

Arugula is a rich source of certain phytochemicals that have been shown to combat cancer-causing elements in the body. Arugula is also a great source of folic acid and Vitamins A, C and K. As one of the best vegetable sources of Vitamin K, arugula provides a boost for bone and brain health.

Arugula has an array of minerals and high levels of Iron and Copper, making it a good substitute for spinach if you're paying attention to getting more vegetable based iron in your diet.

Its peppery flavor provides a natural cooling effect on the body – a good food for hot weather picnics!

## Words of Wisdom

### *Daisaku Ikeda*

*No matter what the problem is, the way it is interpreted can have a positive or negative effect on one's life. By adopting a positive interpretation, one can make one's problems a source of nourishment for personal growth.*

*No matter what our personal circumstances may be, if we ourselves become a source of light, then there will be no darkness in the world.*

*People do not grow when their environment is too comfortable, when they are not challenged. It is in the midst of suffering and hardship that strength of character is formed.*

*Don't confuse good health with not being sick. A truly healthy life is one spent creating value—tackling the challenges thrown at us over a lifetime, striving to achieve something worthy and meaningful; constantly expanding the frontiers of our lives.*

## Early Literacy Workshop

Abigayil Yisrael | May 29, 2015

Did you know that only about 1/3 of American fourth-graders are proficient in reading? By fourth grade, if children can't read at grade level, they're unlikely to ever catch up!

Visit the workshop and enjoy:

- Free Healthy Refreshments
- A parent Seminar hosted by Duval County, Fourth Grade Teacher, Alonda Billings.
- A story reading by children's book author, Larry S. Glover
- A free personalized, signed book from Larry S. Glover (First 10 Guests Only)
- A free chance to win a \$20 Books-A-Million Gift Card

Feel free to contact Program Director, Abigayil Yisrael at [blackhawks@bhowellness.org](mailto:blackhawks@bhowellness.org), if you have any questions, comments, and/or concerns.

July 24, 2015 | 3:15 pm – 4:30 pm

Highlands Branch Library | 1826 Dunn Avenue Jacksonville, FL 32218 | (904) 757-7702



# JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13 Sunshine State Games	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

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

## BHO Initiative

The Black Hawks Organization would like to thank the teachers and staff at S.P. Livingston for a great year of teaching Taekwondo to 4<sup>th</sup> graders.

### Awards

Student of the Month	Certificate of Completion
Kenyon Kyra	Kenyon Kyra Ke'shonn Ke'brieon J'Niya Tishawn Kaden Jay-Tawn



## 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**