

Black Hawks Organization™

July 2015 Newsletter



BULLETIN BOARD

SPECIAL THANKS

Thanks to those who donated and bought raffle tickets in support of our youth. Your donations will be going towards funding the Early Literacy Workshop. (See more inside)

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.

FEATURE STORY



Did you know?

The Benefits of Using Real, Natural Soap

By: Cheryl McCoy | April 24, 2009

The next time you walk down the soap aisle at your favorite store enjoying the fresh, clean scents and the bright colorful packaging, pay attention. Look at the labels. The vast majority of the products on the shelf don't say 'soap' on their labels. They might be called beauty bars, moisturizing bars, or body bars, but not soap. That's because these bars aren't actually soap and can't legally claim to be; they're detergents. The manufacturers have removed most of the 'good' stuff that occurs in the soap making process, and replaced it with synthetic lathering agents and harsh chemicals. These cheap, plentiful detergent bars are not only bad for your skin, but they're also bad for the planet.

Read More - <http://tinyurl.com/chumswj>

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.

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Health Tip

Summer Health Tips

African Black Soap

African black soap is revered for having skin nourishing benefits due to an abundance of antioxidants. The soap is made from the ashes of plantain skin, cocoa pod and palm leaves, and palm oil from leaves or kernels. Some additional ingredients, depending on the makers of the soap, could be honey to soften skin and shea butter or cocoa butter for extra moisturizing properties (some black soap is more potent than others and can be drying).

Antioxidants in black soap protect the skin from free radical damage, which is a cause of premature skin aging, wrinkles and facial lines.

Black soap has antibacterial and anti-fungal properties and is great for deep pore cleansing. It also is effective at removing makeup because of the oils and butters.

Food Fact

You might be reassured to learn that the buttery flavor in microwave popcorn typically comes from a chemical actually found in butter, but you shouldn't be. This chemical, called diacetyl, is so toxic that it commonly destroys the lungs of workers in microwave popcorn factories, afflicting them with the crippling and irreversible disease known as bronchiolitis obliterans. Bronchiolitis obliterans is so rare outside of this context that it has become more commonly known as "popcorn lung," after the primary cause of the disease.



Healthy Living

Infused Waters

By: Amy Pogue

Rosemary and Grapefruit Infused Water

While you might consider grapefruit to be acidic, it actually leaves your body in a more alkaline state due to its high mineral content. Alkaline foods help keep your body balanced, especially when we consume acidic foods like sugar, white flour, and processed meats.

Honeydew & Sage Infused Water

Honeydew is rich in potassium, which is essential for optimal muscle, nerve, and heart function. Vitamin C content also helps to keep your skin beautiful. Sage is a proven memory booster. It is naturally high in antioxidants and flavonoids that are especially beneficial for people with inflammatory conditions.

Cucumber, Mint, and Jalapeno Infused Water

Infused waters don't have to involve fruit! This vegetable and herb infused water is as flavorful as it is healthy. Cucumbers help to reduce bloating, jalapeños increase your internal temperature and metabolism, and mint can help with digestion and relieve headaches.

For recipes and more, visit:

www.infusedwaters.com



BHO Sports: Taekwondo

Belt Testing

We would like to congratulate Andre, Elijah, Jaden, Wangavu Jr., Dakari, Taevion, and Abigayil for passing their belt test!

If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.

-Bruce Lee

Summer Boot Camp

Black Hawks Taekwondo Club is proud to announce the Summer Fitness Boot Camp! Along with Taekwondo, students will do cardio exercises, aerobic exercises, stretching exercises, and many more. The Summer Boot Camp will begin on July 3rd, 2015.

Vegan Recipe

Chopped Black Bean and Corn Mason Jar Salad

By: Tammy Kresge | August 22, 2013

INGREDIENTS:

- 5 wide mouth quart size mason jar salads
- 1 ¼ cup salsa
- 1 quart cherry tomatoes, halved
- 1 red onion, chopped
- 2 cans black beans, drained and rinsed
- 1 12 ounce package frozen corn, thawed
- 2 avocados, peeled and chopped
- 4-5 cups chopped romaine lettuce
- ¼ cup or more chopped cilantro (optional)

DIRECTIONS:

In each of the mason jars pour ¼ cup of salsa. Next divide and layer the rest of the ingredients evenly between the 5 mason jars starting with tomatoes then following with onions, black beans, corn, avocado, and ending with romaine and cilantro. When ready to eat pour into a bowl, mix together, and enjoy! You can also add vegan cheese, such as, Daiya Jalapeno Havarti Blocks.

Chopped Black Bean and Corn Mason Jar Salad



Coconut Oil Uses

- In cooking as a great oil with a high smoke point.
- Added to foods or drinks daily for energy
- As a coffee creamer when emulsified into coffee
- On the skin as a basic lotion (or coconut oil lotion bar)
- In homemade lotion bars for soft, smooth skin
- In homemade deodorant or deodorant bars
- As an eye-makeup remover
- To lighten age spots when rubbed directly on the skin
- To prevent stretch marks during pregnancy
- To support healthy thyroid function
- To help increase sun tolerance and avoid burning as a naturally SPF 4 sunscreen



Words of Wisdom

Daisaku Ikeda

To lead a life in which we are inspired and can inspire others, our hearts have to be alive; they have to be filled with passion and enthusiasm. To achieve that, we need the courage to live true to ourselves. Rather than borrowing from or imitating others, we need the conviction to be able to think for ourselves and to take action out of our own sense of responsibility.

When the doors of your heart are shut and you feel dark and isolated, look up to the sky and greet the clouds. Let the blue expanse open wide the window to your heart and let in beauty and light. Climb upon the clouds and let your heart soar freely in the open air!

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!

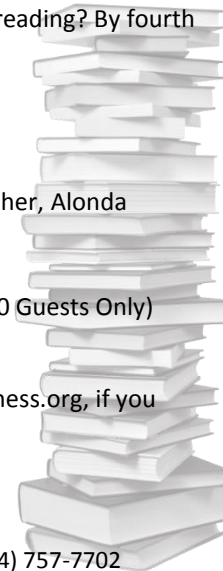
Visit the workshop and enjoy:

- 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, 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



JULY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5	6 Happy Birthday Xavier!	7	8	9	10	11
12	13	14	15	16	17 Happy Birthday Abigail!	18
19	20	21	22	23	24 Early Literacy Workshop	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

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

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






HSLDA
advocates for homeschooling since 1983



FLORIDA
HOME SCHOOLERS



Contact Information

Phone Number: (904) 571 – 2599
E-mail Address: bhi@bhowellness.org
Website: bhowellness.org

*Available upon Request

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