

Black Hawks Organization™

April 2015 Newsletter



BULLETIN BOARD

SPECIAL THANKS

Thanks to those who donated and bought raffle tickets in support of our youth. Due to your contributions, two of our practitioners were able to travel to Georgia and compete in the 2015 Georgia Qualifier.

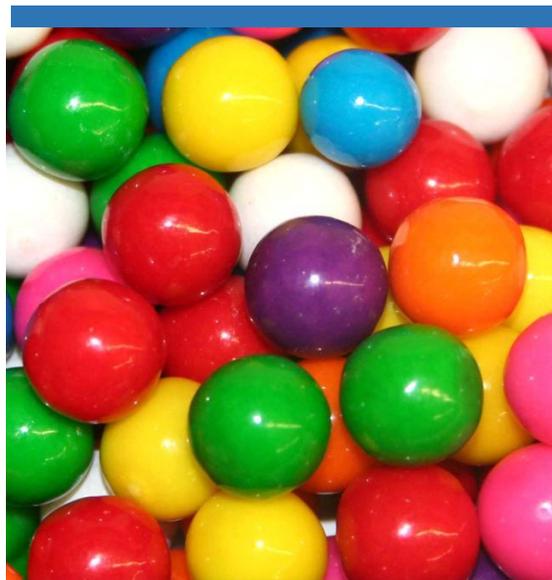
WEBSITE

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



Scan the QR code

FEATURE STORY



Did you know?

Why Chewing Gum is More Harmful to Your Health than Anything You Eat

By: Melanie Warner | June 3, 2011

Gum is typically the most toxic product in supermarkets that is intended for internal use, and it is likely to kill any pet that eats it. Commercial gum products contain roughly the same list of toxic ingredients, with differing labeling, which is virtually always designed to mislead. For example, **Titanium dioxide** is so cancerous that external skin contact is enough to cause cancer. Be reminded that all of these ingredients absorb directly into the blood stream through the walls of the mouth.

Read more at:

<http://tinyurl.com/onr9lgo>

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.

Students are learning work ethics while giving back to the community by way of volunteering this month. This month the students are volunteering at a local nursing center.

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

Healthy Living

Plastic:

The Human Impact

By: Zion Lights | May 8, 2012

Plastic bottles contain Bisphenol A (BPA), the chemical used to make the plastic hard and clear. BPA is an endocrine disruptor which has been proven to be hazardous to human health. It has been strongly linked to a host of health problems including certain types of cancer, neurological difficulties, early puberty in girls, reduced fertility in women, premature labor, and defects in newborn babies – to name a few examples. BPA enters the human body through exposure to plastics such as bottled drinks and cleaning products. It has been found in significant amounts in at-risk groups such as pregnant women’s placentas and growing fetuses. A study conducted last year found that 96% of women in the U.S have BPA in their bodies

Bottled drinks also contain phthalates, which are commonly used in the U.S. to make plastics such as Chloride (PVC) more flexible. Phthalates are also endocrine-disrupting chemicals that have been linked to a wide range of developmental and reproductive effects, including reduced sperm count, testicular abnormality and tumors, and gender development issues. The FDA does not regulate phthalates or class them as a health hazard due to the supposedly minute amounts present in plastic bottles. This decision does not take into account the significant presence of plastics in the average American citizen’s daily life, the fact that phthalate concentration increases the longer a plastic water bottle is stored, or the fact that a bottled drink that is exposed to heat causes accelerated leaching of harmful plastic chemicals into the drink.

To Read More, visit:

<http://tinyurl.com/mdvm5dg>

How to Kick Allergy Symptoms Honey and Bee Pollen

You may have heard the old wives’ tale that eating a spoonful of honey a day will cure your allergies. Well, it won’t cure them but it can significantly decrease your susceptibility to local allergens. Eating small, regular doses of honey or bee pollen supplements that are produced in your region can help your body build up a tolerance to pollen allergens, reducing the havoc they wreak on your sinuses. You can find locally produced honey and bee pollen at farmers’ markets in your area, as well as in many health food stores.

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. Drink a cup of green tea. It delivers EGCG, an antioxidant that blocks production of histamine and immunoglobulin E, both of which trigger allergy symptoms.

Food Fact

Castoreum, which is used as vanilla flavoring in candies, baked goods, etc., is actually a secretion from the anal glands of beavers.



BHO Sports: Taekwondo

Georgia Qualifier Results

The Georgia Qualifier was a great success! Both of our competitors walked away, qualifying for the 2015 National Championships. Devin winning 1st and 2nd Place, Richard winning 2nd and 3rd Place. We would like to thank everyone who supported these competitors.



GA & FL Invitationals Results

Name	Place in Forms	Place in Sparring
Xavier	--	3 rd
Richard	3 rd	1 st
Wangavu Sr.	1 st	3 rd
Marquace	3 rd	2 nd
Randejia	2 nd	3 rd
Tia	2 nd	1 st
Devin	3 rd	1 st
Naomi	1 st	2 nd
Angel	2 nd	2 nd
Abigayil	1 st	--
Amonte	1 st	2 nd
Taevion	2 nd	1 st
Wangavu Jr.	2 nd	3 rd
Dakari	1 st	3 rd
Jaden	3 rd	2 nd
Elijah	2 nd	2 nd

Vegan Recipe

Neapolitan "Milk" Shake

By: The Rachels | October 10, 2014

onegreenplanet.org

INGREDIENTS:

- 2 large bananas, sliced and frozen
- ½ cup + 1 tbsp (9 tbsp) almond milk, divided
- 1 tbsp cocoa powder
- A heaping ½ cup fresh strawberries
- ¼ tsp pure vanilla extract

DIRECTIONS:

1. In a small food processor or a powerful blender, add one third of the frozen banana coins, 3 tbsp of almond milk, and the 1 tbsp of cocoa powder. Blend until smooth and divide between 2 glasses.
2. Roughly rinse out the bowl of the food processor, add another third of the frozen banana coins, 3 tbsp of milk, and all the strawberries, blending until smooth to make the second layer. Again, divide amongst the 2 glasses.
3. To make the final vanilla layer, rinse out the food processor, add the remaining banana, milk, and vanilla extract and blend until smooth. Top the two glasses off with the vanilla layer and serve immediately.



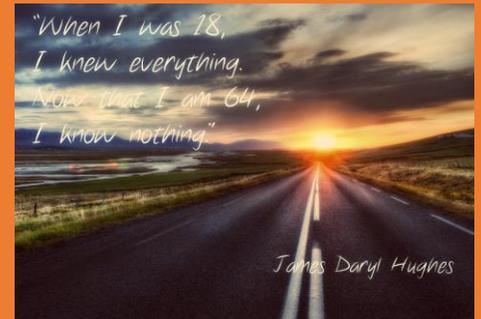
Garlic: Surprisingly Beneficial

1. Garlic is low in calories and very rich in Vitamin C, Vitamin B6 and Manganese. It also contains trace amounts of various other nutrients.
2. Garlic supplementation helps to prevent and reduce the severity of common illnesses like the flu and common cold.
3. High doses of garlic appear to improve blood pressure of those with known high blood pressure (hypertension). In some instances, supplementation can be as effective as regular medications.
4. Garlic contains antioxidants that protect against cell damage and ageing. It may reduce the risk of Alzheimer's disease and dementia.

Words of Wisdom

In loving memory of

James Daryl Hughes



"When I was 18, I knew everything. Now that I am 64, I know nothing."

James Daryl Hughes was a wealth of knowledge and a friend to many. Darryl worked at a Regency Health Food that was located inside of Regency Mall for 30+ years. He was loved by many and will be missed by all. The life in your years is more important than the number of years in your life.

Man Up

Sabomnim Ben Yisrael | March 29, 2015

It's time for boys to be men. I asked myself, how can a man be a man when he is told on a daily basis that he is indeed NOT a "real man"? How does anyone know what a "real man" looks like, when we have not seen one in decades? What happened to the strong male role models on television? In schools? Or even in politics? We have been beaten, broken, stripped of our title, and forced to be less of ourselves. A real man, in my humble opinion, is one who stands up for the truth, one who is a leader, one that strives to make, not only himself, but his community and the world a better place. A "real" man strives to walk spiritually, mentally, and physically by the word of the Almighty. My father always told me to be aware, be prepared, and be sharp. You have to know yourself, before you can even begin to learn the world.

Some time ago, I was conversing with a colleague. I had picked up many things about him from observing his actions. (Another thing men should start doing; observing) I asked him, "Why do you manipulate people... worst of all, why do you manipulate your own blood?" His answer? "I do this to get a reaction, it helps me see how people are." I wanted to tell him that I was able to see how he was without manipulation, just observation. Instead, to induce no hard feelings, I told him that he needs to become more spiritually inclined. There is no need to be a trickster in order to get what you need, just live on the path of truth. Men, stop spending time manipulating one another and abusing one another. We need to man up and unite!

APRIL 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3 Passover	4 Passover
5 Feast of Unleavened Bread	6 Feast of Unleavened Bread	7 Feast of Unleavened Bread	8 Feast of Unleavened Bread	9 Feast of Unleavened Bread	10 Feast of Unleavened Bread	11
12	13	14	15 Happy Birthday Devin!	16	17	18
19	20	21	22 Earth Day	23	24	25 Florida Qualifier No Class
26	27	28	29	30 Happy Birthday Andre!	1	2

*Pesach is the Hebrew word for Passover

Happy Belated Birthday Amonte!

*For more 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 by utilizing a spirit, mind, body approach. This month we want to recognize Kenyon Smith for being an exceptional student, demonstrating the five tenets of Taekwondo, courtesy, integrity, self-control, perseverance, and indomitable spirit.



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