



Black Hawks Organization™

December 2015 Newsletter



BULLETIN BOARD

CONGRATS!

Congratulations to S. Yisrael for passing his 1st Dan Black Belt Test! Thank you to everyone who attended the test and everyone that helped to create and capture that moment!

See details 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



Christmas!

John Steele Gordon | December 2007

The Christmas of parties and presents is far older than the Nativity. Most ancient cultures celebrated the winter solstice, when the sun reaches its lowest point and begins to climb once more in the sky. In ancient Rome, this festival was called the Saturnalia and ran from Dec. 17 to Dec. 24. During that week, no work was done, and the time was spent in parties, games, gift giving and decorating the houses with evergreens. (Sound familiar?) It was, needless to say, a very popular holiday. In its earliest days, Christianity did not celebrate the Nativity at all. Only two of the four Gospels even mention it. Instead, the Church calendar was centered on Easter, still by far the most important day in the Christian year. The Last Supper was a Seder, celebrating Passover, which falls on the day of the full moon in the first month of spring in the Hebrew calendar.

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.

Editorial Staff

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Health Tip

Proper Stretching

Stretching is the deliberate lengthening of muscles in order to increase muscle flexibility and joint range of motion. Stretching activities are an important part of any exercise or rehabilitation program. They help warm the body up prior to activity thus decreasing the risk of injury as well as muscle soreness.

The benefits of stretching are many and have been proven through various studies over time.

Do's and Don'ts:

DO hold the stretch for at least 30 seconds. It takes time to lengthen tissues safely.

DON'T bounce. Bouncing as you stretch can cause small tears (microtears) in the muscle, which leave scar tissue as the muscle heals.

DO stop if you feel pain. If you feel pain as you stretch, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch.

DON'T hold your breath. Relax and breathe freely while stretching. This can improve the stretch.

Food Fact

Candy Cane

The classic peppermint flavor of the candy cane has been around for 600 years, but the original candy canes were just straight sticks, like a real walking cane. In 1640, a German choirmaster decided to change things up by curving the shape to look more like a shepherd's staff, resulting in the candy cane shape we all know today.



Healthy Living

Essential Oils

Peppermint Oil

Pleasantly suitable for an abundance of oral and topical uses and antimicrobial properties, peppermint may be the most versatile essential oil in the world along with lavender. Literally, there are few body, health, and mind issues that it cannot help.

The health benefits of peppermint oil as well as peppermint oil uses have been documented back to 1,000 BC and have been found in several Egyptian pyramids.

Some of the most common peppermint oil uses include:

- Reduces stomach aches
- Soothe digestive issues
- Freshens bad breath
- Relieves headaches
- Antimicrobial properties
- Improves mental focus
- Clears respiratory tract
- Boosts energy
- Releases tight muscles
- Cost-effective natural solution to replace pharmaceutical drugs

Common Uses:

ADHD Support –Try spritzing some peppermint oil on your child's shirt before study time or placing a drop on her tongue or under her nose for improved concentration and alertness.

Headache Cure -Peppermint oil has the ability to improve circulation, heal the gut and relax tense muscles. All of these conditions can cause tension headaches or migraines making peppermint oil an excellent natural treatment.

Cancer treatment -Clinical research indicates that peppermint contains the compound menthol, which inhibits prostate cancer growth.

Information

For more information on essential oils or other essential oil products, contact Abigail Yisrael.

Phone:
(904) 624-8833

Email:
adropofessence@bhowellness.org

Website:
www.adropofessence.com



Congratulations!

News

Black Hawks Taekwondo Club Black Belt Test

Congratulations to Seonsaengnim S. Yisrael for passing his 1st Dan Black Belt Test! This is the beginning of his journey into the Art of Taekwondo.



Vegan Recipe

Vegan Potato Pancakes (Latkes)

www.peta.org

INGREDIENTS:

3 lbs. baking potatoes, peeled
1 yellow onion, finely chopped
Egg Replacer equivalent of 2 eggs (such as Ener-G Egg Replacer)
1 tsp. salt
1/4 tsp. pepper
4 Tbsp. unbleached flour
Oil for frying

DIRECTIONS:

Grate the potatoes and squeeze out the moisture.

In a large mixing bowl, combine the potatoes with all the remaining ingredients, except the oil.

Heat 1/4 cup oil in a large skillet.

Place 3 Tbsp. of the mixture into the skillet for each latke.

Use a spatula to flatten the mixture to form the latke.

Fry over medium heat about 4 minutes per side, or until golden brown.

Drain on paper towels and serve hot with apple sauce or soy sour cream.



Cranberries

In a study published in the *British Journal of Nutrition*, people who drank a glass of unsweetened cranberry juice a day increased their HDL, or good, cholesterol by about 10 percent.

If you want to stay brilliant, be sure to snack on sweetened dried cranberries. Their antioxidants and anti-inflammatory compounds may protect the brain from age-related memory and coordination loss, according to Tufts University research.

Cranberries' nutrients soothe skin. Try this body scrub from the Wauwinet Spa by the Sea in Nantucket, Mass. Blend 1/4 cup honey, 2 tablespoons dried cranberries, and 1/4 cup unscented body oil in a blender. Apply, then relax for 10 minutes; rinse.



Words of Wisdom

You Can Be Whatever You Want To Be!

By: Donna Levine

*There is inside you
All of the potential
To be whatever you want to be;
All of the energy
To do whatever you want to do.
Imagine yourself as you would like to be,
Doing what you want to do,
And each day, take one step
Towards your dream.
And though at times it may seem too
difficult to continue,
Hold on to your dream.
One morning you will awake to find
That you are the person you dreamed of,
Doing what you wanted to do,
Simply because you had the courage
To believe in your potential
And to hold on to your dream.*

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



 **HSLDA**
advocates for homeschooling since 1983

 LEAP



DECEMBER 2015

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



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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:

Sabonnim 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