

CLUB HIGHLIGHT

- 9/9, New Beginning Tai Chi Class started
- 9/24, Mid Autumn Festival Luncheon
- 10/29, Fall Picnic

Community Information

- 11/12 ~ 11/14, Anime USA, Crystal City, Arlington, VA
Anime USA started in 1999 and is a celebration of anime, manga and Asian pop culture. Detail information on events, performances, registration and more is here: www.animeusa.org

Why To Stretch

Provided by: Jianping Mao

Dr. Mao is the instructor for Tai Chi Class. You may read the following featured article about his Tai Chi teaching :

<http://columbia.patch.com/articles/tai-chi-chuan-balancing-body-mind-and-emotion>



For years, experts have recommended stretching before and after you exercise. Lately, however, there has been some controversy over whether it has any real benefits. After all, if it doesn't burn calories, why bother? Here's the scoop on that and other questions.

Why is stretching beneficial to my routine?

"One of the leading causes of injury is limited flexibility," says Dr. Robert Bray, a spine surgeon and consultant to the Los Angeles Clippers. Stretching increases your flexibility, reduces muscle tension and tightness, and may help prevent soreness and injury. "It prepares your body for physical activity," says Bob Anderson, author of *Stretching*. "And the increased flexibility will promote more consistently good workouts."

When should I stretch?

Whenever you can, says Anderson. Before and after exercise, at the end of a long day, in front of the TV, when you feel stiff or stressed out, or after long periods of sitting. But be sure to warm up a bit beforehand. Try walking or jogging in place for three to five minutes first.

Do I need to stretch if I don't work out?

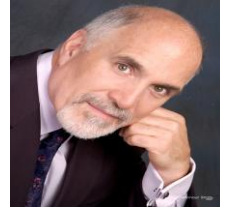
Yes. Everyone can reap the benefits. Stretching first thing in the morning can help with flexibility all day and lessen stiffness from arthritis. Stretching at night can help alleviate stress and lead to better-quality sleep. (source: Parade.com)

Autumn Festival Luncheon

Guest Speaker:

Dr. Thomas Roselle

Nationally-Known Lecturer,
Radio Talk Show Host, Chiropractor,
Acupuncturist, and Applied Kinesiologist



34 years in practice, Director of Roselle Center of Healing, one of the largest integrated practices in the Metro Area incorporating Chiropractic, AK Acupuncture, Nutrition and Massage Therapy, Doctor of Chiropractic, Applied Kinesiologist, Physician Acupuncturist, Diplomate in Nutrition, Author of "AGELESS HEALTH 101: Health is a Do-It-Yourself Program".



Photos By Jun Li



Onion Hands.... Believe it or not, you can usually remove most of the onion smell from your hands after cutting onions by simply taking hold of a stainless-steel spoon and

that hand under the cold-water tap for about 30 seconds. The smell will vanish miraculously. They actually sell a stainless-steel gadget in the stores that does the same thing, but why pay for it when you don't have to?

Garlic Odor.... When you're cooking a recipe that requires a lot of garlic in it, you may want to boil some Distilled white vinegar in a container on the stove at the same time. It should help cut down on the garlic smell considerably.

- ❖ If you don't believe the previous hint, you can try rubbing hands with coffee grind for few minutes and then rinse with water. It also works well with fishy smell and to clean your cutting board.

By Minlin Chang



Corn Bread

By Jane Liu

Ingredients:

1 cup all-purpose flour, 1 cup yellow cornmeal, 1/3 cup white sugar, 1/3 cup brown sugar, 1/2 teaspoon salt, 1/2 teaspoon baking soda, 2 eggs, 1 cup milk or butter milk, 1/2 cup melted butter

Directions:

- 1) Preheat oven 375 degrees F. Spray or lightly grease a 9 inch round cake pan.
- 2) In a large bowl, combine flour, cornmeal, sugar, salt and baking soda. Stir in eggs, milk and melted butter until well combined. Pour batter into prepared pan.
- 3) Bake in preheated oven for 30 – 40 minutes, or until a toothpick inserted into the center of the loaf comes out clean.