



Club Highlights

- **Taste of Asia & Pacific Islanders:** *Monday, 5/2/11, 11:30 am ~ 1:30 pm (if you would like to participate in the event please contact Jane Liu at jane.l.liu@nasa.gov)*
- **Tai Chi Review Class for experienced players** *is being offered every Friday, 11 am at Bldg 28, for more information contact Minlin.h.chang@nasa.gov or 6-1630*

Community Information

► Specialty Tea: Japanese Tea

Tuesday, April 5, 2011 at 1:00 PM; Wednesday, April 6, 2011 at 1:00 P.M. Strathmore Mansion

A Strathmore tradition to accompany the Cherry Blossom Festival. The Washington Toho Koto Society performs traditional music. Tea service features Japanese tea and treats.

Keep Your Knees Healthy

Provided by: Jianping Mao



Dr. Mao is the instructor for GCAC Tai Chi class. You may read the following featured article for his talk about Tai Chi:

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

If you are among the 19 million Americans who saw a doctor for knee pain last year, you had some high-profile company. Both golfer Tiger Woods and two-time Super Bowl MVP Tom Brady underwent knee surgery in 2008. The knee is the largest joint in the body and very complex.

Here are some tips to help keep your knees healthy so you don't become one of the 20% of Americans over 60 with significant knee pain.

Watch Your Weight

Research shows that carrying even a little extra weight triples your chances of developing arthritis. Every pound you carry puts an average of five pounds of added stress on your knees when you move, so being just 10 pounds overweight is like having 50 extra pounds of pressure on your joints. Research also has shown, however, that for a woman of average height, losing as little as 11 pounds may cut the risk of osteo-arthritis of the knee by up to 50%.

Exercise

Motion is lotion for your knees. Strengthening the front and back muscles (quadriceps and hamstrings, respectively) of the thighs can help prevent knee trouble—especially in women, who are five to seven times more likely to suffer a torn anterior cruciate ligament (ACL), which is among the most serious knee problems. One way to reduce your risk of such an injury is to practice jumping and landing on a slightly bent knee. Walking is good to help keep your weight down, but it won't build the thigh muscle you need to stabilize your knees. Aim to strength-train your legs two to three times a week to build and keep from losing muscle mass.

Pace Yourself

Always warm up before you exercise, and choose your workouts wisely. Know your limits. Give yourself time to get in shape, and don't try to do too much too soon. Follow the 10% rule: Never increase the duration or intensity of your exercise or activity by more than 10% in a week. Train for at least two months before beginning stressful activities such as skiing or running in a race. Strength, flexibility, aerobic, and core exercises will help prevent knee and other injuries. (source: parade.com)



Submitted by: Jane Liu

Every year around springtime, The National Cherry Blossom Festival holds a ceremony to celebrate nearly a century ago (1912), Helen Herron Taft,

first lady to former President William Howard Taft, and Viscountess Chinda, wife of the Japanese ambassador, collaboratively planted the first two cherry trees on the north bank of the Tidal Basin in West Potomac Park. A gift from Tokyo Mayor, Yukio Ozaki, the trees were given in hopes of building a stronger, friendlier relationship between the two countries. Three years later, the United States responded eloquently with a gift of flowering dogwood trees.

April 10th to commemorate 99 years of commitment to an ever growing amity between Japan and the U.S. The predicted peak blooming period of the cherry blossoms – MARCH 29 – APRIL 3! This year's Festival boasts **nearly 400 free** events and performances surrounding traditional and contemporary arts and culture, natural beauty, and community spirit. For detail activities information, please visit:

<http://www.nationalcherryblossomfestival.org/>



Submitted by: Minlin Chang



Being enveloped in a soft, plush bath towel after a hot shower is one of life's little luxuries. The problem, though, is that even the softest, plushiest among them tend to stiffen after multiple washings – which is actually a function of the chemical detergents most of use, which coat fabrics and build up on towels in particular (they're designed to absorb, after all), and over time, you wind up with that icky scratchy feeling. There are some tricks you can employ, however, to stave off hitting the rough patch.

- Add a bit of white vinegar to your rinse cycle, which strips away past detergent build-up. Vinegar also gets rid of any lingering odors clinging to the fabric.
- Wash new towels in hot water with baking soda to remove any lingering residue from the manufacturer.
- Throw some clean tennis balls in the dryer—they help fluff as they're bouncing around your dryer.
- This is counterintuitive, but don't use fabric softener.



Bread Snacks...When your bread has turned stale, take a cookie cutter and cut the bread into shapes. Place in a plastic bag and freeze.

When company arrives, top them with cheese spread and pop them under the broiler. Instant snacks!

- Take your leftover bread crumbs, add a little egg and shape into little balls. Drop them into hot oil and brown them. Sprinkle with sugar and cinnamon. The kids will love them!



Submitted by: Minlin Chang