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### Inside this issue:

- *GCAC 2012 New Officers' Election*
- *Gansu Dance Theatre's Silk Road – CPAA*
  - *Silver Star Dance 2011*
  - *Race: Why are we so different?*
  - *Article: Strong Shoulder*

## GCAC 2012 New Officers' Election

GCAC board is working on the 2012 New Officers' Election. The board positions are for TWO YEARS. Please cast your ballots **electronically** to **Xiaoyi Li** < [xiaoyi.li-1@nasa.gov](mailto:xiaoyi.li-1@nasa.gov) > on **COB Wednesday, November 23rd, 2012**. The new elected Officers and Board Members will be announced on or before **January 3<sup>rd</sup> 2012**.

### Current Officers:

*President: Minlin Chang*

*Vice President: Jianping Mao*

*Treasure: Weili Wang*

*Secretary: Xiaoyi Li*

*Web Master: Jianfu Pan*

*Publicity: Jane Liu*

*At Large: Dean Chai, Jinghong Chen, Donghui Yi*

## Gansu Dance Theatre's Silk Road – CPAA

Inspired by the magnificent Dunhuang frescoes, the award-winning classical Chinese dance drama *Silk Road* is performed by Gansu Dance Theater. A tale of the friendship forged between the Chinese people and peoples of various countries along the Silk Road in the time of the Tang Dynasty, *Silk Road* follows master fresco painter Zhang, his daughter Yingniang, and Persian merchant Yunus. *Performance Timing: 2 hours, 15 minutes, including one intermission.* **Kennedy Center**, Dec. 9 - 10, 2011, Eisenhower Theater, Ticket Price: \$10.00 - \$40.00 POC for tickets: Wenli Wang ([wei.l.wang@nasa.gov](mailto:wei.l.wang@nasa.gov))



**銀星舞蹈中心10周年**  
Silver Star Dance Center  
10 Year Anniversary Dance Performance

Time: Dec. 17, 2011, 7:30 PM  
Ticket: \$15, \$20, \$25, \$50  
301-792-3993 (Ms. Leo)  
793-309-5729 (Saris)

Location: MC Cultural Arts Center  
7995 Georgia Ave., Silver Spring, MD 20910

## Silver Star Dance 2011

*Silver Star Dancing Center Ten-year Anniversary Dance Performance*

Fang Ning started to dance since she was nine years old. Graduated from Shanghai Dancing School, she became a pro dancer and instructor. She moved to the United States ten years ago, and founded Silver Star dancing center. The center has several dancing classes. The dance performance will be held at **Maryland Cultural Arts Center** (7995 Georgia Avenue, Silver Spring, MD 20910). Contact: 240-429-1036. POC for tickets: Wenli Wang ([wei.l.wang@nasa.gov](mailto:wei.l.wang@nasa.gov))

## Race: Why are we so different?

*Smithsonian Exhibition*

It's a simple truth.

People are different. Throughout history, these differences have been a source of community strength and personal identity. They have also been the basis for discrimination and oppression.

The idea of "race" has been used historically to describe these differences and justify mistreatment of people and even genocide. Today, contemporary scientific understanding of human variation is beginning to challenge "racial" differences, and even question the very concept of race.



*RACE: Are We So Different?*, developed by the [American Anthropological Association](#) in collaboration with the [Science Museum of Minnesota](#), is the first national exhibition to tell the stories of race from the biological, cultural, and historical points of view. Combining these perspectives offers an unprecedented look at race and racism in the United States.

Currently on view at **the National Museum of Natural History** (June 18, 2011 to January 8, 2012)

## Strong Shoulders

We take for granted all the things we do using our shoulders—until they start to hurt. “The ability to move the shoulder in a variety of directions is vital for participation in both sports and everyday activities,” says Dr. Anthony Petrosini of the Orthopaedic Institute of Central Jersey. That includes writing, lifting, even just using a computer. “We need to do strength and flexibility exercises to help prevent injury—especially in the smaller muscle groups of the shoulder blades,” he says.

Start by doing some light weight training two or three times a week, with a day of rest in between. Moves that strengthen the shoulder include push-ups, lateral raises, and internal and external rotations. You don’t need to use heavy resistance—light dumbbells or even water bottles will work.

If you do hurt yourself, take it easy. “At the first sign of pain, try rest and ice,” Dr. Petrosini says. Don’t use your shoulder for a few days, and ice the area with a cold pack for 10 to 15 minutes, four to eight times a day.

If pain and stiffness persist, look for an orthopedic surgeon who specializes in shoulders. “A lot of people think that seeing a surgeon means you’ll be operated on, but only a small number of the shoulder problems that I see require surgery,” Dr. Petrosini says. You won’t know until you go, though, so don’t wait. [source: *parade.com*]