



## GREETINGS FROM THE PRESIDENT'S DESK 會長的話

### THE MEMBERS OF IACA DO REMARKABLE THINGS

Simply look at the pages of this newsletter to see just some of the things we can do. Council member Ma Li as well as Dr. and Mrs. Wong planned and hosted a New Member Welcoming Party (pictures on pages 3-4). Hope, Janet and Larry Casey-Allen were part of the IACA Lion Dance Team highlighted in the 500 Festival Parade. Council member Shane Thompson planned and executed an extremely enjoyable Dragon Boat Festival. Young Daniel and Matthew Fu worked with their father Henry to help pick the special food we can all try at this year's Indiana State Fair. Congratulations also go to our many members accomplishing so much in the classroom and in the workplace (pages 7-8). Finally, our council member Dr. Lau has been keeping us informed about the H1N1 flu virus and today is offering a general guide for healthy living (page 9).

I know many others accomplishments could be listed. The talents and hard work of IACA members makes me proud to call myself a member of the IACA family. I hope you will share your triumphs with the rest of the IACA family by e-mailing our newsletter editor at [drpatrickhlau@gmail.com](mailto:drpatrickhlau@gmail.com).

Join the action. The future offers new opportunities and new challenges. The 2nd annual Indianapolis Chinese Festival, our Senior Day celebration and the International Festival will arrive this fall. Also look forward to information about a United Way family day of service in November. Join us in helping make the lives of Chinese-Americans in Central Indiana better. Join us as we share Chinese culture again and again.

Enjoy a safe and productive summer and I hope we will see you at our fall activities.

Your proud president,

Steve LeBeau

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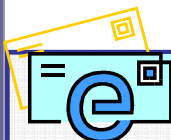
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Watch your e-mail for the *monthly*  
HEALTH TOPICS IN THE NEWS edited by Dr. Patrick H. Lau

# NEW MEMBER WELCOMING PARTY



On the beautiful and sunny spring afternoon of May 23, the annual New Member Welcoming Party was held at Dr. and Mrs. Raymond Wong's warm and gorgeous home

overlooking the picturesque backyard with a serene pond. More than fifty members and families attended the celebration.

Regrettably, some new members were unable to be present for the gathering.

IACA has hastily grown with six new families and twenty-four affiliated members this year.

In a cheerfully companionable atmosphere, old members were blissfully catching up with each other, exchanging recent news and information about themselves and their families, and mingling with the new members who were merrily enjoying their newly made friendships. In addition, the new

senior members including Dr. Hu and Dr. Li (Dr. Peggy Hu's parents) were content to have attained the social connection and collectively felt a sense of belonging to the organization. Happily, familiar faces like Terry and Margaret Yen, and Dr. Gonzalo Chua also emerged among the new faces. All the members' elation and affability were captured by the many photos taken by Henry Fu and Peggy Lau. Evidently, a picture is worth a thousand words.

Delicious and delightful hors d'oeuvres, fresh fruits and punch were provided for the pleasure of the attendees. As witnessed from some photos, Dr. Rudy Yung conscientiously served the members with the scrumptious refreshments; nevertheless, his "tableside manner" is paled by his bedside manner. Our hosts, Dr. Raymond Wong and his wife, Christine, thoughtfully and graciously entertained all the guests. We profoundly appreciate their great kindness and hospitality as well as generosity. Indisputably, everyone at the party had a wonderful time. Incidentally, a new member, Janice Tong and her son, Jason traveled all the way from New Albany, Indiana to participate in the party; that is commendable enthusiasm.



海內存知己  
天涯若比鄰



Photos contributed by Henry Fu

by Patrick Lau



四海之内  
皆兄弟也



New Member Welcoming Party

Photos contributed by Henry Fu

New Member  
Welcoming Party



歡迎



☆ Special thanks to  
our hosts ☆  
☆  
Dr. and Mrs.  
Raymond Wong ☆

# LION DANCE

## TEAM

by Henry Fu



The IACA Lion Dance Team has been busy lately. After the Chinese New Year performances in both Columbus and in Indianapolis, the team participated in the Asian Festival on May 9th, and the Indy 500 Parade on May 23rd. Then, in the Dragon Boat Festival, our lion interacted with the 22-paddler dragon boat from the Indy SurviveOars.

Through the years, many IACA members participated in the Lion Dance Team. Currently, the most active members include Janet and Larry Casey-Allen, and their lovely daughter, Hope. Hope has grown up so much that she plays the lion head all the time. Linna Wong and her two sons, Eugene and Nelson, participate in special occasions. Jingli Zhang, Mary Ma, and Yixun Wu also help. Henry Fu plays the drum.



We have some new members too. Kim Goode joined us last year. Joseph Bir and Alvin joined this year.

The team has a total of Buddha head. During performance in Columbus, Armstrong to take part.



three lions and one last New Year's performance we invited Mayor Fred He wore the Buddha performance, the

head. During the audience did not know that the mayor wore the Buddha head, but as the performance ended, the mayor removed the head and astounded the audience.



*What a surprise!*



INDY  
500  
PARADE

## HENRY, DANIEL AND MATTHEW FU Tasting Panelists

**Henry Fu, along with sons, Daniel and Matthew,** were Tasting Panelists for the Indiana State Fair's 2009 Signature Food Contest. The Tasting Panelists selected foods from recipes using tomatoes or tomato-based products since this is the "year of tomatoes" at the Indiana State Fair. The Fair Food Candidates for this year's contest include: *Sun-Dried Tomato Pork Burger, Ya Ya's Tomato Balls, Pizza Cone, Tomato Bob, and Deep-Fried Pizza.*

## PATRICK M. BARKER

**Patrick M. Barker,** son of Rick and Tanya, graduated May, 2009, from Butler University, with a dual Philosophy/Psychology major, with a Chinese minor. Patrick has committed to teach this year in China, and has taught English several summers at the Shenzhen Foreign Language School in Shenzhen, China. In addition, he completed his studies of Contemporary Chinese Language, from Nankai University, in June, 2007. Patrick and his family are very proud of his desire to continue to pursue his Chinese ancestry, as they make plans to visit him and Tanya's family in parts of China, while he is there teaching.



## Dr. YU-LONG LIN RETIRES

中華民國總統 馬英九  
Ma Ying-jeou  
President of the Republic of China (Taiwan)

Dr. Yu-long Ling  
Elmon and Lucile Williams Chair in Law and Public Service  
Chair, Political Science Dept.  
Professor and Chair of Political Science  
Franklin College  
Franklin, IN 46131

Dear Professor Ling,

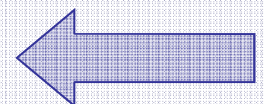
渝郎教授道鑒

**Dr. Yu-long Lin,** an IACA long time member, Professor and Chair of Political Science at Franklin College, retires this June. Yu-long is also the Elmon and Lucile Williams Chair in Law and Public Service.

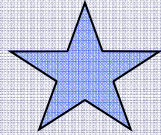
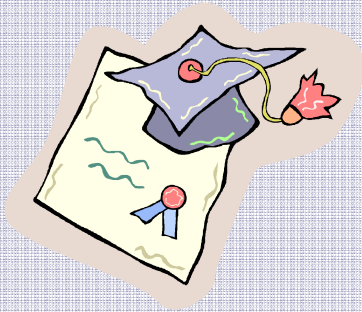
President Ma Ying-jeou of the Republic of China (Taiwan) wrote a personal letter to congratulate his retirement. Yu-long is also the founder of ICAPA. He published numerous books and is hosting a weekly column in Daily Journal.



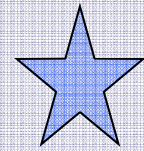
Remember to visit the IACA website at  
<http://www.iacaonline.org>  
to view photos from all of the IACA activities.



## CLASS OF 2009



### CONGRATULATIONS GRADUATES



**Dylan Foran**, son of Kathy Johnson and Richard Foran, graduated from Bishop Chatard High School and plans to attend Purdue University and major in Aviation Technology.

**Zhen Jia**, brother of Jia Jia, graduated from Lutheran High School and plans to attend IUPUI and major in Public Safety.

**Annie Wu**, daughter of Yixun and Chuyun Huang Wu, graduated from Carmel High School and plans to attend Rhode Island School of Design (RISD is the very best art school in the States) and major in Arts.

**Richard Chua, MD, FACS**



**Gonzalo T Chua, MD, FACR**

**Richard Chua, MD, FACS**, Tucson, AZ, son of IACA member Dr. Gonzalo Chua, is quest faculty at a post graduate seminar on "Minimal Access Spine Technology" on July 11 in Indianapolis. He will lecture and conduct hands on demonstration in minimal invasive spine surgery. The seminar is attended by area orthopedic and neurosurgeons and is sponsored by Medtronic.

**Gonzalo T Chua, MD, FACR**, IACA member, Radiologist at Clarian North Medical Center, Professor of Clinical Radiology, IUMC, is nominated by the Alumni Association of the College of Medicine, University of the Philippines in their coming Grand Reunion in Nashville, TN for the Outstanding Overseas Educator Award.

## RUDY YUNG, MD, FACS

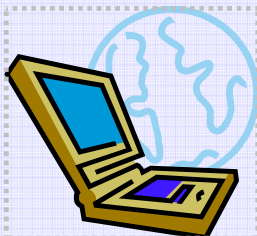
2009 PROFESSOR OF THE YEAR, INDIANA UNIVERSITY DEPARTMENT OF OPHTHALMOLOGY

On June 29, Indiana University Department of Ophthalmology celebrated the graduation of their residents. During the evening's dinner, the faculty, fellows, residents along with their parents and families were gathered at the beautiful White River Garden Banquet Hall for a delicious meal, where awards were given to the winners of research papers and publications and remarks were made by the Ophthalmology Chair.

Dr. Rudy Yung was voted the *Best Professor of the Year* by the entire class of Ophthalmology residents, citing his remarkable patience and wealth of knowledge and skill that he possesses in performing surgery for the eye. The residents thanked Dr. Yung for being both a great teacher and friend to them throughout the three years in the Indiana University program. They also praised him for his leadership in the transformation of the Wishard Eye Clinic into an up-to-date facility and efficient working environment. Above all, the residents recognized and thanked Dr. Yung for providing a caring and nurturing experience that they will treasure for years to come.



**CONGRATULATIONS, DR. RUDY YUNG!**



Newsletters available online  
at  
[www.iacaonline.org](http://www.iacaonline.org)



Submit all  
Member News to  
[drpatrickhlau@gmail.com](mailto:drpatrickhlau@gmail.com)



## NUTS FOR CARDIOVASCULAR HEALTH

Nuts lower cholesterol; contain mono- and polyunsaturated fats; omega-3 fats in walnuts protect against irregular heart rhythms; rich in arginine which improves blood vessel function; and other nutrients such as fiber and vitamin E lower cardiovascular risk.

Source: *Harvard Medical School*



## FISH AND FISH OIL

(Omega-3 Fatty Acids): Lower blood pressure and triglycerides; raise HDL; primary and secondary cardiovascular disease prevention; anti-inflammatory effects protect against heart disease; improve infant eye/brain development if mothers consume DHA food or supplement during pregnancy; and improve symptoms of rheumatoid arthritis. They may also help reduce the risks of age-related macular degeneration, angina pectoris, atherosclerosis, cancers (breast, colon, prostate), abnormal heart rhythms (arrhythmias), coronary disease (sudden cardiac death), dementia, depression, attention deficit hyperactivity disorder, impulse problems, and inflammatory bowel disease (Crohn's disease, ulcerative colitis).

Source: *Mayo Clinic*

## TOP 10 GUIDELINES FOR CANCER PREVENTION

- 1) Avoid tobacco.**
- 2) Eat right.** Reduce saturated fat and red meat. Limit charbroiled foods, and avoid deep fried foods. Eat more fruits, vegetables, and whole grains. Eat fish two to three times a week.
- 3) Exercise regularly.** Physical activity reduces risk of colon, prostate, breast, and reproductive cancers.
- 4) Stay lean.** Obesity increases the risk of many forms of cancer. Calories count—if you need to slim down, take in fewer calories and burn more with exercise.
- 5) Limit alcohol consumption.** Excess alcohol increases the risk of cancers of the mouth, larynx, esophagus, liver, breast and colon. If you choose to drink alcohol, the limit should be one to two drinks a day for men, no more than one a day for women.
- 6) Avoid unnecessary exposure to radiation.** Wear sunscreen to protect from ultraviolet radiation. Get medical imaging studies only when you need them. Check your home for radon.
- 7) Avoid exposure to industrial and environmental toxins** such as asbestos, benzene, aromatic amines, and polychlorinated biphenyls (PCBs).
- 8) Avoid infections that contribute to cancer,** including hepatitis, HIV, and the human papillomavirus (HPV).
- 9) Consider taking low-dose aspirin.** Men who take aspirin or other nonsteroidal anti-inflammatory drugs may have a lower risk of colon and prostate cancers.
- 10) Get enough vitamin D.** Taking 800 to 1,000 IU daily may reduce the risk of prostate and colon cancers.

Source: *Harvard Medical School*