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ENGAGING QUALITY PROFESSIONALS TO IMPACT COMMUNITIES

OUR MISSION IS SIMPLE



CHARITABLE

Connecting our members with the most high-integrity charities to perform "random acts of kindness".



CULTURAL

Pushing for fair representation of Asians in print, online, movies and television, ending negative stereotypes.



POLITICAL

Pushing for more Asian Americans in government, furthering our family and pro-business values.



CONGRATULATIONS GRADS!

FOUNTAIN VALLEY, CA

This month, Marc Ang had the honor of emceeding an Orange County homeschool graduation and prom organized by Windi Eklund of Homeschool Concierge.

With all of the uncertainties of the lockdowns to the extremism taught in public schools, many parents have turned to homeschooling. Homeschool Concierge is a 501c3 nonprofit started by Windi who is a veteran homeschool mom and education advocate. Her organization networks parents to resources and other groups to support what is best for their children. She hosts fairs, field trips, and events to develop the homeschool community.

Congratulations graduates and parents of the class of 2022!

To learn more about Homeschool Concierge, please visit homeschoolconcierge.org





HEALTHY/HAPPY

SHERILL FRANKLIN

Yep, that is how it started! One minute, walking along sidewalk, early in the morning, feeling virtuous for being up and about while most of the world is just stirring; the next, coming down hard on one ankle after stepping wrong. Luckily, I recovered and didn't fall, but it was all I could do to hobble back inside.

I took some ibuprofen and sat massaging the ankle and trying to be quiet, since the rest of the house was still sleeping. After a while the pain subsided, and I sat at my desk and got to work.

I did get up for break and lunch, but since the kitchen is right next to the office, "Break" and "Lunch" were 10

steps away. Then the workday ended, and I tried to do some real walking around. That is when it became apparent that my ankle was extremely unhappy and did not want to carry me around while I fixed dinner. That is also when our son noticed that I was limping.

When he heard why, I got demoted from "Mom" to "Tiresome Kid" and sent to sit on the couch. He made me a cold compress, fixed dinner and, unbeknownst to me, called his younger sister.

Little Sis is the youngest of the siblings and, let us be real, is the boss of us all. She called me shortly after I was

...Continued

ensconced on the couch. We chatted amicably and I hastened to tell her about the little mishap, because if she found out later, my name would be mud. She did not let on that she already knew, she just very sympathetically asked me if I was doing my ankle rotations. (Well, of course I was not. Who remembers stuff like that?!)

With her direction I started doing them intermittently the rest of the evening, and the results were practically miraculous. With adding the ankle rotations to the cold compresses and keeping my foot up, I was able to go into church on my own two feet a day later, when earlier I'd begun to wonder where I could rent a pair of crutches.

Ankle sprains or strains are quite common, and mine was, fortunately, a minor strain, thus making the effect of the rotations even more dramatic

How did these ankle CARs (Controlled Articular Rotations) work their magic? Number one, the movement fended off stiffness. Little Sis reminded me not to coddle the injury. Exercising through minor pain aided flexibility.

Number two, exercise stimulated the building of the new proteins which repair injured muscles.

Number three, exercise increased blood flow and circulation thus promoting healing.

Pro tip! You do not have to injure yourself to benefit from rotations. An internet search will yield a wealth of information on "ankle rotations", what they are and how to do them.

Before going for a walk, or for a break during the workday, 10 ankle or wrist rotations will help keep the joints healthy, flexible, and strong.

UPCOMING EVENTS



Asian Industry B2B

ALTERNATIVE EDUCATION CONVENTION

Learn about new ways to learn!
Booths, resources, and networking

Saturday October 22
11am to 4pm

OV Church
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SECURE TRUCKLOAD PROGRAM

DIAMOND BAR, CA

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Please see our flyer and rate sheet.

The truckload space is limited and first come first serve. (100 ctr per month). If this program is good for your shipment, please book with us in advance so we can reserve the space for Xiamen Supertrans Logistics Co., Ltd. (Xiamen, Head Office).

Please note that we also service cold storage needs in the Pacific Southwest of California, Nevada, Arizona and the rest of the west coast by utilizing different sizes of equipment from 20' bobtails to reefer 53' trailers and a facility equipped with a large freezer, large cooler and a temperature-controlled loading area for storage and consolidation.

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Please contact Marc Ang at marc@aib2b.org if you are interested.



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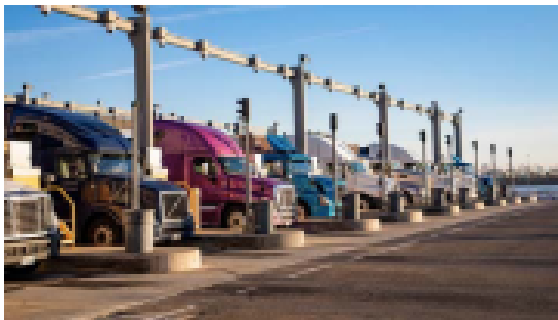
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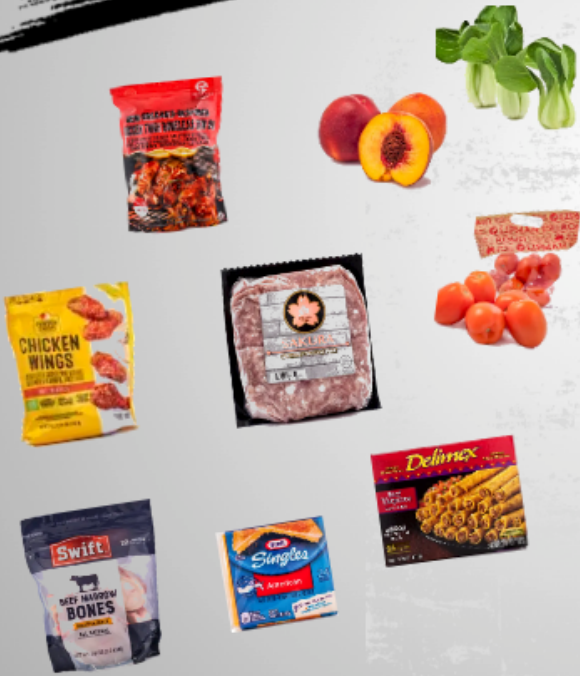
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