

Two from Jiading strike gold at 2020 Paralympic Games in Tokyo

Yu Chao, Zhou Yulin and Ma Yue

CHINA topped the medal standings of the 2020 Paralympic Games in Tokyo that ended earlier this month, with a total of 96 gold medals, 60 silver and 51 bronze.

Among the gold medalists, two of them are from Jiading District — wheelchair fencer Zhou Jingjing and sitting volleyball player Wang Yanan.

As a veteran athlete, 32-year-old Zhou has pocketed one gold and one silver medals in individual competitions, as well as two team competition gold

medals at the 2016 Paralympic Games in Rio de Janeiro.

Despite her rich experience, Zhou encountered challenges when preparing for the competition.

“My elbow inflammation resurfaced, so I had to take part in trainings and receive treatment at the same time,” said Zhou. “I was quite worried the injury might affect my performance.”

“After the previous two Paralympic Games, I’m getting better known by my opponents, who have been studying my techniques and skills. Given my increased age and decreased

stamina, the competition is becoming more difficult, and any minor mistake might cost me the whole match,” she added.

Zhou said she has been constantly adjusting her physical and mental status and beefing up her training regimen to ensure good form.

On the big day, Zhou was totally locked in. She partnered with teammates Gu Haiyan and Rong Jing, defeating Italy 45-41 in the wheelchair foil women’s team final and capturing China’s 46th gold medal of the games.

Zhou was born into a farming family in Jiangsu Province.



Zhou Jingjing (center) and her teammates show their gold medals. — Yu Chao

She was struck with poliomyelitis at the age of three and lost the ability to walk. She began fencing in 2003 and joined the Shanghai Wheelchair Fencing Team in 2007.

Improving views in Qinghai Province

Wang Jiajun and Yu Hong

A JIADING medical team traveled more than 1,800 kilometers to Jiuzhi County on the Qinghai-Tibet Plateau, often called “the ridge of the world,” in Qinghai Province earlier this month. These “messengers of brightness” offered local residents with eye diseases a second chance to view this colorful world.

“Tashi delek,” said Jiamao, meaning “thank you” in Tibetan. On September 1, Jiamao put a white hada (a scarf that is a traditional Tibetan gift) around the necks of the Jiading medical workers with a big smile that hadn’t been seen for a long time.

Before that day, the world of 28-year-old Jiamao was completely black, as she was not only blind but also deaf. She underwent a difficult surgery that carried high risk, because both of her eyes had severe cataracts and she is also mentally ill.

Fortunately, the medical team completed the phacoemulsification and intraocular lens implantation successfully, and Jiamao regained her vision. In addition, the team removed a cataract from her father’s left eye.

This was the 16th Jiading-Jiuzhi Bright Travel medical team with 19 ophthalmologists from Ruijin Hospital North Shanghai Jiao Tong University School of Medicine, the Third Affiliated Hospital of Naval Medical University and Jiading Central Hospital.

Cao Wenjie, chief of Jiading Central Hospital’s ophthalmology department, has made the trip to Jiuzhi for the past eight years and performed more than 200 operations.

“I felt so delighted to see how Jiamao has recovered. When she put the hada around my neck, I could see her moving faster than before,” said Cao.

In addition, the medical team worked in clinics and provided guidance for local medical workers.

Jiading has organized similar missions to assist villagers in Jiuzhi every June and August since 2014, carrying out ophthalmological treatments and preoperative screenings.



Cao Wenjie (right) checks a patient’s eyes in Jiuzhi County. — Wang Jiajun



• Making mooncakes for Mid-Autumn

Residents of the Jiafu Community are busy making mooncakes, filling pork stuffing inside crusts and baking them in an oven (inset). As a traditional snack during the Mid-Autumn Festival, which was on September 21 this year, its round shape symbolizes family reunions. These mooncakes were also a gift for elderly residents in the community, sending them with best wishes during the festival. — Li Huacheng

Eateries taking no chances with virus

Zhou Yulin and Yu Hong

STRICT measures for the prevention of COVID-19 have been implemented in moving dining cars and community canteens throughout Jiading to ensure residents can eat without worrying.

Employees at the breakfast dining car on Hongshi Road wear masks and gloves, and pass food to customers on trays instead of using their hands. Moreover, every dining car is equipped with sterilizer.

“With the trays, I don’t need to touch the server directly, which makes me feel safe when having breakfast,” said a resident surnamed Shan who is a regular patron of the breakfast dining car.

Jiading has more than 80 breakfast dining spots that officials patrol during business hours.

“We will check every dining car to make sure they have sterilized the cooking

appliances and are wearing masks and gloves,” said Cai Yanping, manager of the Jiading-based Shanghai Yingyuan Breakfast Development Company.

Community canteens serve as a vital gateway for COVID-19 prevention.

“Please scan your travel code here. Thank you for your cooperation,” said a worker at the entrance of Wo Jia Restaurant, a community canteen in the life and service center in Juyuan New Area. It has become routine to check people’s temperatures, as well as their health and travel codes. People dining here are required to wear masks and stand 1 meter apart when standing in line.

“The improvement in prevention measures is also a way to protect ourselves,” said a resident surnamed Gao who works nearby and visits the restaurant often. “Although you need to go all the way to enter the canteen, like playing games to

beat monsters, it is still necessary for the sake of safety.”

To avoid person-to-person contact, two intelligent automatic check-out machines, which are equipped with high definition cameras, have been installed that take the place of human cashiers. When residents put their meals on the platform under the camera, the monitor will show the name of the meal and the amount owed. “Payment has been completed” will pop up after payments are made.

“It’s not only quicker but also safer than before when the cashier checked out items one by one,” said a resident surnamed Tang.

Before opening every day, the camera scans every meal and then records it into the machine.

In addition to using technology to reduce human contact, transparent dividers are placed between dining tables.