

**Another Wonderful Vegas Trip**

Thanks to Toni, we all enjoyed a fantastic, fun-filled trip to "Sin City", Las Vegas...before we left, Toni wrote each of us a letter:

"Hi there everyone!! Are you ready to boost the economy with your "Social Security Economic Recovery Payment Check" from Uncle Sam aka Barack -- He's the MAN!! There was a famous rich man, a Mr. Hogg, father of two daughters he named Ima and Ura -- I kid you not, who said, "Money is like manure, you have to spread it around to make it grow". Well, this will be our sixth or seventh bus trip to Vegas since 9/11 and I'm still waiting for the Big Harvest.

Anyway, hope y'all are in good spirits and ready to have a good time and get reacquainted with our Crystal City family! June Maeda and her daughters, Ann and Leslie, will be flying in from Chicago, Jimmy Kato (Shiz Ochiai's husband) from Hawaii had such a good time last year that he's coming again! So are Lucy (Okazaki) and Ray Matsumoto from Los Gatos and Ken and Alice Matsumoto from San Diego. How strong are the ties that bind us together...see you on the 19th!!!"

Toni filled the bus to the maximum...with 35 Crystal City-ites and 17 from the San Gabriel-Norwalk seniors...and we had fun playing Bingo all the way to Barstow...and for the very first time I won one game...there were many others who shouted Bingo and won...Thanks to Mas Okabe announcing the numbers while Paula Shimatsu (yup, my daughter), checked them off...and of course, they are two of the wine-masters...bringing good to great wine for the bus as well as the dinner Wednesday night at Main Street Buffet...and they both made sure they brought enough "yellow" wine for Toni.

May (Kaneko) Hamada had her daughter and granddaughter come with her so we had 3 generations right there...the Vegas Bus List for 2009 was:

Crystal City-ites

- Cheryl Hamada
- May Hamada
- Betty Inouye
- Emi Kami
- Kay Kami
- Seiji Kami
- Ets Kasai
- Hid Kasai
- Sachi Maehara
- Carmen Mochizuki
- Mas Okabe
- Shirli Okabe
- Sid Okazaki
- Yukie Okazaki
- Toni Tomita
- James Hatanaka
- Tilly Hatanaka
- Reiko Ikemiya
- Tom Ikemiya
- Fumi Nakamura
- Ty Nakamura
- Haj Nonoguchi
- Yuki Nonoguchi
- Mei Ling Shimatsu
- Mrs. Loh (Mei Ling's mother)
- Paula Shimatsu
- Sumi Shimatsu
- Kazie Tajii
- Min Tajii
- Doris Yamane
- Ken Yamane
- Mildred Yonekura
- Aki Yonekura

San Gabriel-Norwalk Seniors

- Cami Brewster
- Miki Brewster
- Yoshito Fujimoto
- Ryoko Inada
- Taye Kamada
- Mick Kitahara
- Rose Kitahara
- Obi Kiyama
- Say Masai
- Setsuko Masai
- Tee Murashige
- David Nakamura
- Ets Nakamura
- Mat Nakamura
- Aki Oana
- Doris Oana
- Mary Sato
- Sab Takata
- Charlene Takata
- Lucky Yamamoto
- Yo Yamamoto
- Sachi Yoshida
- Tak Yoshida

Games, Wine, lots of cookies, candy and other goodies passed around and filling our plastic bags...

Then at Barstow it's Benjo-break, coffee and Breakfast-Brunch break...then back on bus to continue on. listening to CD..nice Japanese children's music...bringing back childhood memories...then Joila...Vegas in sight...past noon...getting our rooms and meal tickets.

### The Slot Tournament

Tap, tap, tap, tap...the many slot machines tapping all around you, while Toni walks around and giving us "on the spot" whose ahead by so much...encouraging everyone...while your hand-wrist starts to feel like tired-stress syndrome...yet we go on and on tapping away...and the result for the two group are:

| <i>First Session</i>     | <i>Second Session</i>        |
|--------------------------|------------------------------|
| First Place...Obi Kiyama | First Place...Paula Shimatsu |
| 2nd ...Tak Yoshida       | 2nd Mas Okabe                |
| 3rd ...Ty Kamada         | 3rd Ken Yamane               |
| 4th ...Mary Sato         | 4th Lucy Matsumoto           |
| Bobby ...Mat Nakamura    | Bobby ...Mei Ling Shimatsu   |

Amazingly, the first sessions were mostly the seniors from the San Gabriel-Norwalk group, while the second Sessions were Crystal City-ites...

Mas Okabe hit a big Jackpot playing Blackjack at a table at Main Street Casino...said it paid for all the expenses so hey, that was great!!!

While waiting for the bus to return home, Haj Nonoguchi played the dollar machine with 4 quarters won \$200. It's great to hear of the few successes...I'm sure there were many more however, it didn't hit either Paula or myself...but we did have fun...have you ever played the "Wizard of Oz" and have those Flying Monkeys create wild cards when you hit the Bonus? Trying to get Bonuses on any and all the machine is difficult...but when you hit it, it's fun...the Monopoly was fun too but the fun time is only when you hit something significant and that just doesn't come around too often...I found the machines very hungry...

Seeing our friends is the number one enjoyment...and it's always so great to see June Maeda and her daughters join us as well as Ole faithful Alice and Ken Matsumoto heavily laden with goodies for the bus ride home...and this year Lucy and Ray joining us from Los Gatos...and we always enjoy having Jimmy Kato, Shiz Ochiai's husband join us...and how big their granddaughter Krystal is and it was so wonderful to see Jane kato, their neice...it was her birthday so they went to eat at the Mirage but still came to Main Street Buffet to see us...I know Jimmy came for the wine that Mas and Paula brought...

Meanwhile, Ets and Hid Kasai got back early enough for their Laker game...and probably were rooting for them, but unfortunately, Denver Nuggets won...(sigh)

So, you can see, we all enjoyed the time we spent together...and spent our "Social Security Economy Recovery payment check" and then some...President Obama should be proud of us for adding \$\$\$ to the economy...we are very patriotic citizens...yes, we are!!!

Going back, "Zatoichi" was the movie on the small screen...and wine for those who enjoyed drinking during the long drive back. Many were tired so napping was enjoyable...Barstow for Benjo breaks as well as many snacking on ice cream, etc. etc...and then "home again, home again"...till next year!!!

So have a great summer everyone and stay well...us Niseis are now "toshi-yoris" (older ones) so be careful...watch your step carefully, I'm great in falling and so far have been lucky not to break any bones and don't want to so those cracks on the sidewalk, driveway...wherever, just be careful neh...and stay well...don't need to join in on the "Swine Flu"...I don't mind swines as pork chops, 'Tonkatsu' or "katsu don" as well as kalua pig but the flu form is not desired at all...so stay well neh.

### Mosquito Spray...Worth a Try

At a deck party awhile back, the bugs were having a ball biting everyone...A man at the party sprayed the area around the food table with Listerine, and the little blood-sucking demons disappeared. The next year a 4-ounce spray bottle was filled with Listerine and was used around the seat whenever a mosquitoes appeared, and voila! it worked as well. It worked at a picnic where it was sprayed around the food table, the children's swing area, and the standing water nearby...and it worked well!!!

So give it a try...it's not toxic and smells clean, not expensive so fill up a spray bottle that can be purchased at Target for under \$2.00 and spray around your door frame, window frames and is safe around food and smells nice, so have a great mosquito-free summer...

*Holding onto anger is like holding onto a hot coal with the intent of throwing it at someone else; you're the one who gets burned.*

### **Spotlight on a Hidden Cancer Risk**

Night falls, so you flick on your lights. But a shocking theory has been gaining support in the past few years: that artificial light at night may contribute to breast and prostate cancers, perhaps because it turns down production of the hormone melatonin. Now two studies add weight to that idea.

One, from Israel's University of Haifa, analyzed satellite measurements of night-time light and cancer rates in 164 countries. The most brightly lit had the highest rates of prostate cancer, more than double those in the dimmest nations. Meanwhile, Harvard researchers who tracked more than 18,000 postmenopausal women reported that those with the lowest nighttime levels of melatonin were about more likely to develop breast cancer.

It's known that light suppresses the brain's production of melatonin. The hormone may play a role in immunity or help slow the growth of cancer, according to Richard G. Stevens, PhD, a coauthor of the Israeli study. So how can you minimize the possible risk posed by modern lighting -- without going preindustrial?

**Sleep in a dark a room as possible.** Use room-darkening blinds or shades if you live on a bright, urban street or have a streelamp outside your window.

**Keep a night-light in the bathroom for midnight visits instead of turning on the overhead.** Even brief exposure to light can suppress melatonin. A red bulb is best: Red wavelengths cause a less precipitous drop in levels of the hormone than blue wavelengths, such as those in halogen and fluorescent light.

**Eat breakfast by the window.** A 20 minute dose of sunlight will reset your natural circadian rhythms and help ensure a healthy nighttime melatonin peak.

### **Lift Your Mood Naturally**

Feeling a little down? Omega-3 fats might help banish your blues. In a recent Canadian study, women with moderate depression who received fish oil supplements for eight weeks felt significantly better than those who got a placebo. (The supplements didn't help women who were suffering from major depressive episodes.) Omega-35 may lift mood by boosting levels of the brain's feel-good chemical serotonin, says lead researcher Michel Lucas, PhD, of Laval University in Quebec. The researchers are now trying fish oil in men with depression, who, like the women, take three capsules a day for a total of 1 gram of omega-35 (EPA plus DHA). This is the same daily dose the American Heart Association recommends for adults at risk for heart disease (but talk to your doctor first, the AHA says). It's safe, says Lucas, who notes that "fishy burps" can be a side effect of some supplements.

### **The Amazing Vinegar**

Vinegar is known as a truly wonder cure! Since even the earliest of times a daily vinegar cocktail was used to help control appetite to lose weight and continue good health...It is known to:

Calm an upset stomach

Ease leg cramps

Soothe sprained muscles

Control appetite to lose weight

Relieve coughs

Banish nausea

Arthritis pain

Make hiccups disappear

Reduce infection

Improve memory

Treat blemishes & age spots

Replace many household cleaners...and many more...

Cool a sunburn

Boost memory

Reduce sore throat pain

Relieve itchy skin

Lower blood pressure & cholesterol

Eliminate bladder infections

Chase away a cold

Treat burns

Aid digestion

Soothe sore feet

Remove corns & calluses

### **Use for Used Tea Leaves**

After you've absorbed the health benefits from your cup of green tea, you'll be amazed at how many uses there are for those soggy tea-leaves! No need to throw them in the trash or compost: You can use them to feed your garden plants...green tea is high in nitrogen -- and they will even ward off pests and insects... You can use green tea to clean Yoga Mats and other washable surfaces for deodorizer, leaving the mat, and/or plastic surface with fresh scent.

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(Use for Used Tea Leaves, cont'd from page 3)

Used green tea leaves are wonderful in kitty litter as an extra boost for diffusing odors, and they help deter fleas from both cats and dogs.

Sprinkle dried used green tea leaves on your pet's favorite pillow or bed. (Great in doghouse or anywhere troublesome pet odors occur. If you can afford the extravagance, loose leaf gunpowder tea is great for dogs to roll around in. The crunching of the pellets releases a wonderful aroma, and helps to scratch wherever dogs have an itch. The pellets help give your dog a more pleasant smell.

### **Enjoy the Memories**

Before the Internet or the MAC...before semi-automatics and crack...before chronic and indo; before SEGA or Super Nintendo...way back...I'm talkin' bout hide and go seek at dusk. Sittin' on the porch, hot bread and butter...eatin' a 'super-doooper sandwich' (Dagwood)...Red light! Green Light! Chocolate milk...lunch tickets...penny candy in a brown paper bag. Hopscotch, butterscotch, doubledutch, jacks, hajiki, ojami, kickball, dodgeball, y'all! Hula hoops and sunflower seeds, jaw breakers, blowpops, Mary Janes...Running through the sprinkler...I can't get wet!...all right, well, don't wet my hair...the smell of sun and lickin'salty lips...

Wait...

Catchin' lightening bugs in a jar. Playin sling shot and Red Rover...when around the corner seemed far away. And going downtown seemed like going somewhere...bedtime, Climbing trees, a million mosquito bites and sticky fingers...cops and robbers...cowboys and Indians...sittin on the curb. Jumpin down the steps, jumpin' on the bed. Pillow fights...being tickled to death; runnin till you were out of breath...laughing so hard that your stomach hurt!!

Remember when...there were two types of sneakers for girls and boys (Keds and PF Flyers), and the only time you wore them at school, was for "gym>" When nearly everyone's mom was at home when the kids got there...when no body owned a purebred dog...when a quarter was a decent allowance, and another quarter a huge bonus...when you'd reach into a muddy gutter for a penny...when girls neither dated nor kissed until late high school, if then. When your mom wore silk stockings, when all your male teachers wore neckties and female teachers had their hair done, everyday...when you got your windshild cleaned, oil checked, and gas pumped without asking, for free, everytime. And you didn't pay for air...and you got trading stamps to boot! When laundry detergent had free glasses, dishes or towels hidden inside the box.

When any parent could discipline any kid, or feed him or use him to carry groceries, and nobody, not even the kid, thought a thing of it. When it was considered a great privilege to be taken out to dinner at a real restaurant with your parents. When they threatened to keep kids back a grade if they failed... they did! When being sent to the principal's office was nothing compared to the fate that awaited a misbehaving student at home.

Bascally, we were in fear for our lives but it wasn't because of drive by shootings, drugs, gangs, etc. Disapproval of our parents and grandparents was a much bigger threat.

If you can remember any of these things, I smile with you. Pass this on to people you care about, it will make them smile too! Talk of these things to your children. Don't let these memories fade away completely. Just talking to your children, friends, or loved ones, and trading memories is a joy.

Life goes quickly. Seize it!

### **Happiness**

Jane Canfield

The happiest people are rarely the richest, the most beautiful, or even the most talented. Happy people do not depend on excitement and "fun" supplied by externals. They enjoy the simple things of life.

They waste no time thinking other pastures are greener; they do not yearn for yesterday or tomorrow. They savor the moment, glad to be alive, enjoying their work, their families, the good things around them.

They are adaptable; they can bend with the wind, adjust to the changes in their times, employ the contest of life, and feel themselves in harmony with the world.

Their eyes are turned outward, they are aware, compassionate. They have the capacity to love.

Count your lfe by smiles...not tears. Count your age by friends. not years!!!  
Friends are the family we choose.

## **Don't Let A Hospital Make You Sick**

Nearly 98,000 Americans die each year due to medical mistakes.

**Surgical Errors:** About 1300 times a year, surgeons operate on the wrong person or remove the wrong limb or organ. Also, doctors leave surgical instruments inside the body once in every 5000 surgeries. This is the stuff of headlines, but such incidents are rare, considering that more than 20 million surgeries, occur every year. Far more common preventable problems are stitches, coming loose, blood clots forming during or after surgery, and infections. These can lead to very serious outcomes.

### **What You can do:**

Inquire about taking antibiotics before or immediately after surgery to minimize the risk of infections.

Make sure your surgeon has a plan to prevent blood-clot formation.

Ask the surgeon to mark the surgical site with a pen in front of you, while you are still awake.

Speak up if you sense something is wrong. This may seem a little intimidating, but if your busy doctor or nurse has in fact overlooked something, your concern may be the only warning he or she gets. "It's astonishing how many people see something wrong but don't say anything because they figure the people in charge know," says Dr. Carolyn Clancy. Well, sometimes they don't. You just may prevent a preventable error.

### **Hospital-Acquired Infections:**

**The Risk:** The Centers for Disease Control and Prevention report that 99,000 patients a year die from hospital-borne infections. Germs are everywhere: on surfaces, doorknobs -- even your doctor's necktie.

### **What You Can do:**

Ask anyone who examines you to wash his hands.

Ask your doctor or nurse to clean her stethoscope before it comes in contact with your skin.

If you need a urinary catheter, make sure it is kept in for the shortest possible time.

If you need a "central line" (an IV tube going into a major blood vessel), ask if they have tubes that are coated with antibiotics.

If you have an IV, make sure it doesn't stay in place for more than a week. Let the nurses know if it becomes loose.

Everytime a line or regular IV needs to be inserted, ask whether the hospital staff follows sterile procedures before inserting the tube or needle.

### **Medication Errors:**

**The Risk:** Giving the wrong drug, admistering the wrong dose, mixing drugs that interact badly, or giving a medication to which a patient is allergic -- all can be deadly. Unfortunately, such mistakes are not rare. Adverse drug events cause one out of five injuries or deaths to hospital patients in the U.S.

### **What You Can Do:**

Always inform your doctors if you have drug allergies.

Make a list of all the medications you were taking before the hospital stay.

When a staff member gives you a drug, make sure you are getting the right one. Ask what it is and What it is for.

Before you leave, ask for a list of all the medications you received during your stay and those that you are expected to take. Compare the list with the medications you were taking before coming to the hospital to make sure you are not taking the same drug (with a different name) twice.

### **Bedsore:**

**The Risk:** More than a quarter of a million cases of these pressure ulcers were reported to Medicare in 2006. They result when parts of the body -- heels, ankles, tailbone, buttocks, or hips -- rub against surfaces such as wheelchairs or bedsheets. They are not only painful but also highly prone to infections that can spread to the bones or blood. The cost of these preventable complications was about \$11 billion last year alone.

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("Don't Let A Hospital Make You Sick", Bedsore, con'td from page 5)

**What You Can Do:** Change position every two hours or ask the nursing staff or a family member to reposition you.

Check for redness or sores on the skin to help find the ulcers as early as possible.

Keep the skin as dry as possible.

Keep your knees and ankles from touching. Use small pillows or pads to keep them separated.

Ask about special mattresses and pressure-reducing devices. Most hospitals should have them.

### **Heart Benefits of a Hearty Laugh**

Laughter is contagious. But don't worry about spreading it around. Growing research suggests that regularly getting your giggles going offers several health benefits beyond the emotional ones. Specifically, laughing appears to:

**Increase blood flow.** Researchers at the University of Maryland Medical Center measure the blood-moving capacity of arteries after volunteers watched humorous or stressful films. After volunteers laughed through scenes from "There's Something About Mary" their arteries expanded, but they constricted after viewing battle scenes from "Saving Private Ryan". And in a small one-year study of heart-attack patients, those who watched comedies for 30 minutes a day were less likely to suffer a second heart attack than those who did not watch funny videos.

**Lower blood sugar.** People with type 2 diabetes maintain better blood sugar-control after watching comic performances, research suggests. A Japanese study of 10 people with the condition suggests that might stem from beneficial changes in immune regulation that prevent damaging inflammation from undermining blood-sugar control.

**Regulate the immune system.** In another small study, laughter significantly reduced levels of inflammation-triggering cytokines in people with rheumatoid arthritis. Other research suggests that after viewing humorous films, people with asthma become more resistant to flareups, those with allergies suffer fewer symptoms, and children with allergic skin rashes sleep more easily. A good laugh might also stimulate production of disease-fighting T cells and natural killer cells.

**Burn calories.** Laughing boosts energy expenditure by 10 to 20 percent, according to Vanderbilt University researchers. They calculated that 15 minutes of hearty laughter could burn up to 40 calories, enough to shed more than 4 pounds a year if done daily.

**Ease pain.** Laughter contracts and relaxes muscles in the abdomen, face, and shoulders, which might ease muscle tension and spasms that contribute to pain. And the temporary distraction helps too.

**Recommendation:** While 4-year-olds laugh about every 4 minutes, adults do it about once an hour. So, spend time each day having fun. Trade jokes, watch comedies, horse around with your kids or grandkids, or share a laugh while in line at the grocery store. It will brighten your day -- and maybe provide a much-appreciated dose of mirthful medicine.

### **Failures...But Not Quite**

When he graduated from medical school at the University of Michigan in 1883, one of his classmates urged him to come to Manhattan. "There are a lot of wealthy people back East and we can set up a practice together," his classmate urged.

He also pointed out that staying in the Midwest meant that he would be treating farmers with little money.

None of his friend's arguments worked, and the young doctor headed back to Minnesota.

He became a horse and buggy surgeon, helping his father, a general practitioner, treat patients from the small towns and farms.

Later, his brother joined the practice, and the three doctors established a small clinic in 1889.

William Mayo eventually did treat rich and powerful patients from throughout the world -- but they came to the Mayo Clinic in Rochester, MN, for their treatment.

*Grandchildren are God's way of compensating us for growing old.*

*Springtime is the land awaking. The March winds are the morning yawn.*

*Recall it as often as you wish - A happy memory never wears out.*

## The Simple Tool That Saves Women's Lives

A cardboard box is saving the lives of thousands of people in Africa. It's called a solar cooker, and it is pure ingenuity. Take two pieces of cardboard, add some tinfoil and sunlight -- and anything can be cooked. You can even get water to boil.

With the help of thousands of Americans, solar cookers have found their way to camps in Chad that house refugees who fled the genocide in Darfur, Sudan. More than 250,000 live in these camps, each sheltering about 20,000 people.

The cookers have made a huge difference -- and not just because they are a way to heat food. Without them, refugee women must go outside the camp to gather firewood. But to leave camp is to gamble with death. Women and children -- especially girls -- are "particularly vulnerable to attack and rape when they are out getting wood," says Rachel Andres, director of the Solar Cooker Project at Jewish World Watch. The equation is simple, she says. A solar cooker keeps you in camp, and that helps keep you alive.

The numbers back this up. A recent survey at one refugee camp showed that journeys to collect firewood outside the camps dropped by 86% after the solar cookers were made available.

Women are taught not only how to use the cookers but also to make them. Suddenly, they have "a new skill and an opportunity to generate income for their families," explains Andres. For Eklass, a Sudanese refugee at the Iridimi camp, the income earned from assembling the cookers "allows me to buy bread, milk, and clothes for my family," she says. "Without this job, my children wouldn't have what they need."

Indeed, calculating all the pluses, you can really think of this cardboard construction as the Little Cooker That Could. About 20 women in each camp involved hand-assemble the simple cookers in workshops. More than 40 women have been trained to teach others how to use them. After instruction, refugee families receive two kits: one to cook millet and one for an accompanying vegetable or sauce. Each cooker lasts about six to nine months.

The cookers need to be placed in a sunny spot outdoors, in an area protected from wind. The plentiful sunlight is converted into heat energy, which is then used for cooking. (Cookers do not work at night or on cloudy days.) Food prepared with a solar cooker takes longer to cook compared with an oven or fire, but it also requires less hands-on time.

Having solar cookers gives the women more time to do other things -- look after their children, visit friends, tend to household chores, and especially take care of themselves. Some women say they are able to use the time saved to learn new things, such as reading, knitting, and basket-making.

The project has health benefits too. The cookers allow women to boil water -- which kills off water-borne disease-causing microbes. They also replace the wood and kerosene stoves that produce unhealthy smoke and use scarce and expensive fuels. Solar cooking is cleaner, safer, and almost always ready to go.

Each cooker costs about \$15. Jewish World Watch has donated more than 40,000 solar cookers to the Iridimi, Touloum, and Oure Cassoni refugee camps in Chad. The health and environmental benefits also have made the cookers attractive alternatives in other distressed areas in the world. In addition to Darfur, humanitarian projects have introduced solar cookers to Mali, Kenya, and Tanzania in Africa, and to India, Vietnam and Nepal in Asia. To date, more than \$1.6 million has been raised for the purchase of solar cookers by some 300 organizations, churches, and synagogues across the United States.

With more than a million solar cookers distributed so far, according to Solar Cookers International, it's easy to see that there really are times when low-tech can be high-impact.

*I'm sure glad that we had kerosene stoves...I'm sure Solar Cookers would have worked quite well in Crystal City...Texas sun and heat cooks anything summertime, but those kerosene stoves were wonderful and with those square ovens...the cakes came out so fluffy and mmm good. But this solar cooker must be God-send to the many people in Darfur and other areas...*

## Salts of the earth -- and sea

All salt (sodium chloride) can be traced to the sea. While some is still harvested directly from the sea most is obtained from large inland bodies of water, such as the Great Salt Lake in Utah, and some subterranean deposits left by ancient oceans. Basically, salt is salt, but with some small nuances, mostly in taste and texture, not nutrition. *Here are some different kinds:*

**Table salt:** Usually from rock salt mined from mineral deposits, table salt is finely ground and refined: anti-caking agents are added to keep it free flowing. Iodized salt (fortified with iodine), introduced in 1922, is credited with nearly eliminating goiter (enlarged thyroid) in the U.S. iodine is also essential for brain development.

**Sea salt:** Made by evaporating ocean water, unrefined sea salt contains trace amounts of minerals, including magnesium, calcium, copper and iodine but not enough to matter. Sea salt is seldom iodized and highly refined sea salt is virtually identical to non-iodized table salt.

**Kosher salt:** Derived from sea water or salt mines, this large-grained salt is used in koshering and curing meats, among other food preparations. Kosher salt typically has no additives, including iodine. It is not nutritionally better than regular salt, but because of the shape of the crystals, a teaspoon has less sodium than a teaspoon of regular salt.

**Organic salt:** Salt can't be "grown" organically in the sense that plants can be, but two organizations (in France and new Zealand, not the USDA) certify salt as organic if it has been harvested from pure waters, contains no additives, and meets other processing guidelines. Organic salt is not healthier than regular table salt, contains no iodine, and is expensive (about \$10 a pound).

**Rock bottom line.** Choose iodized table salt to be on the safe side. If you don't, there are plenty of food sources of iodine -- particularly seafood and dairy foods; most multivitamin/mineral supplements supply 150 micrograms of iodine, the daily value for adults. Whatever salts you use, limit sodium intake to 1,500 to 2,300 milligrams a day (a teaspoon of table salt contains that upper limit). But remember, about three quarters of the salt you eat you never see -- it comes from processed foods and restaurant meals, not your salt shaker.

### SURVIVAL KIT

Items needed:

- Toothpick
- Rubber band
- Band Aid
- Pencil
- Eraser
- Chewing Gum
- Mint
- Candy Kiss
- Tea Bag

Why???

1. Toothpick...to remind you to pick out the good qualities in others.
2. Rubber band...to remind you to be flexible, things might not always go the way you want, but it will work out...
3. Band Aid...to remind you to heal hurt feelings, yours or someone else's.
4. Pencil...to remind you to list your blessings everyday.
5. Eraser...to remind you that everyone makes mistakes, and it's OK.
6. Chewing gum...to remind you to stick with it and you can accomplish anything.
7. Mint...to remind you that you are worth a mint!
8. Candy Kiss...to remind you that everyone needs a kiss or a hug everyday.
9. Tea Bag...to remind you to relax daily and go over that list of blessings.

Verbal wound is as bad as a physical one...friends are a very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, share a word of praise and they always open their hearts to us...

*And so CC friends and other friends...I do appreciate our many years of warm friendship...Thank You!!!*

## ARE YOU OLD?

### OLD AGE, I DECIDED, IS A GIFT!

I am now for the first time in life, the person I have always wanted to be. Oh, not my body! I sometimes despair over my body the wrinkles, the baggy eyes and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long.

I would never trade my friends, life OR family for less gray hair or a flatter stomach. As I've aged, I've become more kind to myself, and less critical of myself. I've become MY OWN FRIEND. I don't chide myself for eating extra cookie, or for not making my bed. I am entitled to overeat, and to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4:00 p.m. or walk the beach in bulging body despite the pitying glances from the bikini set. They, too, will get old one day. I know I am sometimes forgetful. But there again, some of life is just as well forgotten and I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or WHEN A CHILD SUFFERS, or when a BELOVED PET DIES. Broken hearts are what give us strength, understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many HAVE NEVER LAUGHED, and so many have died before their hair could turn silver. I can say "no," and mean it.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been or worrying about what will be. And I shall eat dessert every single day.

### Stories About Our Isseis

It would be great if some of you readers (or all) can recall how your parents immigrated to this country. I remember when I was a child how many Isseis came over and were talking about their experience crossing the Amazon River, or going through Mexico to come into this country...and what an adventure they went through...so before memory fades completely, and their stories are forgotten, please send it and it would be interesting for many of us niseis as well as history for the sanseis, yonseis, etc.

I remember my father-in-law telling me that he signed up as a cook on a China Clipper and never cooked, especially American food...and he was so terrible that others who sailed took over the cooking, and he learned as he sailed to Hawaii and worked on a sugar plantation for several years.

Later, he took another ship and sailed to New York, got off and spent one winter in Wyoming...then made his way to the West Coast and farmed in Kerman, California...then down to San Gabriel.

In Heart Mountain Relocation Camp, he was the chef for block 8...Learning cooking on the ship sure came in handy.

My father, on the other hand, was taught carpentry at a Buddhist Temple and at 16, he was able to sail to Vancouver, Canada and worked at a ship yard as a carpenter. After some years, he worked and traveled down the West Coast, putting in railroad, working at farms, and reached Los Angeles late 1980's...he was one of the 49 Japanese in Los Angeles at the time...he worked as a custodian at Belasco Vaudeville Theatre, when one day, Mr. Belasco gave my father a camera and told him, "see what you can do with this Tom"...Papa loved it and studied photography for two months and began taking photographs for Mr. Belasco...and they appeared on the few newspapers in Los Angeles at that time...I have a scrap book with his publicity photograph for the Belasco Theatre, 1908...and he opened a photograph studio where the Los Angeles City Hall is standing today. There were many Japanese men with stores on Main Street at that time...it was the first Little Tokyo before they moved to East First Street when the City Hall took over their area.

So, Lil Tokyo developed then on First and San Pedro...and he had his studio there until the war broke out in 1941...He took many pictures of the many farms, weddings and funerals... Papa was the first Japanese photographer in L.A.!

So please send any story (ies) of your folk's coming here.

### A Japanese American Broke the NBA Color Line In 1947

While 120,000 Japanese Americans from the West Coast were locked up in internment camps during World War II, Misaka played his way onto the University of Utah basketball team.

At 5-foot-7, he could pass, shoot, rebound, run the floor and play swarming defense...his Utah team won the 1947 National Invitation Tournament and 1944 National Collegiate Athletic Association tournaments at Madison Square Garden, where the hustling Misaka quickly won over New York fans and media.

In 1947, the same year Jackie Robinson broke the color line in major league baseball, Misaka was drafted No. 1 by the New York Knicks in the first-ever draft.

Misaka once said "it was no big deal," but to thousands of Japanese Americans who spent the war imprisoned in grim internment camps, he became a legend and a beacon of hope. Imagine what a hero he was to the people who were inside," said Marielle Tsukamoto, president of the Florin JACL.

That's why it's such an emotional meeting for the older generation who remember him." said Tsukamoto who like Misaka and half of those interned was American-born. "It was heroism, inspiration, and maybe hope that even though we on the West Coast were treated as second-class citizens, that elsewhere in the United States we were not treated as the enemy."

Sometimes on the road he'd hear racial slurs and some businesses served white players first, but "wherever I was in high school, junior college or university, my teammates would always be looking out for me.

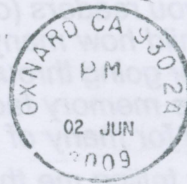
His father died when he was 15, and his mother considered taking the family back to Japan but Misaka announced he was staying. In 1943, Misaka was drafted and served in Army intelligence and spent several months in Hiroshima after the atomic bomb. it showed him what a terrible thing war was.

He returned to help lead his college team to the NIT title as well as the 1944 NCAA tournament championship, where they upset Kentucky - considered one of the greatest college teams of all time.

Misaka made history when he was drafted by the Knicks. He played three regular season games.

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