

Crystal City Chatter

Issue 105

May 2010

Our Annual Vegas Trip

Toni Tomita

Hi, everyone..It's me again and I'm looking forward to seeing our Crystal City family once more! Those April showers hopefully brought some May flowers to brighten the view from the bus.

Heard from Stacy Nonoguchi that she will be bringing her parents Haj and Yuki, to Vegas. Sumi tells me Jimmy Kato (Shiz Ochiai's husband) from Hawaii as well as Alice and Ken Matsumoto from San Diego will be there too. And our "snowbirds" from Chicago, June Maeda and her daughters, were the first to let me know that they'll be there.

The Crystal City-ites on the bus were: May Hamada, Betty Inouye, Emi, Seiji and Kay Kami, Ets and Hid Kasai, Sachi Maehara, Carmen Mochizuki, Sid and Yuki Okazaki, Betty Fukunaga, James and Tilly Hatanaka, Sakiyo Horie, Tayeko Kurashige, Ty and Fumi Nakamura, Mas and Shirli Okabe, Sumiko Sasaki, Akio Sawada, Paula and Sumi Shimatsu, Kazie and Min Tajii, Doris and Ken Yamane, Aki and Mildred Yonekura.

We had so much candy, senbei, lots of goodies in a baggie, with water given to us, we did not starve at all...and of course our "Cookie Lady", Shirli Okabe baked all her delicious cookies and Mas filling up the plastic cups with wine...we really were enjoying our ride to Vegas until a big tire blowout on the right front bus...you can see all the rubber flying off on the right side and the bus driver worked hard in controlling the bus and we finally slowed down and stopped...it was very scary.

Anyway, we got to California Hotel safely and were fortunate to get the West Wing rooms.

Kazie Ogawa Tajii had her sisters join in..Tayeko Kurashige from San Jose and Sumiko Sasaki from Burlingame...so we had a great group again and enjoyed a wonderful dinner at Main Street Buffet.

Betty Kaneko crocheted cute frogs for some of the bus riders...and Mei Ling Shimatsu's mother Mrs. Lo sewed cloth bags for shopping...we are grate for Betty and Mrs. Lo for these handmade gifts.

Bingo winners on the bus

\$20 winners were: Ets Kasai, Betty Fukunaga, Aki Yonekura, Taya Kurashige, Betty Inouye, Sakiyo Horie...split 3 ways: Sachi Maehara...Total cover-all - split with another person \$25. each. Cute consolation prizes were "lucky frog animals (10) crocheted by Betty Inouye.

Slot Tournament Winners

Session 1 - 1st: Sumiko Sasaki (#100), 2nd: Sumi Shimatsu (\$50), 3rd: Aki Oana (\$20), Booby Prize: Kiku Nieda (\$10).

Session 2: 1st: Doris Oana; 2nd: Setsuko Masai; 3rd: Shirli Okabe; Booby: Betty Inouye.

Hawaiian Friends

Sumi Shimatsu

James Kato had to cancel at the last moment because he had pneumonia...he tried strong antibiotic given to him by his doctor but was told that he shouldn't make the trip...he called me and asked if he should come anyway...of course, I told him "no"...if the doctor said "no", I would never tell him to fly anyway...not with pneumonia...so Shiz's sister Sumie Nii came with her daughters, Marjorie Dougherty and her husband Mark and their four daughters, Chrissy and son Kala'i, Geri Vincent and her daughter Leilani, and James Kato's granddaughter Krystal Yamamoto...we all gathered together to have dinner with my daughter Paula and Sachi Sasaki Maehara...and of course we had to have Shiz's favorite prime rib dinner with the Cherry Jubilee as dessert...and did they enjoy it as Shiz and I did...we laughed so loud, I do believe we raised the roof, but it was nice that they were able to come...sorry Jimmy that you couldn't come but next year okay? Just stay healthy!!!

Anytime you feel like coming to the mainland and win your Royal Flush, Sachi, Paula and I will drive up to Vegas and meet you there so get well, and let us know when you're visiting Vegas okay?

The Chatter Lives!!!

Thanks to few of our loyal friends this newsletter will continue to live to those who support it with their donations...Several people suggested that those who donate shouldn't have to pay for everyone's Chatter, and I agree...so if some of you do not receive your August Issue of the Chatter, you know why...I do not feel it's fair for 10% of the people should have to pay for the expense of printing and sending this newsletter. Most who don't donate probably don't read it anyway, so it's probably not a big loss...so if you want the Chatter...send in your \$\$\$...keep it alive. Thank you!!! sumi

The Vegas Experience

Although we're all growing old together, it's always nice and "natsukashii" (fond) to see each other, more "shiraga" (white hair) or "Hage atama" (bald head)...of course, prunes don't have anything on us with our "shiwa" (wrinkles) and saggy baggy bodies...but that's to be expected I guess, as how many of us go for botox, surgeries here and there...or try to hide what Mother Nature created? It's always so good to see our friends, enjoying the long bus ride together...seeing them at Market Street Cafe eating or lined up to get in...oh yes, the Main Street Buffet where they have so many delicious food displayed for us to put on our plates...with Mas Okabe filling wine glasses here and there, while drinking plenty in between, the conversation between, amongst the CC friends and others who join us annually...Yes, thanks to Toni Tomita, we are able to enjoy our Texas friendship 65 to 68 years since the barbed wire days. What's so amazing is that as a group, the Isseis and Niseis harbor no hate or anger towards our country...our folks lost everything that they had worked hard for, but came back from camp and worked harder to rebuild and enjoy the "freedom" that we earned...and now that we're "Toshi-yoris", (Oldies) we're able to enjoy our families, and friendship we were able to have from Texas to California!!!

"Dekashita, dekaishita".. "Minna gambatte seikō shita neh" Omedetō!!!
(You've succeeded, succeeded!!!)... "All of you fought hard and succeeded!!!!... Congratulations!!!)

Some things are so much more meaningful in Japanese...neh.

Thank you Toni for all that you do to make this, another Vegas trip, so successful!!!

Girls' Night Out

A group of 40-year-old girlfriends discussed where they should meet for dinner. Finally it was agreed upon that they should meet at the Ocean View Restaurant because the waiters there had tight pants and nice buns.

10 years later at 50 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because the food there was very good and the wine selection was good also.

10 years later at 60 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.

10 years later at 70 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because the restaurant was wheelchair accessible and they even had an elevator.

10 years later at 80 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View Restaurant because they had never been there before.

Failures...But Not Quite

When he left a 20-year career in the Coast Guard to become a freelance writer, he had no prospects at all.

He moved into a cleaned-out storage room in a Greenwich Village apartment. It was cold and had no bathroom.

After going a year without selling a story, an old friend offered him a public relations job paying \$6,000.

That was real money in 1960. He thought about it seriously before coming up with an answer.

"Thanks, but no thanks. I'm going to be a writer." he said.

He began writing about thoughts drawn from his childhood, listening to his Grandma, Cousin Georgia, Aunt Pluys, and Aunt Til as they told stories about his family and slavery.]

It was a long, slow climb out of the shadows. In 1970, Alex Haley published *Roots*, resulting in a Pulitzer Prize, nine Emmys for the TV production and the Spingarn medal, the NAACP's highest award.

Ageing seems to be the only available way to live a long life.

Daniel Auber

You know you are getting older when "happy hour" is a nap.

Gray Kristofferson

I don't believe in an afterlife, but I'm taking an extra pair of underwear just in case.

Woody Allen

It is difficult to see why lace should be so expensive: it is mostly holes.

Mary Little

Question Asked at The Shinnenkai

I sat with Keiko Haga Grantham's family...and was asked why our Crystal City Internment Camp was so special...and realized that many probably did not know why we were so closely knitted and that we felt our camp was so great...unlike the relocation camp, it was much smaller and was quite unique. I don't think many niseis realized how it felt to have our fathers (and some mothers, or both) were arrested by the F.B.I., and/or police and were taken away...sent to another detention camp in other states...and for some time the family did not know where they were taken to or how they were, that many of us were not only concerned but worried about our fathers or mothers who were in detention camps having to go to hearings and subjected to more strict and perhaps even abusive conditions.

While the rest of the families were in different relocation camps, not knowing when, or even if they would be able to see and/or be with the fathers/mother again.

So being in Crystal City Internment Camp, where we were able to reunite with our fathers/mothers caused us to be "anshin" or be at ease knowing that we were all together once again...whereas most families were all together going into the assembly center, and relocation centers together. I don't think many of the niseis realized how many of us felt, not having our family all together, as everyone was busy getting on with their lives, whether it be going to school, working, or whatever.

Not only did our family unite together in Crystal City, but instead of lining up for meals 3 times a day at messhalls, we had home cooked meals...that our mothers and fathers were able to go shopping for groceries, meat, fish or chicken...and we had milk delivered every other day, and ice every other day for our ice box...it was wonderful to have home cooked food over messhall mess!

We met people from Hawaii, Alaska, Peru...and there were Germans living there also with their music and I found out that Keiko Haga played piano with their orchestra...

Not only did we go to American school, but had Japanese language school. It was totally different from all the relocation camps...so it was not only different camp but smaller, warmer, and comfortable camp...it wasn't the big black tar papered barracks, smaller either wooden cottage like homes, or green plasterboard homes with the bathroom inside the houses...although Q-section and Victory Huts had to go to communal bathrooms.

So the atmosphere was totally different...warmer, cozy, real home-like atmosphere than the barracks. So for the first time since our family was split apart, we were together enjoying family life.

The amazing thing I found out about this is that in relocation camps, the niseis all went around together ...going to school, playing sports, later going out to different cities to school or jobs while the Isseis stayed in camp, living in barracks, eating in messhalls and later joining their children or going returning to West Coast to once again try to restore their lives...working seven days and nights, as farmers, gardeners, whatever menial jobs that was available...some went to Seabrook Farm in New Jersey to build up enough capitol to return to the West Coast...but the family was split with many young niseis working in Chicago, New York, Minneapolis, etc. etc., living apart from their folks...

Whereas the niseis in Crystal City lived apart from the arrested parent so living in this small camp brought the family together and they became very "Oya kō ko" or really not only respected our parents but appreciated and wanted to be together as a family...and having to go to Japanese Language School we were able to communicate and appreciate the Japanese Language. It developed us Crystal Cityites to enjoy family togetherness...as well as being together as a group.

For many years, the Crystal City Association had picnics together with active people like the Yasudas, Mizukamis, Hatanakas, Okazakis, Nonoguchis, Takeuchis...many many names...with great food that was cooked by Goichi-san who had restaurant "Azuma" in Gardena, and today has a place in Los Alamitos, the "Island Grill"...yes we are solid group that really enjoy our lifetime friendship...not only from this country, the "Tairiku group" (big country, North America), but from Hawaii, Alaska, Peru, even a couple from Marshall Island, the many Germans...it was a very special camp.

So you see, those of you who never went into an Internment camp, where letters were all censored, the barbed wire fence isn't just 4 or 5 strands on low fence post but ten feet tall with the barbed wire 4 inches apart (I know, I used to crawl out between the barbed wire to go pick up softball that went out)...where the teachers talk with Texas drawl, and the Japanese School Teachers taught us to be respectful, bowing and reciting Japanese...it was a totally different camp from the relocation camps that many many families were in as a family...and even today, we enjoy our time together at the CC Shinnenkai luncheons and/or the Vegas Trip organized by our dear friend Toni Tomita.

Booklets Share Experience on Internment *The North American Post* by Shihou Sasaki

A seventh grade boy in 1942, Sat Ichikawa did not really understand the situation that the local Japanese and Japanese Americans were facing, But he knew how he was uncomfortable with being behind the barbed wire for years during World War II:

"I was aware it was like a prison," the Nisei (second generation Japanese American) said. "I knew the war (against Japan) was going on. But why we were in camp, I did not know. I was not quite sure but maybe because our face was like Nihonjin. We just couldn't move around freely."

Now when he was asked to speak about his experience to local fifth grade students, a concern came to him. "How can I make students understand the complicated situation?"

Ichikawa decided to make a booklet including illustrations and pictures to have them easily understand what happened during World War II, especially after the pearl Harbor attack on Dec. 7, 1941, and President Franklin Roosevelt's signing Executive Order 9066 on Feb. 191942.

Ichikawa's first booklet "The Minidoka Story" shows the information basically through his experience about World War II incarceration camps, where over 110,000 Japanese and Japanese Americans were sent.

Ichikawa said that he does not find any difficulty at this moment. But the experience should be shared by everyone who has faced such discrimination including the Muslim community after September 11, 2001.

"I think it's important for me to inform the people or disseminate this to people so that something like this never happens again," he said. "Our society was so screwed up. It's important that this history is told, and younger kids know such things happened in the past."

Last year, Ichikawa also completed his second edition of "Crystal City Camp Story." The book tells of his last years of the Crystal City Family Internment Camp life in Crystal City, Texas, after a two-year separation from his father, Rev. Atsuya Ichikawa of Seattle Buddhist Church.

He recalled that his father packed his suitcase and waited for the FBI to pick him up like other community leaders after the war against Japan began. According to his record, the family had not departed by April 27, until Rev. Ichikawa was sent to the INS Building for about one month and relocated to Fort Missoula, Montana on May 26, the same day when the rest of the Ichikawa family was sent to the Puyallup Assembly Center.

On the ground in Puyallup, Washington and Minidoka in Idaho during World War II, Sat still had normal school routine, spent time with his friends through playing sports on the field as an early teenager.

But being with his family members, there is a difference from the other families -- missing his father. The Ichikawa family finally united at the Crystal City Family Internment Camp after a two-year separation.

"My main concern when I was in camp was," he said. "'When would I get out from this because (we) were behind the barbed wire? When would I get together with dad?' These things were concerns for me."

According to a record of the Crystal City Family Internment Camp, about 2,100 mostly Japanese and Japanese Americans, who were considered as community leaders, stayed among those who were related to Germans and Italians. Some Nikkei from South America were interned as well. Comparing Minidoka to Crystal City, Ichikawa said that the latter camp was more family-oriented since there was a kitchen for each family unit. Some units had even had their own bath, he added.

Ichikawa said it was a "safe and comfortable" place to be with his family members. But one thing always came into his mind "when to get out" -- from the barbed wire zone.

Currently, his first booklet "The Minidoka Story" was reprinted and is available for sale for schools also the general public through the Nisei Veterans Committee's education program.

"The NVC was fortunate to receive this 'gift' as we were looking for an appropriate elementary level publication," said May Sasaki, who directs the NVC outreach and education programs. "Although it describes Sat's personal experience in the Minidoka camp, it also pretty much illustrates much of the experiences endured by the internees of all the different camps."

"We now have booklets that are appropriate for the secondary as well as elementary students that are distributed to the teachers when the NVC speakers visit to their schools," she added.

(Cont'd on page 6)

(Cont'd from page 4, Booklets Share Experience on Internment)

According to the NVC, the sale of the booklet will go toward furthering the NVC Foundation's education efforts. The organization printed 8,000 copies for sale at \$5 each.

Ichikawa said that the booklet is mainly intended for the elementary school students' education but is an appropriate entry publication to learn about the history of Japanese Americans during World War II.

"There is really nothing unusual from other people's experience," Ichikawa said of the booklet. "But that is quite interesting for its history."

An Unusual Unheard of True Story

About a Rare Heroic "Hakujin" George Yoshinaga of "Horse's Mouth"

A Caucasian Sacramento resident named Bob Fletcher helped save the farms of three Japanese American families when they were sent to relocation camp in May, 1942.

When 3,000 Sacramento Japanese were sent to relocation camp in May 1942, Bob Fletcher stepped up to save three Japanese farms. Fletcher was an agricultural inspector and graduate of the University of California, Davis, and couldn't stand to see the hard work of these three farms go to waste. "I did know a few of them pretty well and never did agree with the evacuation." He knew that they had nothing to do with Pearl Harbor so he quit his job and worked 90 acres belonging to the Tsukamotos, Nittas and Okamotos until they came home from camp in 1945.

He said it was devil of a lot of work, harvested their crops, paid their taxes and mortgages and split the profits. Tsukamoto said her grandmother cried not knowing if she'd come back alive and she'd ever see her rose garden again...when she returned after the war, she saw that the roses were long and blooming beautifully...Bob Fletcher was honored recently at the Office of the Secretary of State for his actions during those dark days.

Most of us only knew of having our properties stolen or sold for pennies on the dollar and lost most if not everything...yet, here's an honorable "Hakujin" who not only took care of the three farms but made sure that everything was taken care of. Bob Fletcher is 98 years old today. Amazing neh...

What Do-Gooding Does for Your Brain

Are you a do-gooder? If you are, chances are you'll stay sharp as a tack as you age. Volunteering in a social setting -- tutoring kids in a library or school, for example -- can help reserve or delay declines in brain function...

Plastic Brains Are Good

The thing is, your brain is plastic. No, not like those jelly bracelets from the '80s. Brain plasticity refers to its ability to change and form new connection between neurons in response to novel situations. Unfortunately, it's natural to lose a little plasticity over time and when you don't use your brain, the sluggishness gets worse. So it's essential to stay active.

Get Your Good Deed On

Volunteering fits the bill on many fronts. It challenges the brain to think critically and learn new things. It creates a social outlet (also good for the brain) And getting involved in a good cause can add meaning and a sense of purpose in life -- all good things for mental well-being. So do your brain a favor and find a volunteering effort that captures your interest, whether it's helping children find books in the library or cooking meals for shut-ins. And try these other brain booster as well:

Find out how spending time with a first grader can make you smarter.

Work your brain with a daily sudoku puzzle.

See how your brain benefits from surfing the Web and being computer savvy.

Those who work out our federal budget, have a policy -- really a hone --

We shall live on our national income.

Even if we must borrow the money!!!

Ceverett Cyon

It is not how much we do, but how much love we put in the doing.

It is not how much we give, but how much love we put in the giving.

Mother Teresa

I love Mickey Mouse more than any woman I have ever known.

Walt Disney

Something To Think About:

1. If you're too open-minded, your brains will fall out.
2. Don't worry about what people think; they don't do it very often.
3. Going to a church doesn't make you a Christian any more than standing in a garage makes you a car.
4. It isn't the jeans that make your butt look fat.
5. Artificial intelligence is no match for natural stupidity.
6. My idea of house work is to sweep the room with a glance.
7. Not one shred of evidence supports the notion that life is serious.
8. It is easier to get forgiveness than permission.
9. For every action, there is an equal & opposite government program.
10. If you look like your passport picture, you probably need the trip.
11. Bills travel through the mail at twice the speed of checks.
12. A conscience is what hurts when all your other parts feel good.
13. Eat well, stay fit, die anyway. (Just remember how lucky you were to get a free trip around the sun.
14. Men are from earth. Women are from earth. Deal with it.
15. No man has ever been shot while doing the dishes.
16. A balanced diet is a cookie in each hand.
17. Middle age is when broadness of the mind & narrowness of the waist change places.
18. Opportunities always look bigger going than coming.
19. Junk is something you've kept for years and throw away three weeks before you need it.
20. There is always one more imbecile than you counted on.
21. Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.
22. By the time you can make ends meet, they move the ends.
23. Thou shall not weigh more than thy refrigerator.
24. Someone who thinks logically provides a nice contrast to the real world.
25. If you must choose between two evils, chose the one that you've never tried before.

From 'Horse's Mouth' Rafu Shimpo: George Yoshinaga

My doctor is very good. If you tell him you want a second opinion, he will go out and come in again. He treated one woman for yellow jaundice for three years before he realized she was Chinese.

Another time he gave a patient six months to live. At the end of six months, the patient hadn't paid his bill, so the doctor gave him another six months.

While he was talking to me, his nurse came in and said, "Doctor, there is a man here who thinks he is invisible." The doctor said, "Tell him I can't see him."

Another time a man came running into the office and yelled, "Doctor, my son just swallowed a roll of film." The doctor calmly replied, "Let's just wait and see what develops."

One patient came in and said, "Doctor, I have a serious memory problem." The doctor asked, "When did it start?" The man replied, "When did what start?"

I remember one time I told my doctor that I had a ringing in my ears. His advice, "Don't answer it."

My doctor sure has his share of nut cases. One said to him, "Doctor, I think I'm a bell." The doctor gave him some pills and said, "Here, take these. If they don't work, give me a ring."

Another guy told the doctor that he thought he was a deck of cards. The doctor simply said, "Go sit over there. I'll deal with you later."

When I told my doctor I broke my leg in two places, he told me to stop going to those places.

Scott Fujita, #55 of the Saint's Football Team a Sansei or Yonsei?

I was excited to watch the Superbowl because I thought a Sansei was on it...he was from Camarillo too, and went to Rio Hondo High School...well, I was wrong. He was a walk-on safety at UC Berkeley to a starting linebacker for the Super Bowl champion team. He's not a sansei or yonsei...and though he has a Japanese name, his father was born in Gila Relocation camp and a sansei..., and was a and apparently, Scott was adopted by the Fujitas...I guess I'm pretty ignorant as I did not know any Nisei or Sansei would or could adopt a caucasian child...somehow it happened and he grew up eating Japanese food with his sansei parents. It was still exciting to watch the Superbowl though...it was a very exciting game and was glad to see that the New Orleans' Saints won...it was a very exciting game...I'm sure many of you watched it too. Fujita was recently named the 2009 New Orleans Saints' "Man of the Year" for his work on and off the field...now, he can lift the Super Bowl Championship trophy over his head. So he may not be a sansei or yonsei, but was brought up with Japanese food and heritage. Good for him!!!

How To Keep Your Heart Healthy With Pistachio Nuts

It might seem surprising that a little pistachio nut can be one of the secrets of a healthy heart, but it's true...The mighty little pistachio nut contains *phytosterols* - a substance that blocks your body from absorbing cholesterol. The result: *A small handful of pistachios daily may help prevent your arteries from clogging, keep your blood vessels clean, your heart healthy and strong.*

There are four other delicious nuts and seeds that may also help protect your heart...they are:

1. Sunflower seeds
2. Pistachio
3. Pumpkin seeds
4. Pine nuts
5. Flaxseeds, whole

So when someone says, "Nuts to you"...say "Thank you, I will enjoy them!!!"

English...A Very Difficult Language

For many foreign people, English is very complex, difficult language...We say **knowledge**, **knight** when it sounds "n"...**psychology**, sounds "sy"...**Philadelphia** sounds "f", etc. etc...so many words that does not spell according to sound...well, here's more complex English that was in "Horse's Mouth" by George Yoshinaga: There's a two letter word in English has more meanings than any other two-letter word and that word is "up." It is listed in the dictionary as (adv.), (adj.), (n) or (v).

It's easy to understand **up** meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake **up**? At a meeting, why does a topic come **up**? At a meeting, why does a topic come **up**? Why do we speak **up** and why are the officers **up** for election and why is it **up** to the secretary to write **up** a report? We call **up** our friends, brighten **up** a room, polish **up** the silver, warm **up** the leftovers and clean **up** the kitchen. We lock **up** the house and fix **up** the old car.

At other times this little word has a real special meaning. People stir **up** trouble, line **up** for tickets, work **up** an appetite, line **up** for tickets, work **up** an appetite, and thnk **up** excuses.

To be dressed is one thing but to be dressed **up** is special.

And this **up** is confusing: A drain must be opened **up** because it is stopped **up**.

We open **up** a store in the morning, but we close **it up** at night. We seem to be pretty mixed **up** about **up**.

To be knowledgeable about the proper use of **up**, look **up** the word in the dictionary. In a desk-sized dictionary, it takes **up** almost 1/4 of the page and can have **up** to about thirty definitions.

If you are **up** to it, you might try building **up** a list of the many ways **up** is used. It will take **up** a lot of your time, but if you don't give **up**, you may wind **up** with a hundred or more.

When it threatens to rain, we say it is clouding **up**. When the sun comes out, we say it is clearing **up**. When it rains, it soaks **up** the earth. When it does not rain for awhile things dry **up**. One could go on and on, but I'll wrap it **up** for now, my time is **up**.

Drug Recall - Very Serious**All drugs containing phenylpropanolamine**

STOP TAKING anything containing this ingredient. It has been linked to increased hemorrhagic stroke (bleeding in brain) among women ages 18-49 in the three days after starting use of this medication. The FDA recommended that everyone (even children) seek alternative medicine.

The following medications contain Phenylpropanolamine:

Acutrim Diet Gum Appetite Suppressant
 Acutrim Plus Dietary Supplements
 Acutrim Maximum Strength Appetite Control
 Alka-Seltzer plus Children's Cold Medicine Effervescent
 Alka-Seltzer plus Cold Medicine (cherry or orange)
 Alka-Seltzer plus Cold Medicine original
 Alka-Seltzer plus Cold & Cough Medicine Effervescent
 BC Allergy Sinus Cold Powder
 BC Sinus Cold Powder
 Comtrex Flu Therapy & FEver Relief
 Day & Night Contac 12-Hour Cold Capsules
 Contac 12 Hour Caplets
 Coricidin D Cold, Flu & Sinus
 Dexatrim Caffeine Free
 Dexatrim Extended Duration
 Dexatrim Gelcaps
 Dexatrim Vitamin C/Caffeine Free
 Dexatrim Extended Duration
 Dimetapp Cold & Allergy Chewable Tablets
 Dimetapp Caffeine Free
 Dimetapp Cold & Cough Liqui-Gels
 Dimetapp Cold & Cough Liqui-Gels
 Dimetapp DM Cold & Cough Elixir
 Dimetapp Elixir
 Dimetapp 4 Hour Liquid Gels
 Dimetapp 4 Hour Tablets
 Dimetapp 12 Hour Extentabs Tablets
 Naldecon DX Pediatric Drops
 Permathene Mega-16
 Robitussin CF
 Tavist-D 12 Hour Relief of Sinus & Nasal Congestion
 Triaminic DM Cough Relief
 Triaminic Expectorant Chest & Head
 Triaminic Syrup Cold & Allergy
 Triaminic Triaminicol Cold & Cough
 Orange 3D Cold & Allergy Cherry (Pink)
 3D Cold & Cough Berry
 3D Cough Relief Yellow 3D Expectorant

They are asking you to call them at 800-548-3708 with the lot number on the box so they can send you postage for you to send it back to them, and so they will also issue you a refund. If you know of anyone else with small children, PLEASE PASS THIS ON. THIS IS SERIOUS STUFF!!!

*My doctor gaveme six months to live,
but when I couldn't pay my bill,
he gave me six months more.*

Walter Matthau

*We should keep the Panama Canal.
After all, we stole it fair and square.*

S.I. Hayakawa

Buy low.....Sell high.....collect early.....pay late!

Nostalgia: A device that removes the ruts and potholes from memory lane.

Doug Carson

Summary of Life

Great Truths That Little Children Have Learned:

1. No matter how hard you try, you can't baptize cats.
2. When your Mum is mad at your Dad, don't let her brush your hair.
3. If your sister hits you, don't hit her back. They always catch the second person.
4. Never ask your 3-year old brother to hold a tomato.
5. You can't trust dogs to watch your food.
6. Don't sneeze when someone is cutting your hair.
7. Never hold a Dust-Buster and a cat at the same time.
8. You can't hide a piece of broccoli in a glass of milk.
9. Don't wear polka-dot underwear under white shorts.
10. The best place to be when you're sad is Grandma's

Great Truths That Adults Have Learned:

1. Raising teenagers is like nailing jelly to a tree.
2. Wrinkles don't hurt.
3. Families are like fudge...mostly sweet, with a few nuts.
4. Today's mighty oak is just yesterday's nut that held its ground.
5. Laughing is good exercise. It's like jogging on the inside.
6. Middle age is when you choose your cereal for the fiber, not the toy.

Great Truths About Growing Old:

1. Growing old is mandatory; growing up is optional.
2. Forget the health food. I need all the preservatives I can get.
3. When you fall down, you wonder what else you can do while you're down there.
4. You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
5. It's frustrating when you know all the answers but nobody bothers to ask you the questions.
6. Time may be a great healer, but it's a lousy beautician.
7. Wisdom comes with age, but sometimes age comes alone.

The Four Stages of Life

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.

Success:

At age 4, success is.....not piddling in your pants.
 At age 12, success is...having friends.
 At age 17, success is...having a driver's license.
 At age 35, success is...having money.
 At age 50, success is...having money.
 At age 70, success is...having a driver's license.
 At age 75, success is...having friends.
 At age 80, success is...not piddling in your pants.

Always remember to forget the troubles that pass your way...

BUT NEVER forget the blessings that come each day!!!

Take the time to live!!! Life is too short.

*Speak softly and sweetly. If your words are soft and sweet,
 they won't be hard to swallow if you have to eat them.*

The whiter my hair becomes, the more ready people are to believe what I say.

Gambling: The sure way of getting nothing for something.

*James Thurber
 Bertrand Russel
 Wilson Mizner*

Calcium: A Key to Long Life?

Who would have thought that the fountain of youth spouts -- milk? But that's the striking suggestion from a recent study at the Karolinska Institutet in Stockholm. Researchers followed more than 23,000 middle-aged and older men who reported getting plenty of calcium in their diet, about 2,000 mg per day, were 25 percent less likely to die in that time than men who consumed little of the mineral in food and drink. It's possible that the high-calcium diners had other healthy habits, the researchers say, But a diet containing lots of the mineral is known to lower blood pressure, cholesterol, and blood sugar level.

The Swedish study was all-male, but calcium expert Robert P. Heaney, MD, at Omaha's Creighton University, thinks the results are likely to apply to women too. He suggests all adults aim for 2,000 mg of calcium per day -- from food, if possible, because other nutrients amplify its effect.

American adults get only 700 mg of calcium in their diet each day, on average. But it's easy to sneak more into your menu. Drinking milk with meals gets you about 300 mg of calcium per eight-ounce glass; if you're lactose-intolerant, yogurt (up to 450 mg per cup of low-fat) and cheese (410 mg per half cup of shredded Cheddar) are easier to digest. You can also try the less obvious sources, like cooked spinach 245 mg per cup, edamame 98 mg per cup, cooked broccoli 62 mg per cup, almonds 190 mg per 1/2 cup or fortified soy milk 299 mg per 8 ounces.

3 Rules for Summer Food Safety

1. Make your marinade tangy. Adding vinegar or lemon juice could make your meat safer... "Acidic marinades tend to slow the growth of bacteria on meat...soak properly: marinate in the refrigerator.
2. Think temperature, not color, for burgers...heat to 160 F; use food thermometer.
3. Don't count on prewashed...especially leafy greens...thoroughly rinse in cold water yourself.

Obituary

Our deepest and heartfelt sympathy to: *Ella Ohta Tomita and family for the loss of her husband/father James Tomita.*

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