

## Crystal City Chatter

Issue 106

November 2010

### "Reigi Sahō" (Manner...Etiquette)

I know I've written about the sanseis and yonseis not knowing about "Okoden", money given at funerals in the last issue, however, I've been requested to write about it again to remind the many younger generations of Japanese Americans about not only "Okoden"...which is money in envelopes given at funerals of the families whose family member passed away...and usually taken to the temple, church or funeral homes where the funeral service is held...If you can't attend the service, it is sent to the family at their home...well, there's also "Omimai" which is money taken to hospital or home of those who are ill or injured as "get well" gift. "Senbetsu" is money given to those going on a trip...a "going away gift"...so these are some of the etiquette that we Niseis learned from our issei parents.

It would be nice to learn that the younger generations...sansei, yonseis, goseis, etc. know our many Japanese etiquette...it isn't necessarily a "giri", (obligation, or duty) but is a good thing to know. I don't think it's necessary to "giri-giri" (forcibly) push it onto the younger generations but a good manner and etiquette is always good to remember and practice...okay, so now it's all up to you-all okay?

### Remember...Our Annual Shinnenkai Luncheon

This time it will be at the **Sea Empress Seafood Restaurant, 1636 W. Redondo Beach Blvd., Gardena...at 11:30 a.m...on Sunday, January 23rd, 2011...**So please remember neh...The food is great, the company is great and having both great food and company makes it a Wonderful get-together...so Hoping to see you-all there...please call Toni, [redacted] Tomo, [redacted] or me at [redacted]

### 'Ruth Mix Story' to Debut in Sacramento

"Gila River and Mama: The Ruth Mix Story" will premiere at the California Museum in Sacramento, 1020 O Street, 95817 on Sunday, Sept. 26 at 3 p.m. (Sorry, I guess it'll be over by the time you get this Chatter)

In the fall of 1942, Frida Mix, a teacher in Seattle heard about the order to remove all of people of Japanese ancestry from the West Coast. Frida moved to Mesa, Arizona with her 15-year-old daughter and volunteered to teach at the Gila concentration camp. Frida told the camp authorities that her daughter was 18 years old so she could volunteer to work at the Gila Hospital.

Frida was incensed by this horrific act of a nation, and gave up a teaching position in Washington to be a part of the many who helped to make a more bearable life at Gila River.

"We must make right a terrible wrong," Frida told Ruth, as they rode the military bus into the prison camp for Ruth's first day at the hospital. Ruth was the only white nurse's aide amongst a staff comprised entirely of Japanese American internees. The film focuses on the hardships and the friendships that was created in the harsh environment of the camps.

The documentary was produced, written and directed by Ruth's daughter Claire Mix. In 2007, when Ruth was 65 years and diagnosed with terminal breast cancer, she urged Claire, a Sacramento school teacher to make a documentary about her experiences and the many horrible events she witnessed during the three years in the camp.

Hy Shishino of the Gila River Committee said the Japanese American National Museum has requested to be the first organization to show the documentary in Los Angeles area sometime in January or February.

"Gila River and Mama: The Ruth Mix Story" was made possible with grants from the CCL P, Televue Systems of Mountain View and funds raised by the Gila Reunion Committee.

For more information, visit [ruth-mix.clairemixon.com/](http://ruth-mix.clairemixon.com/) or call the California Museum at (916) 653-7524.

*Those who work out our federal budget...*

*Have a policy -- really a honey --*

*We shall live on our national income,*

*Even if we must borrow the money!!!*

*Leverett Lyon*

### Letters to the Editor

You are doing a great, great job in keeping C.C. internees informed and i greatly appreciate your hard work! Thank you!!  
Ray Yamagishi

You're welcome Ray...Crystal City was such a warm and friendly camp, making lifelong friends, I do enjoy keeping in contact with you-all...In and around L.A., we enjoy our annual "Shinnenkai Luncheon" and also enjoy the Vegas trip that Toni Tomita always plans together for us...unfortunately, many CC friends are all over this country so we really don't get to see or visit with the. Take care and thank you for your donation to the Chatter.  
Sincerely, Sumi

Dear Sumi, Thank you for your continuing efforts to write and send us the "Crystal city Chatter." I really enjoy reading it, especially about our former fellow "inmates."

In the last issue you wrote about the German reunion. Just to refresh your memory it was Barbara Minner whom we called "Boidie." In our Freshman class we had 3 Germans -- Rosemarie Hohenreiner (she was a brain), Siegrid Richter and Johannes Gouth (my friend had a crush on him). I even went with my friend to his home and his mother gave us some Swedish cookies and showed us how to make them.

Another time, some of us were in the camp mess hall trying to make candied popcorn for our frosh party. Of course we had no recipe and had very little idea as to how to make them. The German baker was there and he kindly showed us how to make the syrup.

Paul Ase was our class prexy and he and his wife have moved to Portland so I see them once in awhile. Other former CC people are Hitoshi and Yoji Matsushima but I think they were too young to remember much. Hitoshi runs "Anzen", a Japanese store.

Did my brother Satoru ever contact you regarding his booklet on Crystal city? I hope he sends you a copy if he hasn't already. His "Minidoka" booklet has been published by the Seattle Nisei Vets.

Am enclosing a small check to help with expenses. With best wishes, Etsuko (Ichikawa) Osaki

Hi Ets...thank you for your donation to the Chatter...it's helping to keep it alive...meanwhile, Sat did send me a copy of his booklet...and was going to advertise it in the Chatter but he said he wasn't publishing it for the public and wrote it for his family and friends...am so glad he considered me as his friend as it is well written and illustrated.

Hitoshi and Yoji Matsushima were up in New Jersey harbor to board the Gripsholm, the exchange ship that was supposed to take us to Japan, September of 1943...we were then taken to Ellis Island on a Coast Guard boat and spent several days there...reuniting with our arrested fathers and chose to go to Crystal City as a family.

I am so grateful that we were not able to get on the Gripsholm and go to Japan then as many got off at Singapore and some went on to Japan on another ship which sank before reaching Japan. Besides then I wouldn't have met all my lifelong friends in Crystal City...Take care and stay well... Sumi

Dear Sumi, Babe and I always enjoy reading the Chatter and thank you for your dedication and hard work. We aren't x-Crystal City folks but have many friends who are.

I thought about Babe's father's 1942 Santa Fe diary when you mentioned Tuna Canyon in the August issue. He doesn't write about Tuna Canyon but his description and feelings of being picked up by the FBI from his San Diego home and taken to Santa Fe describes the humiliation, pain and injustice experienced by the Issei.

All this info was in a small 3 / 5 spiral notebook we found just 8 years ago among his other books! Babe never heard his father talk about all this.

I also wanted to add the April 14, 1942 entry because Nozaki-sensei's inspirational talks gave the men so much hope. Nozaki-sensei was Joy's father!

Please feel free to use the enclosed page from the diary in your next Chatter.

Always with love and thanks to you, Mary Karasawa

Dear Mary, Wow!!! What a treasure!!! Thank you, thank you, thank you very much for this treasure!!! I could never get my father to tell me what it was like in Santa Fe and Lordsburg but it must have been very scary and upsetting...as some of the men who were in the same jail the day he was arrested told me that he was having diarrhea all day and all night and said it was "tottemo kusakatta".(Stinky)  
(Cont'd on page 3)

**Beginning of Papa K's diary**

FEBRUARY 21K, 1942

9:30A.M. - Two persons from the FBI forced (nori konde) themselves into my house. Verified papers (shorui wo shira beta nochi, doko wo motome) and took me to jail around 10am. In jail, they took ID, fingerprints and checked 11 pages of paperwork and issued my jail number. They even took a mug shot. With rude (burei na kotoba) - I felt humiliated. They put us in a dirty cell with 29 other prisoners. We received one blanket and slept on a thin (sembei) mattress on a wooden floor. The food was like dog food and I couldn't swallow it.

FEBRUARY 22, 1942

We were packed into an immigration truck - like luggage, and taken to Tuna Canyon. It was 9:30 pm (Today it's called la tuna Canyon and is south of Sunland and Tujunga here in L.A basin).. (no diary entries until March 12)

March 12, 1942 - In the afternoon we left Tuna Canyon and taken to old Santa Fe Depot by train. We were luggage on the train. (Kisha no naka nimotsu to naru.) We couldn't open the shades - couldn't rest or sleep camp. Took 2 days and nights. Dusty, smoke filled painful, traveling condition. (Kurushii ryoko). Arrived in New Mexico on 14th a.m.

March 15, 1942 - We heard that this camp housed WWI German prisoners of war. Roosevelt had used it as a CCC camp and now we are in this pig sty. (Buta goya ni natta.) (Ita kabe wa) - Between the boarded wood walls we found fleas. (Nanking mushi) - ceiling was covered with spider webs. It was "nigiyaka". (sarcastic remark!) On the first night - right away men were being bitten by "Nanking mushi". Koide-kun was bitten very hard. I was also bitten but not as badly. Unfortunate incident but I was lucky. (Tegami wo dasu.) I'll send a letter.

MARCH 24, 1942 - The lonely, lonely days (sabishii, sabishii) days continue. Everything that we see - its simply like we're being treated like pigs (buta). Being fenced in like this - this is to be our lifestyle. A weak hearted person could go insane. (Muri wa nai) - can't blame them. Wrote a letter to ---- and ---.

MARCH 25, 1942 - This camp life is commune style. (kyodoo seikatsu). All different walks of people. Different interest groups have been formed. Shogi, Mahjong, Hana, Poker. This probably helps us forget our misery. Maybe this is a way we can cope with our condition. Communal life is another way of sharing and helping each other out. The unusual thing to me is that there are 2 Koreans hired to read and censor the mail. Since they are slow and don't work fast, our letters have been delayed.

MARCH 26, 1942 - Everyone is worried about the evacuation subject. I am reading --- letter. I don't know how to stop my tears from flowing. (Kawaiisoo to omou). I will agree and say okay to whatever the family decides. Among the people here, I can truly empathize with the cruelty experienced by those people from the authorities. It upsets me very much. I can't believe this something occurring in this country of freedom and liberty.

April 14, 1942 -- Received 2 postcards from ---, dated 8th and 9th -- arrived on the same day. I'm relieved that everyone is doing well. At night I listened to Nozaki-sensei for the 3rd time. No matter when we listen to him, he gives us hope. We feel thankful to be helped with his uplifting messages. It is good teaching, especially when he talks about Date Masamune (Famous samurai) and his principals. It was outstanding and I was very impressed.

(Note: Kiyoshi Nozaki, 54 was the Principal and teacher at the Japanese school in Arroyo Grande, graduate of Waseda, MA in English, U of Washington, scholar and intellectual. One of his two daughters, Joy, and I were classmates in Gila, Camp II.)

Thank you very very much for this Mary...it not only is interesting, but since my father never would talk about his arrest and going to Tujunga, then to Santa Fe...I'm sure he felt similar way...

The few interesting thing that my father experienced was that he never did laundry at home in L.A., so when he washed his clothes, he requested more T-shirts, underwear, etc, as he recalled mom used Chlorox and he used the whole bottle so it melted all his white T-shirts and underwear...he would never cooperate with the many hearings that he was involved in...the men nicknamed him "Geneva Gensui" or "General Geneva"...as he quoted the Geneva Treaty at the hearings.

He never shaved since his arrest so his beard was supposedly very long, however, when we met at Ellis Island in Sept. 1943, we were looking for a bearded person...and didn't realize that he shaved it at Ellis Island so mom and I would be able to recognize him. But when we went to Crystal City Internment Camp together, he started another beard and had it all the way to Japan and back. The grandchildren called him "Santa" and he was a great Santa Christmas-time. Yamashita Sensei formed baseball teams in Santa Fe.

## Aching Back?

Back pain is hurting us -- in the wallet. According to new government numbers, we spent nearly twice as much on the problem in 2007 as we did in 1997; more than \$30 billion, up from an inflation-adjusted \$16 billion a decade earlier.

Generally, the passage of time and extra attention to body mechanics are enough to ease the discomfort (pain relievers help too). but you may be able to lower your risk of a recurrence by strolling down the right aisle in the supermarket. The research isn't all in, but intriguing evidence suggests that certain foods can quash inflammation that contributes to some kinds of back pain -- especially bouts linked to arthritis. Here, from **Kitchen Cabinets Cures** foods to eat and to avoid.

### **Eat More:**

**Cherries.** One study showed that drinking 12 ounces of tart cherry juice twice a day for eight days reduced muscle pain and strain. Fresh or canned tart cherries are also helpful.

Olive oil

Canned salmon, sardines packed in water or olive oil, mackerel, albacore tuna, flaxseed, and walnuts-- all good sources of omega-3 fatty acids.

Vegetable protein (such as soy)

Vegetables and fruits of every hue (canned or frozen are fine, as long as they're not packed in heavy syrup or loaded with salt)

Nuts of all kinds

Green tea

Ginger Try steeping a bit of grated root in boiling water for tea.

### **Eat Less:**

Certain vegetable oils such as corn, safflower, sunflower, cottonseed, or "mixed" vegetable oils.

Margarine and vegetable shortening

Processed foods

Products containing high-fructose corn syrup

Foods high in saturated fat, including meat, tropical oils, and full-fat dairy products

Foods made with trans fats.

## Can Stress Protect You?

When life gets stressful, don't hide under the covers. A recent study in mice suggests that a bit of chaos might help protect against cancer.

In the new research, from Ohio State University, scientists housed mice in a conventional environment (a few cage mates and toys) or a challenging one (about 20 cage mates, a pile of toys), then injected them with cancer cells. Tumors were as much as 77 percent smaller in the mice with lots going on, and one in six of this group avoided cancer entirely.

"Good stress," from short-term, manageable challenges, seems to boost immune system activity, says Matthew During, MD. It also raises levels of the brain chemical BDNF, which may reduce tumor growth throughout the body. More study is needed; In the meantime, Dr. During says, it may be worth trying new things -- even if the effort makes you uncomfortable.

Did you know...that taking diuretics (aka water pills) are just as effective as pricier meds at preventing complications of high blood pressure...most people should try them first before expensive drugs.

Stress makes fibromyalgia and rheumatoid arthritis worse...exercising, such as weight lifting helps reducing the pain...start low and go slow.

A cup of coffee or more daily may cut your risk of some types of head and neck cancers says an analysis of nine studies...Decaf doesn't seem to do the trick; neither does tea.

People who ate fish at least two servings of fish a week were much less likely than infrequent fish eaters to develop age-related hearing loss...in fact, they were only 58 percent as likely to say "Huh"

Toughing it out in a study that followed elderly people...those who were depressed were more likely to develop dementia.

## **Paraprosdokian Sentences:**

### **A Figure of Speech That Uses an Unexpected Ending to a Series**

*I asked God for a bike, but I know god doesn't work that way..So I stole a bike and asked for forgiveness*

*Do not argue with an idiot. He will drag you down to his level and best you with experience.*

*Going to church doesn't make you a Christian any more than standing in a garage makes you a car.*

*The last thing I want to do is hurt you. But it's still on the list.*

*Light travels faster than sound. This is why some people appear bright until you hear them speak.*

*If I agreed with you we'd both be wrong.*

*We never really grow up, we only learn how to act in public.*

*War does not determine who is right - only who is left.*

*Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.*

*The early bird might get the worm, but the second mouse gets the cheese.*

*Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.*

*To steal ideas from one person is plagiarism. To steal from many is research.*

*A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.*

*How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?*

*Dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of a pool.*

*I thought I wanted a career, turns out I just wanted pay checks.*

*A bank is a place that will lend you money, if you can prove that you don't need it.*

*Whenever I fill out an application, in the part that says "If an emergency, notify," I put 'DOCTOR'.*

*I didn't say it was your fault, I said I was blaming you.*

*I saw a woman wearing a sweat shirt with 'Guess" on it...so I said "Implants/"*

*Why does someone believe you when you say there are four billion stars, but check when you say paint is wet?*

*Why do Americans choose from just two people to run for president and 50 for Miss America?*

*Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.*

*A clear conscience is usually the sign of a bad memory.*

*You do not need a parachute to skydive. You only need a parachute to skydive twice.*

*The voices in my head may not be real, but they have some good ideas!*

*Always borrow money from a pessimist. He won't expect it back.*

*A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.*

*Some cause happiness whenever they go, Others whenever they go.*

*There's a fine line between cuddling and holding someone down so they can't get away.*

*I used to be indecisive. Now I'm not sure.*

*I always take life with a grain of salt, plus a slice of lemon, and a shot of tequila*

*When tempted to fight fire with fire, remember that the Fire Department usually uses water.*

*You're never too old to learn something stupid.*

*To be sure of hitting the target, shoot first and call whatever you hit the target.*

*Nostalgia isn't what it used to be.*

*Change is inevitable, except from a vending machine.*

(Cont'd on page 7)

## Failures But Not Quite

A young disc jockey in Oakland, California, was asked to give up on his on-the-air humor by the station manager...Neither the station manager or the listeners were impressed by his attempts to add humor to the program.

Trying to come up with a new idea, the disappointed disc jockey pulled a discarded magazine from a waste basket. In it, he noticed biographies, record-sales statistics and interesting facts about pop singers and musicians.

That night, before playing a song, he entertained listeners with interesting anecdotes and obscure information about the artist. Then he would identify the singers after playing one of their songs.

Listeners responded, the station manager was pleased and Casey Ksem was off and running. His nationally syndicated "American Top 40" radio show became a resounding success.

## Aching Knees!

Elizabeth Goodman

Each year, Americans log roughly 19 million visits to orthopedic surgeons due to knee discomfort. That weight-bearing joint is the source of so many problems because it is the one most frequently affected by degenerative diseases including osteoarthritis -- the painful condition that occurs when the cartilage in the knee wears away and the bones scrape against one another.

More than 10 million people in the U.S. have osteoarthritis of the knee, and your lifetime risk of developing it is nearly one in two. But there is good news: Experts keep finding more steps that people can take to reduce discomfort and to prevent, delay, or slow osteoarthritis.

### **1) Achieve a healthy weight:**

According to one national survey, obese women had nearly four times the risk of getting osteoarthritis of the knee than their lighter peers; obese men had five times the risk. However, you don't need to shed a huge amount of weight to benefit your knees -- losing just 10 pounds can significantly reduce your chances of developing the disease.

### **2) Strengthen your muscles:**

In a recent University of Iowa Hospitals and Clinics study, women with stronger quadriceps, or front thigh muscles, were better protected from knee osteoarthritis than weaker subjects. To build up your quads, do low-impact exercises like leg raises, wall sits, and squats.

### **3) Get moving:**

A lack of joint mobility has been directly linked to knee pain. Why? If you have difficulty bending your knees when you walk or run, you end up placing excess pressures on a small area around the kneecap. Regular tai chi or yoga sessions have been found to help increase one's range of motion. As an alternative, suggests Dr. David Touscher, an orthopedic surgeon in Beaumont, Texas, "you can add at least 10 minutes of stretching to daily workouts."

### **4) Pick knee-friendly footwear:**

Clogs and stiff-soled walking shoes may feel comfortable, but they can actually cause your knee joints to carry loads up to 10% greater than flip-flops or sneakers with flexible soles do, according to a new study from Rush University Medical Center in Chicago. High heels have also been shown to increase the load on knee joints.

## Shoes Your Knees Will Love

Sturdy walking shoes, clogs, or athletic shoes that promise to keep your feet from rolling inward are often recommended for achy knees. But new research suggests flexible flats might be easier on your joints. Researchers at Rush Medical College in Chicago analyzed the gaits of 31 people with knee osteoarthritis, once without shoes and then in four different types of footwear. The surprising results: Clogs and supportive "stability" shoes were hardest on knee joints. Wearing flip-flops or flat shoes with flexible soles or going barefoot subjected knees to 15 percent less force.

"Many rheumatologists recommend a cushioned gym shoe to provide shock absorption, based on common sense," says study author Najia Shakoor, MD. "But until now, we didn't know what this type of shoe did to the joints".

Dr. Shakoor doesn't recommend wearing flip-flops, since they can contribute to foot problems and falls in older people. But if your knees are aching, she says, it might pay to try a flat shoe -- one that bends easily and has arch support (you can add an insert) Consult your doctor if you have problems.

**Live and Learn and Pass It On**

H. Jackson Brown Jr.

- \* I've learned that making a living is not the same thing as making a life.
- \* I've learned that the most creative ideas often come from beginners and not the experts.
- \* I've learned that love is a great investment. No matter whom you give it to, it returns great dividends.
- \* I've learned that it always makes me feel good to see my parents holding hands.
- \* I've learned that you don't miss fighting with your sister until she's left for college.
- \* I've learned that if you want to do something positive for your children, try to improve your marriage.
- \* I've learned that nothing is more precious than a baby's laugh.
- \* I've learned that it's OK to be content with what you have, but never with what you are.
- \* I've learned that a person's greatest need is to feel appreciated.
- \* I've learned that whenever I'm in a big hurry, the person in front of me isn't.
- \* I've learned that you know your husband still loves you when there are two brownies left and he takes the smaller one.
- \* I've learned that the time I really need a vacation is when I'm just back from one.
- \* I've learned that you can't pay somebody to practice for you.
- \* I've learned that a good feeling gets even better when it's shared.
- \* I've learned that you can have a fancy education and still not be very wise.
- \* I've learned that it's impossible to accomplish anything worthwhile without the help of other people.

**Short Witty Dictionary**

**Adult** -- A person who has stopped growing at both ends and is now growing in the middle.

**Beauty Parlor** -- a place where women curl up and dye.

**Cannibal** -- someone who is fed up with people.

**Committee** -- a body that keeps minutes and wastes hours.

**Dust** -- mud with the juice squeezed out.

**Egotist** -- someone who is usually me-deep in conversation

**Handkerchief** -- cold storage.

**Inflation** -- cutting money in half without damaging the paper.

**Mosquito** -- an insect that makes you like flies better.

**Raisin** -- grape with a sunburn.

**Secret** -- something you tell one person at a time.

**Skeleton** -- a bunch of bones with the person scraped off.

**Toothache** -- the pain that drives you to extraction.

**Tomorrow** -- one of the greatest labor saving devices of today.

**Yawn** -- an honest opinion openly expressed.

**Wrinkles** -- something other people have, similar to character illness.

**Cont'd from page 5, "Paraprosookian Sentences:**

Some people hear voices. Some see invisible people. Others have no imagination whatsoever.

A bus is a vehicle that runs twice as fast when you are after it as when you are in it.

If you are supposed to learn from your mistakes, why do some people have more than one child?

Writing is the only profession where no one considers you ridiculous if you earn no money.

There will be a rain dance Friday night, weather permitting.

## "From Our Side of the Fence; Growing Up in America's Concentration Camps"

"From Our Side of the Fence" contains the first-person accounts of eleven former internees who recall their memories of childhood and youth in America's concentration camps. This collection traces each author's personal and psychological journey through war, giving voice to a history that has been silenced. Emerging from a writing workshop taught by the editor, Brian Komei Dempster, and offered through the JCCCNC, this book also offers lesson plans for use by educators and students, and for internees who wish to tell their own stories.

Order sheet is on page 9 for those of you who would like to purchase a copy of this book. If you are purchasing from out of state of California, you don't have to pay a sales tax. They ask that you print the order form, complete, and mail in to JCCCNC. 1840 Sutter Street, San Francisco, CA 9115 with payment. You can call Ruby Hata [redacted] if you have any questions or prefer to order by phone. (or fax is [redacted])

*Just to put in my 2 cents...I am one of those person who objects to the word "concentration" camp because it wasn't...there were more freedom in those ten relocation camps than we had in Crystal City Internment Camp...the only camps that I would put as "concentration" camp would probably be those detention camps that our arrested fathers and mothers were taken into...there they had stricter condition, hearings and periodically abused physically however, many still feel that the ten relocation camps were "concentration camps"....I guess they felt it was. oh well...everyone to their own beliefs.*

*sumi*

### Berry Good for You

Berries taste great, especially in the summer when they're freshest. but they're also developing a reputation as nutritional powerhouses with special health benefits.

Some of that is just hype, of course. Juice from the acai berry, for example, might be high in antioxidant but there's little evidence it has the special weight-loss or other powers that are often touted in Internet ads.

Still, growing research does suggest that in addition to providing vitamins and minerals, berries contain a variety of other phytonutrients, or plant-based chemicals, that might keep us healthy in a number of ways.

Here's a rundown on the evidence, plus some advice on how to choose and store berries.

**Urinary-tract infections:** Cranberry and blueberry juices can prevent bacteria from adhering to the bladder wall, which may help prevent UTIs. Look for drinks that list the juices as their first or second ingredient.

**Memory:** Blueberries and strawberries contain polyphenols, substances that might reduce inflammation in blood vessels in the brain. And a recent study found that a glass of blueberry juice with each meal everyday for three months improved the memory of nine people who were experiencing mild memory loss. An unpublished study of 3,774 people in Chicago linked the regular consumption of strawberries to a slower rate of cognitive decline in women as they got older.

**Cancer:** Animal and laboratory studies suggest that certain compounds in blueberries and strawberries might prevent the growth of breast and colon cancer cells.

**Heart Disease:** Animal studies conducted by researchers from the National Institutes of Health suggest that a blueberry-enriched diet might offer some protection against heart attacks.

#### **Shopping for Berries:**

- \* Look for plump, firm fruit with a sweet aroma. Store them unwashed in an airtight container in fridge
- \* Opt for fresh or frozen berries instead of jams or jellies, which are often packed with added sugar. And the heat used to make them might reduce their vitamin C content.
- \* Splurge on the organic varieties to avoid harmful pesticides, especially for blueberries and strawberries.
- \* Remember that whole berries tend to have more nutrients and fiber than juices and juice drinks, as well as fewer calories and less sugar.

**We in California are so fortunate to have fresh berries all year around...especially in Camarillo, Somis, Oxnard area...enjoy!!! I'm sure you can find fresh berries in your supermarket also so enjoy and stay healthy...especially us senior Niseis.**



**Japanese Cultural and Community Center of Northern California  
PRODUCT ORDER FORM**

ITEM	QTY	NON-MEMBER PRICE	JCCNC MEMBER PRICE	TOTAL
Community Artists - Note Cards (10 notecards/10 envelopes)		\$10	<b>\$10</b>	
Blossoms in the Desert - Topaz High School Class of 1945		\$15	<b>\$15</b>	
Nikkei Donburi - A Japanese American Cultural Survival Guide		\$18.95	<b>\$15.25</b>	
Nisei Voices - Japanese American Students of the 1930s - Then and Now		\$24.95	<b>\$24.95</b>	
Birth of an Activist: The Sox Kitashima Story		\$20	<b>\$20</b>	
From our Side of the Fence - Growing up in America's Concentration Camps		<del>\$15</del> <b>\$18</b>	<b>\$15</b>	
Kids Explore America's Japanese American Heritage		\$6	<b>\$6</b>	
Generations - A Japanese American Community Portrait		\$45	<b>\$40</b>	
Issei - The Shadow Generation		\$16.80	<b>\$14.29</b>	

SPECIAL PACKAGES	QTY	NON-MEMBER PRICE	JCCNC MEMBER PRICE	TOTAL
Generations & Birth of an Activist		\$55	\$50	
Generations & Blossoms in the Desert		\$50	\$45	
Generations & From our Side of the Fence		\$50	\$45	

Subtotal	\$
TAX (8.50%)	\$
Shipping and Handling (\$5 for item subtotal up to \$30, \$8 for item subtotal above \$30)	\$
<b>TOTAL</b>	\$

**PAYMENT & SHIPPING INFORMATION** - Please allow two weeks for delivery. Pricing subject to change. Send this completed form with payment to - JCCNC 1840 Sutter Street, San Francisco, CA 94115.

Contact Name \_\_\_\_\_ Telephone \_\_\_\_\_

Shipping Address \_\_\_\_\_ City, State Zip \_\_\_\_\_

**Cash or Check** (checks made payable to JCCNC)       **MasterCard/Visa** (complete info below)

Credit Card Account # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name (as it appears on card) \_\_\_\_\_ Signature \_\_\_\_\_

### San Jose has Japanese Museum

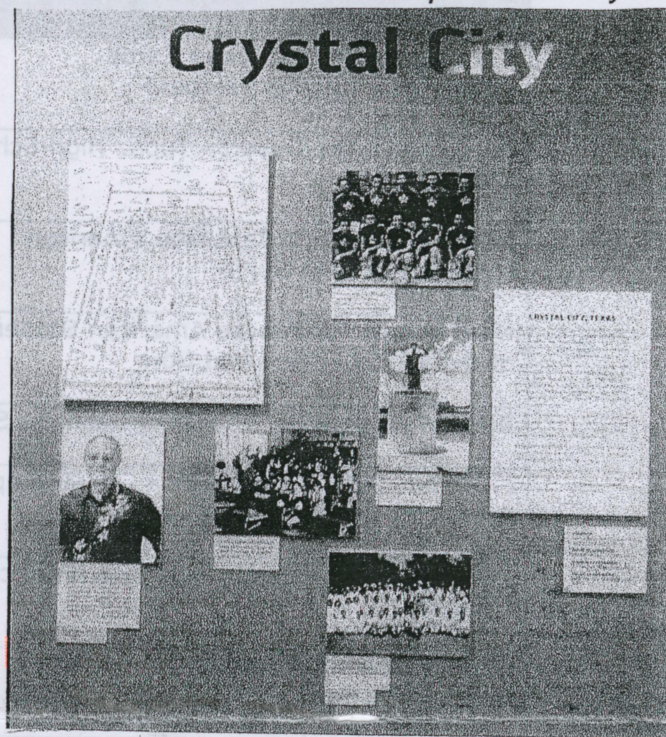
Susie Sasagawa, Mas Koketsu, Sadako Ikeda all called or wrote to let me know that San Jose has opened a Japanese Museum and Crystal City Internment Camp is included and was asked if I had a picture of Popeye but I have such a box full of snapshots that I would have to go through, I wrote to Crystal City City Hall and then Yukie Okazaki called to tell me that I can find it on the internet under Crystal City, Texas...so I gave that information to Mas and Sadako Ikeda sent me a picture of Crystal City and there was a picture of popeye there...

CONGRATULATION SAN JOSE...glad you have a museum for future Japanese Americans to go to see and remember what we Issei and Niseis went through due to the war with Japan...it should never be forgotten!!!

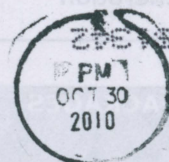
I will try to reproduce the picture that Sadako sent however, I don't know how clear it will come out, but I can only try so let's see if it will turn out so you can see the bulletin board for Crystal City.

Thank you Susie, Mas and Sadako for keeping this Chatter informed for fellow ex-Crystal Citi-ites will know. Many know about the ten relocation camps but few know Crystal City Internment Camp...and why it was so important to us niseis who were able to reunite with our arrested fathers and mothers.

and how we met many of our close Hawaii and Peru friends...it was very warm, wonderful place to be in even if we had to go to Japanese language schools.



Sumi Shimatsu  
**Crystal City Chatter**  
Camarillo, CA 93010



11-1-10

Tad & Satomi Ishida  
San Francisco, CA 94116