

# Crystal City Chatter

Issue 108

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## Crystal City Vegas Trip

Sumi

Usually Toni writes about our exciting trip to Las Vegas trip however, she's busy (as usual) and I know that I can help by putting together our annual visit to California Hotel/Casino...we had 30 on board a wonderful bus that Toni was able to get for us...and the driver Carl was just the greatest!!! And the bus was in great condition...not like the awful flat tire we had last year...that was scary...really...those who went on the bus from Crystal City were:

Yae Aihara

Seiji, Emi and Kay Kami

Hid and Ets Kasai

Sachi Maehara

Carmen Mochizuki

Sid Okazaki

Toni Tomita

Min and Kazie Tajii

Ken and Doris Yamane

Betty Fukunaga

James and Tilly Hatanaka

Sakiyo Horie

Karen Nakagawa (Toshi Kamatani's daughter)

Mas and Shirli Okabe

Mei Ling Shimatsu and her mother

Sumi Shimatsu

Ben and Emi Takeuchi

Aki and Mildred Yonekura

Ami Yamagishi drove her sister Akemi and her care-giver.

Stacy Nonoguchi drove her parents, Haj and Yuki Nonoguchi.

Ken and Alice Matsumoto also drove.

June Maeda and her daughters flew in from Chicago.

Joan Takeuchi was in Vegas for a conference, so she joined us for dinner on Wednesday.

Paula Shimatsu, my daughter flew in from Orange County.

James Kato, husband of Shiz Ochiai Kato, his granddaughter Krystal flew in from Hilo, Hawaii. and his neice Jane Kato and her friend Brenda Lee also met me...the two live in Las Vegas...it's always so nice to visit with ole friends neh. Anyway, I have the letter Toni wrote just before the trip:

"CCA Las Vegas Trip-May 17-19, 2011

Greetings all you merry "MAYkers:!! Hope you are ready for our annual trip to the city that never sleeps! The Takeuchi Family, Ben and Emi, daughter Joan and her friend, Jon, my sister Kay flew in from Oakland, her two sons, Peter and Paul, and Miyo's daughter, Pauline and Ron and yours truly were in Vegas for four days in January scouting the machines for you, but at Sam's Town! We had a great time celebrating Paul's 50th birthday at Lawry's. It's hard to believe our kids are in their 50's. When my son turn 40, I asked David if I could tell people he was my brother, But now as I approach my 80's-- yes, those former Federal Elementary School students are hitting their 80's -- I wake up each morning and say, "Hey, I'm still here -- Carpe diem!!" But enough about the Takeuchi family, except one last happy announcement, we are into our fifth generation. Miyo would have been so proud of her two great grandchildren and one more in May.

About our bus trip in May, I have chartered a bus with the Andreas Tours Co. this year. Carl leases his buses from the Sun Coast bus Co. Our Nikkei Seniors Club has used this tour company for several years taking trips to Las Vegas, San Francisco, Reno-Tahoe, Yosemite as well as our many day trips. He often does the driving himself. Note that the bus will be picking up passengers from Gardena FIRST but at the same time as before. The bus will be able to take the express lane on the freeway to Temple City so it should make good time barring any unforeseen accidents.

Hope to see all you regulars and friends too. Please send those bus trips forms as soon as you know those dates are clear for you. My Nikkei Seniors members are always eager to fill those empty seats. Keep moving! Stay healthy! Can't wait to see you all on May 17! "

Love, Toni

Thanks to:

Dr. Karen Nakagawa

Ken & Doris Yamane

Paula Shimatsu

For the wine on the bus trip!!!

## Crystal City Story to be Written

An author named Jan J. Russell will be writing a story about our camp...she came to Los Angeles to interview some of us Crystal City niseis and hopefully will be going to Las Vegas in May to continue interviewing some of the Crystal City friends who will be attending our Vegas time. Toni had some of us at her home...Sid Okazaki, Carmen Mochizuki, Toni and myself...and earlier was with Yae Aihara. It would be wonderful to have someone write about our camp...it was one of a kind. More later.

## Letters to the Editor

An e-mail from Heidi Gurcke Donald to Werner Ulrich...subject: Mapping Crystal City, TX Internment Camp.

Hi everyone, I am asking help with an interesting project Werner Ulrich, a former Crystal City, TX internee is working on -- identifying who lived/worked where in Crystal City. We, former internees have been enjoying the challenge of finding our old homes, trying to remember what work our parents did, the names of our school teachers, etc. We hope those of you with ties to some of the Japanese Americans housed there could pass the word about what Werner's calling the "earliest and most fashionable Gated Community in the United States, sponsored by both State and Federal agencies." If you or someone you know can help Werner fill in the blanks, we'd really appreciate it. To see the map with the latest additions, please go to <http://www.foitimes.com/CampHousing.pdf> You can zoom in to see the names or out to view the overall camp. The actual map is from the Texas Historical Commission, who are recipients of a National Park Service Confinement grant to document the Crystal City camp.

Another e-mail from Akio Inouye in answer to Heidi:

Hi Heidi: My name is Akio Inouye, #1 son of father Hisao and mother Aiko Inouye. I enjoyed looking at the diagrams of Crystal City. When I was a kid, I participated in the Sumo wrestling contests. My father wrote in his memoirs that both my grandmother and mother were able to watch me doing sumo. It is possible we were in D-39 or thereabouts. My father worked with Mr. O'Rourke because he was completely bilingual. I am guessing that he worked in the Liaison Office with Mr. O'Rourke. He said that as part of job as a liaison worker, he was able to listen to and take notes which he would translate and announce daily, after dinner, to the internees, bringing them up to date on news, especially about the progress of the war.

I wonder if there are some living descendants of Mr. O'Rourke? I would love to contact them. I noticed that several of the buildings had names associated with it. Isn't there a database which lists which family lived in which building? Would it be available under the 'Freedom of Information Act' sent to the U.S. Department of Justice?

I saw on one of the pages the name of Fukuda as a teacher of the Japanese language. I am forwarding the link for Nobusuke "Nob" Fukuda. Mr. Fukuda was Reverend Fukuda, I think. Nob can shed more light on his father while at Crystal City.

I am forwarding your message and link to Sumi Shimatsu who for many years wrote a newsletter "Crystal City Chatter". Perhaps if Sumi forwarded your email to the readers of the Crystal City Chatter, they might recall the building number in which they lived.

BTW, I notice that you live in Santa Cruz. After the war, my parents used to take us to the beach along the San Lorenzo River. I remember that we stayed at a motel west of the river. I forgot the name of the motel, but I recall it sounded like a German name. Do you happen to know the name of the motel and its approximate address? I drove around there one day, but did not see it. My guess is that it was demolished and a new structures have been built in its place.

My lady friend who recently passed away lived in Scotts Valley. She was a member of the Santa Cruz Art League on Broadway. We loved going to the Crow's Nest.

Thanks for your efforts to providing information about where we once lived. Sincerely, Akio Inouye

Dear Sumi, Thank you for inviting us out to the Shinnenkai Luncheon last Sunday at the Sea Empress Restaurant. I forgot what it was like to see the sparkle in the eyes of the Niseis that attend these CC meetings. It was the same joy my mom (Kim Hayakawa Takahashi) showed whenever she was with her CC brothers and sisters. The magic of the Crystal City group lives on in you and the Crystal City Chatter...  
Love, Ken & Diane Takahashi

Thanks for coming...we all enjoyed seeing you both again...and bringing your father Diane...Love, sumi

## The Tragic Earthquake in Northern Japan

I'm sure all of you saw the tragic earthquake and tsunami, plus the radiation from Fukushima's atomic power co...having cousins in Sendai, I didn't know if they were dead or alive above all, not being able to communicate, I just prayed and prayed...Fortunately, my daughter Paula works for Broadcom and was able to contact a person in Tokyo who worked for the same Co. and had him call my cousins...they were alive and well...I was able to call them several days later and was so happy to hear her voice...they live up high in a place called "Yagi-yama" and apparently, they got the shakes but didn't get the ocean sweep them away...needless to say, "an-shin shi-ma-shi-ta".

The following bulletins were up in Japan:

"It was so dark that I can see stars that I've never seen and it's so beautiful. People of Sendai, look up!"

At Disneyland, the sweets in the gift shop had just been replenished, when I saw a group of gaudily dressed high school girls start hoarding all the boxes. For a second, I thought, "What's up with that?" Then I saw the girls go over and make arrangements for all the boxes to be delivered to the children in the evacuation centers. And that moved me. It was a beautiful example of kindness towards others especially for those with children who literally can go no where.

People are picking up scattered things at stores and putting them back on shelves, then standing in line silently to wait to pay. When the trains started running, despite the crowded conditions, elderly people were giving up their seats to pregnant women. Foreigners seeing this behavior are getting choked up. It's all true, all of those stories! Japan truly is an amazing place.

A Message from the United Nations, "Japan has always been there to assist other nations in their time of need, the United Nations will do everything it can to help Japan."

Though it is common to see green traffic lights where only one car could get through, it is heartening to see this warm give-and-take among the drivers. There are scenes in congested intersections where nothing moves for five full minutes, but in ten hours, I never heard any honking and nothing beyond words of appreciation. I am loving Japan more and more as I spend time that is simultaneously frightening yet deeply warming.

This came in from a Korean friend. "The sole victim of the atomic bomb. The loser to the Great War. typhoons come every year. So do earthquakes. So do tsunami. It's a small country, but Japan stands tall. Keep going! Please keep going!" For what it's worth, I'm in tears now.

I was worn out, waiting on the platform for the train, when some homeless people came by distributing boxes because it was cold. And this despite the fact that we always glance at them out of the corner of our eyes. I'm all warm now.

Suntory made all its vending machines work for free and Softbank unlocked all of its Wi-Fi spots. Lots of people are putting their all into their efforts and the world is moved by those efforts and looking to help as well. Compared to a country that Japan was during the great Hanshin earthquake, which hesitated to accept foreign assistance and was late in dispatching its Self Defense Forces, Japan truly has become a strong nation.

I quipped to the train conductor "Things sure are tough" regarding the decision to run the trains all night. He smiled and said, "The times call for it." Nothing lost here! How moving is that?!

I had a four hour walk home from the city today where I have lots of time to think. The streets are overflowing with walkers, but everyone is orderly and remains silent during their walk. The convenience stores and various others shops are doing their business without fanfare. The net infrastructure withstood the trembles, various facilities to take in those who cannot return home have opened up in several regions, the trains are back and running, and they say they will be running all night now. This is incredible country, and it has nothing to do with what rank we are in GDP.

My two-year-old son put on his shoes by himself and started to head out the door. "I'm going to go arrest the earthquake!" he told me. Let's all take strength from the courage and sense of justice coming out of such a small body. Everyone, let's all pluck up and get through this !

During the four-hour walk home today, I saw a young lady holding a sketch pad with the words, "Rest-room Available!" scrawled on it; here she was opening the restroom to her own (cont'd on page 10)

"Letters to the Editor" Cont'd from page 2

Dear sumi-san, Thank you for the wonderful Chatter and the many good advices you put in it. Thought you might like to know about these dangerous medications. The Shinnen-Enkai was a huge success that you could have that many attendees. Good work - you are all doing to keep bonded and together after all these years. Take care and Happy New Year!  
Love, Tomoko Izumi Mohideen

### Dangerous Medications

#### **Phenylpropanolamine (PPA)**

A woman suffered a hemorrhagic stroke while driving home from her daughter's home at 7:30 and passed away at 8:30. She did not have any symptoms or risk factors for a stroke...she had had a recent check up and received a clean bill of health. She did, however, develop a cold while she was visiting and had taken **Alka Seltzer Cold Plus** for 3 days. Alka Seltzer is one of the many cold medicines that contains Phenylpropanolamine (PPA) which can cause **hemorrhagic strokes** or **cerebral bleeding** even with the first use. Other medications currently using PPA is listed below. The pharmaceutical companies have known about this danger for years, however, unknown to the public.

Review the list of medicines with PPA and avoid these medications. Stop taking anything containing PPA. It has been linked to increased hemorrhagic stroke among women ages 18-49 in the three days after starting use of medication. Problem is not found in men, but the FDA recommended that everyone (even children) seek alternative medicine.

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 & Flu Medicine  
 Alka-Seltzer Plus Cold & Sinus Effervescent  
 Alka-Seltzer Plus Night-Time Cold Medicine  
 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  
 Dimetapp Cold & Allergy Chewable Tablets  
 Dimetapp Cold & Cough Liqui-Gels  
 Dimetapp DM Cold & Cough Elixir  
 Dimetapp Elixir  
 Dimetapp 4 Hour Liquid Gels  
 Dimetapp 4 Hour Tablets  
 Dimetapp 12 Hour Extentaabs 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

I just found out and called the 800# on the container for Triaminic and they informed me that they are voluntarily recalling the following medicines because of a certain ingredient that is causing strokes and seizures in children:

Orange 3D Cold & Allergy Cherry (pink)

(Cont'd on page 6)

### *"The Mighty Onigiri"*

Makiko Ito wrote an article in the Japan Times of Tokyo entitled "Japan's Unlikely Hero: The Humble Rice Ball." "One of the quiet heroes to emerge in this time of grave crisis in Japan is the humble little white ball of rice called onigiri or omusubi.

"We've seen them everywhere...onigiri distributed to survivors in shelters, the recipients both young and old biting into them with smiles on their faces. "Onigiri being made at a frantic pace by volunteers in communities that escaped the brunt of the damage, for neighbors who were less fortunate.

"As the days have passed and supplies continue to dwindle in especially hard-hit areas, there have been scenes of mothers carefully crumbling onigiri into hot water to feed piece by piece to their small children, with nothing to waste.

"Onigiri have even played a part in the Tokyo metropolitan area, where people faced with rolling black-outs have been making sure to cook enough rice while the power is still on so they can make onigiri for later.

"Onigiri are a perfect food in difficult times. They last surprisingly well without spoiling, especially if they're salted enough on the outside and have a long-lasting inside such as umeboshi. They're substantial without being heavy, giving a quick burst of energy.

"They are portable and do not require any special equipment to make in bulk, save for many helping hands, and in Japan, every woman knows how to make onigiri (and most men, too).

"Above all, onigiri are comforting and familiar, speaking straight to the heart of the eater and makers alike.

"Especially in the case of onigiri being made for the hungry quake and tsunami survivors, there is love in every bite. They are the Japanese soul food. Rice balls are extremely easy to make, with ingredients listed with fillings of one's choice -- tuna and mayonnaise, salted salmon, chicken or almost anything else that will fit inside the palm-size parcel.

"Whether you're helping out in a shelter kitchen or making onigiri for yourself, some basic rules apply. Your hands must be impeccably clean, so you make sure you wash them properly, including under the nails. If you have long hair, it should be tied back well so you don't get it in the rice. The rice must be very warm, if not hot, since cold rice will not stick together properly without the grains getting mashed.

"Onigiri molds are available to help create the iconic rounded-triangle shape. But while using your bare hands instead may seem intimidating, you'll find that once you've made a few and are used to repetitive motions, it is much faster than using a mold. Older Japanese women seem to have asbestos hands, since they can whip out an onigiri using hot rice without blinking, but if your hands aren't as heat-proof, try putting one ball's worth of rice in a chawan to cool it down a bit before proceeding.

"Right now, thousands of onigiri all over Japan are being eaten by evacuees and survivors and workers in the stricken zones. Is it an exaggeration to say that onigiri will play bit part in Japan's revival? Somehow, I don't think so."

*If only they had onigiri in Uraga, that would have been so wonderful but no...no onigiri...only "karasu magi" or husk of some grain...and believe me, husk of any grain would never make an onigiri...*

### *"Are You Vitamin-Savvy?"*

1. Taking multi-vitamin with water? Including A, E, D, and K...are fat soluble, meaning they need to be eaten along with fat for your body to fully absorb them. That's why most experts recommend taking multis with a meal...doing so also reduces vitamin-related stomach upset.
2. Taking vitamins to make up for a bad diet? There's a reason they're called supplements. Vitamins alone aren't enough to reduce your risk for disease. In addition to taking a daily multi, it's important to eat a diet rich in fruits, veggies, whole grains, and healthy fats.
3. Assuming that higher doses = more healthy benefits. "In many cases, the opposite is true." For example, too much iron increases the risk of cardiovascular problems. and taking multivitamin instead of single supplements unless you've been diagnosed with a specific deficiency by your Dr.
4. Keeping quiet about what you take. 75% of Americans don't tell their physicians about their vitamin intake...vitamins can have drug-like effects...list your supplements, dosage, frequency and brand.

"Dangerous Medications" Cont'd from page 4

3D Cold & Cough Berry

3DCough 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 they will also issue you a refund. If you know of anyone else with small children, please pass this on. This is serious stuff!

*Thank you Tomoko-san for this important information...did not know all these medications were dangerous. I'm sure most of the readers of this Chatter didn't either and so your information will help them from giving their children or themselves these medications for cold. I'm just getting over a cold but did not take these medications...I'm one of those who drink hot chicken soup and stay warm in bed and with the cold weather that we Southern Californians have been having (don't laugh, those of you who have real cold weather) it was just great to be able to rest in warm electric blanket bed.*

Take care and thank you again neh...

Sincerely, sumi

Dear Sumi, I want to thank you for putting in the notice of my sister Kei's passing in the Chatter. It was so unexpected because she used to say to all of us, "Not to worry, I am going to live to be 90".

I did want to share this story of her, told to me by my father (Bokuhei). When the war ended and we were given the one-way ticket from CC, he had planned on returning to Japan. It was Kei who spoke up and said to papa, she wasn't going. She said, she had just gotten a scholarship to Hamlin University in Minnesota and therefore, she was going to go there and the rest of us can go to Japan.

Well, he was a little taken aback by having a daughter barely out of her teens, saying she will stay here alone in this country. He said that helped him make his mind up about staying here rather than going home to his village in Japan.

Years later when I mentioned this to Kei, she laughed and said, "To tell you the truth, I was being selfish as I wanted to go to college but the main reason I didn't want to go to Japan was, well frankly, my "nihongo" was lousy and I didn't want to be embarrassed trying to speak it in Japan." Thanks to her lousy "nihongo" we were all able to live here.

She was the first in our family to go college. And, when we were all able to return to Los Angeles, she transferred to UCLA and graduated. Which set the path for Toni, Kenji and I, to also attend UCLA.

I always admired her courage to speak up at a time when the future looked so bleak and undefined. And always so grateful that it was her "voice" that papa heard.

My best wishes to you and thank you for the due diligence in getting out the Chatter over the Years. Most appreciative of your hard work in gathering all those articles to reprint not to mention those wonderful health tips!

Most sincerely

Itsu (Takeuchi) Raymond

*Thank you Itsu for this enlightening letter about Keiko...she was my classmate and I admired her above all the others in our class as she not only was always straight A student but she honestly didn't study much. I would try for a while to study for a test, but found myself not absorbing much so went out to see a basketball game and she would be sitting by the side-line so I'd sit with her and she asked if I finished studying and I told her as much as I could but decided enough was enough so I came out to watch the basketball game and I asked if she finished...she said she never studied but just looked through the chapters once and that she was able to remember most of it...my gosh, she had one of those "photographic memory" and was so amazed and respected her greatly...anyway, it was so good when she went to Vegas with us, we sat side-by-side and enjoyed the food at Main Street Buffet..I greatly respected, and loved her for who she was... Thank you for writing about your sister and how she managed to have the whole Takeuchi family from going to Japan...*

*I'm glad your family didn't go...it was a very very bad situation...a defeated country with nothing much to eat and am grateful that many of us were working for U.S. Military government or for many of the CC friends who worked at Haneda Airbase with the U.S. Airforce...going there to visit the CC friends was like visiting Crystal City...however, I was glad to have gone to see all the devastation and working with the Military Government in Sendai. It helped my folks with what food I was able to bring home from the mess hall. (my left-overs...as I didn't eat most of my meat, chicken or whatever I was able to bring home to mom) Take care and again thank you...*

Sincerely, sumi

### A Time to Reflect

On Friday, April 29th, the Higashi Hongwanji Buddhist Temple lead a moment of silence at 2:46 p.m. the exact moment when the 9.0 magnitude Tohoku earthquake struck off the east coast of Japan. There were over 100 people gathered in the plaza of the Japanese American National Museum for a 49 days observance to reflect and remember the victims of the disaster...the Centerary United Methodist Church joined the service...and in all my memory, I don't believe I have heard of any Christian Church joining with a Buddhist Temple for any service, 49 days or not...Bravo!!! This is really great!!!

## Anti-Radiation Food

With all the talk about radiation coming from the Fukushima's Power plant giving off the radiation that is coming across the Pacific Ocean, eat lots of Konbu, Nori, Hijiki, Wakame, and miso-shiru...they seem to be good food for anti-radiation so...aren't we lucky to enjoy Miso-shiru w/wakame, etc.? So you won't have to go buy iodine pills, etc...just enjoy lots of seaweeds and of all thing, miso soup. I really don't know what miso have to do with being anti-radiation food but it's something that works. I know it is said that it's only minute amount of radiation, and it's affecting the milk and other produce, but if all the seaweeds and miso-shiru helps, that's wonderful news...I enjoy them all!!!

### 10 Super Foods For Better Health

#### **1. Sweet Potatoes**

A nutritional All-Star -- one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

#### **2. Mangoes**

Just one cup of mango supplies three-quarters of a day's vitamin C, one-quarter of a day's vitamin A, a decent dose of blood-pressure-lowering potassium, and 3 grams of fiber. Bonus mango is one of the fruits least likely to have harmful pesticide residue.

#### **3. Unsweetened Yogurt**

Plain yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or for your favorite breakfast cereal. It has more protein, potassium, calcium, zinc, and vitamins B-6 and B-12 than sweetened yogurt. That's because it doesn't have to share the container with the sugary preserves or the sugar that's in many flavored yogurts.

#### **4. Broccoli**

It has lots of vitamin C, carotenoids, and folic acid. Steam it just enough so that it's still firm and add a sprinkle of red pepper flakes and a spritz of lemon juice.

#### **5. Wild Salmon**

The omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks. And wild-caught salmon has less PCB contaminants than farmed salmon.

#### **6. Crispbreads**

Whole-grain rye crackers, like Wasa, Ry Krisp, and Ryvita - usually called crispbreads - are loaded with fiber and often fat-free.

#### **7. Garbanzo Beans**

All beans are good beans. They're rich in protein, fiber, iron, magnesium, potassium, and zinc. But garbanzos stand out because they're so versatile ...just drain, rinse, and toss a handful on your green salad, throw them into vegetable stews, curries, and soups, mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.

#### **8. Watermelon**

Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has one-third of a day's vitamin A and C and a nice shot of potassium for only 85 fat-free, salt-free calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.

#### **9. Butternut Squash**

Steam a slice squash or buy peeled, diced butternut squash at the supermarket that's ready to go into the oven, a stir-fry, or a soup. It's an easy way to get payloads of vitamins A and C and fiber.

#### **10. Leafy Greens**

Don't miss out on powerhouse greens like kale, collards, spinach, turnip greens, mustard greens, and Swiss chard. These standout leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber. Serve with a splash of lemon juice or red wine vinegar.

*Friendship is the only cement that will ever hold the world together. Woodrow Wilson*

## Top 25 Kitchen Fixes of all time

It took top chefs years to figure out these helpful tips...

**Food stuck to your favorite pot?** Simmering a baking soda and water mixture in the pot to help lift the food off. If you cooked something made with eggs, flour and milk (like pancakes), soak the pot in cold water first. "If you use hot water, it sets the starch and makes it glue on".

**Stale bread?** Sprinkle a slice or two with water and microwave it for 30 seconds. That restores some of the bread's softness.

**Chopped vegetables make a mess going from cutting board to pot?** Use a metal bench scraper "It's supposed to be used to scrape up dough from a work surface, and it's very good for that, but you can also scoop chopped vegetables to the side of the bench scraper and take them to the pan without dropping any".

**The recipe calls for buttermilk, but you don't have any?** Make a substitute...for each cup for butter milk, place 2 tablespoons of lemon juice in a glass measure, then add enough low-fat milk to equal 1 cup.

**Dull knives?** "Wash and dry them immediately after use, avoid leaving them in the sink, and never put them in the dishwasher...sitting water will quickly dull the blades".

**Cutting board slips?** "Always put a damp towel underneath it...it needs to be well-grounded".

**Garlicky hands?** "Stainless steel will neutralize the odor...don't fall for the gimmicky stainless steel 'soap bars' that many kitchen stores will sell you -- your sink and faucet are probably made of stainless, so just rub your hands on them...a cut lemon also works."

**"Runaway peelers?"** A Y-shaped peeler gives you more control over fruits and vegetables that are harder to peel, like apples and butternut squash. "And it makes peeling significantly faster...also, place the veggies on your work surface rather than try to peel in midair.

**Spices lost their zing?** Heat or toast them to reinvigorate the flavor...put them in a cast-iron skillet over low heat with no oil. If you're using a thinner pan, be careful, because the spices can burn quickly. (In the future, store them out of direct sunlight in opaque jars. Write the date of purchases on the bottom.)

**Onions make you cry"** Try goggles. "Years ago, someone sent me a pair of the kind you use for welding and now they sell actual onion goggles in kitchen stores. Also, make sure your onion is fresh and your knife is sharp.

**„Lemons too firm to juice?** Gluck microwaves them on high in 10-second increments until they are softened. Now the fruit can be juiced easily.

**Cleaning shellfish?** A barbecue cleaning brush is excellent for scrubbing clams and mussels. The bristles are nice and sturdy.

**Chicken and other meats slip out of your hands as you try to prepare them?** Chilled meat is easier to handle. "The cooler the better...as it gets warmer, it gets more slippery."

**Sauce won't stick to the pasta?** Don't add oil to the pasta water to prevent clumping; instead, stir often. Oil keeps the sauce from adhering.

**Dry turkey?** To retain the juices, let meats of all kinds rest before you cut into them. The length of resting time depends on the weight of the meat. A pork chop, for instance, would probably need about five minutes; a turkey, a half-hour.

**Meat slices stick to your knife?** Use a hollow-edge knife. "The wavy hollow-edge blade prevents food from sticking, allowing the knife to pass through foods more easily. It also lets you slice meat more thinly."

**Your food doesn't brown nicely?** Before cooking, pat meats and vegetables dry with paper towels. If you don't, they will steam and won't get that nice brown crust.

**Raw meat juices spill onto your work space, contaminating it?** "I love parchment for protecting the counter when working with raw meat and fish. Spread out a sheet under your cutting board or bowls, then throw it away when you're done.

**Not sure when pancakes are ready to be flipped?** Use a slotted fish spatula, designed to lift delicate foods, to check underneath a pancake as it cooks. "It's not just for fish". (Cont'd on page 9)

**"Top 25 Kitchen fixes of all time"** cont'd from page 8

**Herbs scatter when you chop them?** Use rubber bands to bunch herbs before chopping, especially chives and parsley.

**Unwieldy collection of pot lids?** To keep them with their "mates," slip lids over the handles of your pots and hang them overhead from a pot rack.

**Brown sugar hardened?** Place an apple wedge or two in the bag with the sugar, seal it and store at room temperature. It should soften in a day or two. A slice of bread, instead of the apple, works well, too. Putting the bag of brown sugar inside a second, resealable plastic bag retains moisture.

**Scrape your fingers using a box grater?** Hold the handle with one hand and grate with other for ginger, garlic, citrus, parmesan and chocolate...you need separate one for sweet stuff so it won't taste like garlic or onion.

**Leftover broth or stock?** Freeze the broth in an ice cube tray. "Once frozen, transfer the cubes to a resealable container, and label and date it. Each cube is equal to about 2 tablespoons.

*Thank you Fumi Nakamura for this article...I'm sure many will enjoy these helpful hints in the kitchen.*

**"Crystal City Camp Story"**

By Sat Ichikawa

A booklet written and illustrated by Sat Ichikawa is now available...Sat's sisters Ets Osaki and Noriko Kurashige had printed more so it is available for the many who have been asking for a copy...I was fortunate enough to receive a copy and it is well written and illustrated by Sat and is very easy for the children to understand what happened to us during World War II...I recommend it highly for all of you as I know many of you have children, grandchildren who should and must remember what happened to all the Isseis and Niseis when Pearl Harbor was bombed.

It is \$7.00 which includes postage and handling. Ets' address is [redacted] Portland, OR 97230...telephone is [redacted]...and Noriko's address is [redacted] Culver City, CA 90230...telephone is [redacted]

The younger generations of the Japanese Americans no longer know about the mass evacuation from the West Coast into the ten relocation camps and many do not know that their grandparents were arrested by the police and F.B.I.'s and sent to the many detention camps throughout this country. It is an important history of the Japanese, Japanese Americans and how they not only were sent to these many camps but that they lost everything, all properties and had nothing to return to when the war was over...yet how by working morning till night seven days a week, we all not only survived but have succeeded in rebuilding our lives...the sacrifices of the 442nd, 100th Infantry and the MIS...we are very very fortunate to reach the top citizenship again!!!

**"The River of Time"**

Robert H. Kono

This is a book with many short stories about the Niseis during World War II...from a child's point of view to adult...the reunion in Crystal City Internment Camp with his father...the many nisei friends who joined the Army and fighting with the famed 442nd, the repatriation to Japan and going to a Catholic School. It was all interesting however, I did find it interesting about his being in Crystal City because most of the niseis I knew and still know, did not have the antagonism that this person felt...but of course, I did not know all the niseis in Crystal city...and most of the niseis who repatriated to Japan returned to this country...It was interesting that there were niseis who were so angry and hated this country...otherwise, I doubt they would have returned to America.

I know myself, after living in Japan for a while, I couldn't get back to this country as fast as I could...and it did take time to get that precious passport...but Mas Okabe, Tosh Yonekura and I were the first Crystal City-ites to come back...

I know that the "Yes yes" "No no" niseis had difficult decisions to make and yet so many did join the army, into the famed 442nd Infantry...because of their heroic fight, the door opened for all of us niseis and sanseis to any and all universities and were able to go into whatever profession we wanted to go into. We owe a lot to them...

It's always interesting to read about other's point of view...I know that the group of Crystal City friends have similar feelings about being in Japan...many were working at Haneda Air Base...and it was so nice to visit there...it was like going to Crystal City because of the friendship...which continues today!!!

"The Tragic Earthquake in Northern Japan" cont'd from page 3

home! Japan truly is the warmest country in the world. I was moved to tears seeing that.

When the power goes out, there is someone to fix that. When the water goes out, there is someone to fix that. And when there is a nuclear accident, there is someone who goes to fix that as well. Things don't just restore themselves by themselves. When we are sitting in our homes, complaining about when things will be fixed, there are people working as if their lives depended on it in the frigid cold trying to do just that.

One of the male announcers on NHK started to describe the situation with the calamity and how things were going presently, "New mothers who have stopped lactating due to the stress were finally able to get a hold of some milk after lining up all night at a roadside supermarket," he said. Then silence...As if there were some technical difficulties. He straightened himself out and continued the broadcast, but it was clear that he had been crying. Tears welled up in my eyes as well.

This anecdote comes from a friend in Chiba (outside Tokyo). At one of the evacuation centers, an old man sat crying, "What's going to happen in the future?" Beside him, a high-school boy rubbed the man's shoulder, saying, "Everything will be fine. After we become adults, we'll put back everything the way it was." It looks like the future will be all right.

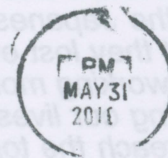
After 42 hours of being trapped, an elderly man is captured on video. Smiling for the camera, he says "I experienced the tsunami in Chile as well. Everything's going to be fine. We'll just rebuild." It is really important what we do, moving forward.

I saw some small children speaking to the train conductor. They said, "Thank you for working so hard yesterday to keep the trains running." The conductor started to cry. I did, too.

\* \* \* \* \*  
A special obituary: To many who rode on the Vegas bus, **Shig Imai** who always ran the Horse Race game, with the horses running "poron poron" ...passed away...we send our heart-felt sympathy to **Jackie** and to their daughter **Lynn Starks** and their son **Clyde** and his family.

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