

(8.1.11)

Crystal City Chatter

Issue 109

August 2011

Banzai to the Japanese Women's Soccer Team!

I was amazed that Japan won...either way, I rooted for either team to win...I however thought that the American women had advantage and would win but both teams played so well...and was thoroughly amazed that the Japan won...and I'm sure that the morales of the Nippon-jin shot up!!! I'm sure that they needed that with all that they've gone through and are going through with earthquakes, tsunamis and radiation...affecting the food and water they consume. Yo gambatta neh (they sure fought well)

Toni's Vegas Report

The merry May travelers on our annual CCA bus trip to Las Vegas are home again, so just to recap the event. There were twenty-nine Crystal City internees, family and friends along with members from the Nikkei Seniors and Nikkei Singles clubs. It's getting harder to fill a bus with just CC internees but so many of my friends have been coming with us for the past five years or more that we have all become friends. Besides, they always ask whether the wine meister and the cookie lady will be on the bus. Thank goodness Mas and Shirli (Okabe) are in top physical condition for the wine flowed and the many delicious cookies were enjoyed by all. Besides the favorite biscottis and mini brownies, Shirli always has a few new recipes up her sleeves. And Mas is always sharing his vintage wines, must be from those wineries near San Jose. Thank you very much for your generosity and thoughtfulness.

(Thanks also to Ken & Doris Yamane, Karen Nakagawa and Paula Shimatsu for their contribution in the wine flowing in the bus, going to and coming back from Vegas...forgot to mention the wine meister and Cookie-mistress Mas and Shirli in my article last issue)

Talk about "oya kohko" or filial piety -- one of the family values and traditions passed from the Issei to us Niseis and now to our Sanseis. Stacy Nonoguchi called me to say that she was taking her parents, Haj and Yuki, to Las Vegas. She couldn't get Thursday off but took them from Monday to Wednesday. I'm glad that some from the bus were able to see them on Tuesday and on Wednesday morning before they left. Ann Maeda and her sister, Leslie, always plan their vacations so that they can bring their mother, June Maeda (Kawashima) to Vegas when we're there. Kansha to these daughters.

There was a change in policy about group reservations at the Main Street Buffet. Unlike the long tables ala the Hearst Castle dining room or as we remember the mess halls, we sat in smaller groups of four up to eight at a table. I think it may have been good for conversations but we were scattered about the eating area. Hope to make it better next year after speaking to the night manager.

But the place to be for conversation and renewing memories was at the slot tournament where everyone congregated. By having two sessions with fewer players, more people were winners and rest of us could talk or walk around and encourage the serious, focused players pounding away on the repeat buttons. Everyone had their own technique - two hands alternating rhythmically, one hand gently tapping while others were banging away with their fists! The final results were: 1st Session winners - First: Mei Ling Shimatsu (\$100), Second: Kay Kami (\$50), Third: Min Tajii (\$30) and Booby Prize: Ann Maeda (\$10). 2nd Session winners - First: Sachi Yoshida (\$100), Second: Guido Della Marna (\$50), Third: Mas Okabe (\$30) and Booby Prize: Yae Aihara (\$10).

Hope you-all who went had a good time! Besides the Nonoguchis and the Maeda family who came by their own means, it was good to see faithfuls like Alice and Ken Matsumoto from San Diego and Amy Yamagishi who drove up from L.A. with her sister Akemi Yasuda and her caregiver.

Thanks for all the snacks, candies, cookies, potables, water and monetary donations. I misplaced my list, but you know of whom I speak. Arigato!

SAVE THE DATES!! Already booked CCA Vegas Trip May 15 - 17, 2012!!

I mentioned the "Thanks to" and didn't mention a big thanks to Mas Okabe for all those wine to and from Vegas and for all those delicious "home-baked" cookies that Shirli bakes...and they are really delicious...so THANK YOU MAS AND SHIRLI OKABE... "Mata yoroshiku onegai shimasu" (would appreciate it again) Sumi

"Letters To The Editor"

Dear Sumi, Thank you for your interest in my collection of short stories, *The River of Time*. It is with gratitude that I note you've read through the collection.

As for the antagonism that I felt with regard to the concentration camp experience, I recognize full well what racism has done to me and the other Nikkei who have had to go through it. It is with that wide-awake realization that I wrote the stories, particularly the one about the reunion at the Crystal City camp. But I do not feel any antagonism or hatred toward this country of ours. It is a great country and I have loved it with all my heart and soul.

I am technically a Sansei since my mother was Nisei. But my father was an Issei which would make me part Nisei. However, since there is no such thing as a half Nisei, I remain a third generation American who is able to see into the character of the Nisei and empathize with them. I understand where you are all coming from.

Thanks again for writing and putting together the newsletter. I always look forward to receiving it.

Sincerely,

Bob Kono

Dear Bob, I know how you felt as I was a very angry person in Heart Mountain and did not participate in anything there...having my father arrested, then having to leave to places unknown made me hate everything...however, my mother told me that "war is crazy, to be angry is hurting yourself...no one else...and that take life as it comes"...so I turned it all around and just became myself without anger...and I must say, life became more enjoyable...therefore, Crystal City became a wonderful place to be...meeting lifetime friends, rejoining with my father, having home-cooked food...etc. etc...

I believe many of you would enjoy reading Bob's book, "The River of Time"...Bob's life in Japan was different from many of us niseis and also his point of view...which can be ordered through him at Beverton, OR 97005...many short stories you will enjoy.

Sumi - Appears from your last issue of the Chatter that the Germans who shared Crystal City camp with us are well organized. They are able to pin-point on a map the exact dwelling in which each family in their ground were housed.

I do remember learning Japanese in the camp from books with folded pages bound by string. Odd that we were taught Japanese -- a language that would become useful should we have been repatriated to Japan.

Hiroshi Noguni

Hi Hiro...We Niseis are also very organized and have been for many many years. We had annual picnics with races, raffles and great food made by "Goichi-san" and the many fellows were the officers for our group...as years went on, the niseis all became older and holding picnics was becoming too much...the few men from CC still play golfs together but they no longer hold offices in our group therefore, Toni Tomita and I take care of our small group of C.C...and have our annual Shinnenkai luncheons every January and go to our Vegas in May with our happy bus groups that Toni arranges...

As far as pin-pointing our dwelling in Crystal City, many of us did that at the Japanese American National Museum in Little Tokyo...they had a map that we identified where we lived.

The Germans have lately gotten together for reunions and are visiting Crystal City in the near future however, many of us had reunion in Crystal City back in November of 1997. We had video tape interviews at that time that I have, which is a real treasure as there were few Isseis that went with us then.

Lately, there were some Niseis and Sanseis who went to Crystal City together...I understand that one person spoke at a class of her experience in the camp...she was with the two girls who drowned...and the class broke out in tears...and many have individually visited our ole camp...nothing is left except the rim of the swimming pool, few concrete floors of those who worked at the camp...so we as different group have been busy with our circle of friends... Sincerely, sumi

Dear Sumi, thank you for sending me the newsletter all these years. If you are interested, I will write you memories of experiences during WW II from Portland, Oregon.

Thoughts of CC are my fondest. Everyone accepted me as a friend and neighbors like the Ichikawa's Uno's, Hirotsu's and especially the Ochiais with whom Shiz was like a sister to me. You used to come there in her screened porch too...

Take good care of yourself.

Fondly, Tau Okamoto
(Cont'd on page 3)

(Letters to Editor, cont'd from page 2)

Hi Tau...Good to hear from you...how's the weather out your way...it must've been nasty for awhile...We had pretty cool weather till now but I do believe summer is here...it's much warmer and now people up in the hillside must watch those wild fires. CC was an exceptional camp...so warm, friendly people whether they were from Alaska, Hawaii, Peru, Germans or the few Italians...everyone got along quite well. Only Sumie Ochiai is around now...both Tak and Tooru and Shiz passed away...I saw her last year in Vegas with her family...daughter, grandchildren with her...and she looked well. Take care.
Always, sumi

Dear Sumi, Hi! Thank you for sending us the Crystal City Chatter -- it's really informative and so good to read stories of other Crystal City Internees...I have received the Uvalde newspaper article regarding our trip on May 21, 2011. Toru Saito, my husband, got in touch with the historian William McWharter and arranged this trip for me and seven others.

I was reluctant to go because I wanted to bury the past and had no desire to return. But Toru encouraged me to go. I'm happy that I did.

When we arrived in Uvalde, we were welcomed and greeted with open arms. We met many wonderful people including the mayor. The Main Street manager, Olga Charles gave us a grand tour of Uvalde. We fell in love with her. She had wonderful stories to tell and kept us in stitches. Olga has a cheerful personality. She made my trip a memorable one.

The highlight of my trip was when we were invited to visit the 4th, 5th, and 6th graders at the Benito Juárez Elementary School. They were anxious to meet Haru Kuromiya and me, since we were former Crystal City Internees. They asked many questions and wanted to know how old we are today. Since they are learning about the history of Crystal City Family Internment Camp, they asked about the swimming pool.

I related my experience of my desperation to save a girl from drowning. She could not be saved. The children were touched by my story. Suddenly, in their eyes, I became a star. They wanted my autograph and kept giving me big hugs! These children were adorable, also they asked me, how do you say goodbye in Japanese? So, as we left the classroom, they all cried out "Sayonara!!"

The Gonzales family purchased 2 of the duplex used in C.C. camp. They were nice enough to let us see and explore it. My first reaction was, it looked very small. I was in awe. I could not believe my eyes!

At the lovely country club, we were invited to a most delicious luncheon. They also made the best bread pudding. Then at the community room in the Progreso Library, a wonderful home cooked meal was prepared for us. Gosh, Sumi, no matter where we went, they always made us feel so special. We all had an enjoyable time and I'm happy that I decided to return to the place where we once lived as prisoners of war.

Sumi, I'm writing this during my break at work -- so please forgive me if my handwriting is not legible. I hope someday, we will meet again too. Please take care. Fondly, Bessie Masuda

Thank you very much for the article and for your wonderful time at our ole camp. I appreciate it very much and I'm sure many readers do too...take care Always, sumi

Her story is on page 7 and 6 this edition...

Dear Sumi, Here is my C.C. Story...I never thought I'd ever go back to C.C., that hot, humid prison camp. I treasure the many friends I made there however, I never wanted to see C.C. again. Toru Saito was organizing a pilgrimage and my niece, Reiko Fujii wanted to produce a documentary about C.C. Her father had spent a year there. He was also in Tulelake and Manzanar.

Reluctantly, I went after Reiko promised to pay my plane fare. Surprisingly, I had a great time, thanks to many wonderful people. There were 8 of us, 2 who were at C.C...Bessie Masuda and myself. We bonded soon after we met.

Olga Charles, the Main St. manager of Uvalde was our guide. I can't praise her enough. She stayed with us almost the entire time and we have become life long friends. She knew everyone and everyone treated us like celebrities. She gave us a tour of Uvalde where we spent the first day and drove us to C.C. the next day about 40 miles north.

At the camp site, there are 2 markers. They tell a brief history of the incarceration. I wondered why there were 2 side by side. I felt strange, not connected, standing there. Then we went to the swimming pool area where the pool was much the same. Seeing the place where I (cont'd on page 4)

(Letters to the Editor, cont'd from page 3)

spent many hours cooling off from the unrelenting heat brought back memories. I felt sad, almost weepy. I'm glad I went. It was a good trip, thanks to Reiko, my generous niece. Haru (Inaba) Kuromiya PS. I'm enclosing Kazue's report on our day in C.C. She recorded our whole trip. (Kazue Nakahara)

Thank you Haru...I appreciate Kazue's report which will be in the next Chatter in November as Bessie Masuda's report came in first and is already typed and ready for the Chatter 109. I do appreciate it all very very much and I know the other CC-ites reading the Chatter will enjoy it as well. When we went in '97, we didn't eat at the Country Club or visited any school, however, we were in a parade they had for their Fiesta Day...many others have visited C.C. on their own and have told me how it affected them...however, the lifetime friendship we all received from our incarceration is the most priceless!!! Thankfully, some of us in L.A. area still enjoy going to our annual Shinnenkai luncheons in January and the Vegas trip in May, thanks to Toni Tomita. Also, the reason for the two monuments there is because the Taniguchi's had the first one made and the C.C. friends donated towards it...but, it did not mention the Peruvians, the Germans and the Italians so the second was made when the Peruvian friends went...so that is the reason for two monuments...

Always, Sumi

Dear Sumi, Hope everything is O.K. with you and your family. Thank you so much for all your efforts in bringing us the memories of our C.C. Camp and about recent CCityites. Also the health bits are so important and are greatly appreciated.

I'm writing you to tell you a very important news to us that happened on last June 14th. The actual president of Peru, Alan Garcia apologized towards the Japanese people for all the injustice the Peruvian Government did during the war time.

This is the first time that a Peruvian president or the government publicly apologized in the past 70 years I was so moved, the tears ran down my face. The suffering and injustice done to the Japanese Peruvians, especially we, the families deported and imprisoned are unforgettable.

I've enclosed the newspaper article slip of "El comercio" leader of Peruvian newspaper and one translated in English. (Article in English on page 6, this issue) The news also appeared on T.V.

Thank you again for all the heavy job you are doing so lovingly. Please do take care.

Fondly,

Yuriko Tanaka

Thank you for the article and for your letter...it is about time that the government along with the president apologized...It's amazing that former president Fujimori never apologized in behalf of the Peruvian Government...but better late than never. However, one thing I have to say...because of it, we met you, Carmen Mochizuki, Chieko Kamisato and many other friends from Peru...I know, that doesn't make up for it at all...but it did happen and we did meet many of you...Thank you neh.

Always, Sumi

Attitude

A man attending a business convention in Las Vegas decided to spend the evening "observing" the events on the casino floor.

Tempted by the opportunity to make it big, he placed a two-dollar bet at the roulette table. His number won. He continued betting and winning. Within a short time, he had accumulated \$50,000 in winnings.

Elated with his good fortune, he made his way to the cashier. Before reaching the window, he felt the urge to bet one more time. He went back to the roulette table and wagered his entire winnings on red.

The wheel spun round and round and finally stopped on 12 black. His entire winnings were lost. The fellow turned from the table and made his way back to the hotel room

"Well," asked his wife, "did you bet any money?"

"Sure did," he replied.

"How did you do?"

"Not bad," he responded. "I lost two dollars."

Stay Young My Friend

How to Stay Young:

1. Try everything twice. On one woman's tombstone she said she wanted this epitaph:
"Tried everything twice, Loved it both times!"
2. Keep only cheerful friends. The grouches pull you down.
(Keep this in mind if you are one of those grouches!)
3. Keep learning: Learn more about the computer, crafts, gardening, whatever.
Never let the brain get idle. "An idle mind is the devil's workshop."
And the devil's name is Alzheimer's!
4. Enjoy the simple things:
5. Laugh often, long and loud...laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with HIM/HER.
6. The tears happen: Endure, grieve, and move on! The only person who is with us our entire life is ourselves...LIVE while you are alive.
7. Surround yourself with what you love: whether it's family, pets, keepsakes, music, plants, hobbies, whatever...your home is your refuge.
8. cherish your health: If it is good, preserve it.
If it is unstable, improve it.
If it is beyond what you can improve, get help.
9. Don't take guilt trips...Take a trip to the mall, even to the next county, to a foreign country, but not any guilt trip.
10. Remember! Lost time can never be found.
Be kinder than necessary, for everyone you meet is fighting some kind of battle.
Wine does not make you FAT...
It makes you LEAN...(against tables, chairs, floors, and walls.)

How Do You Decide Whom To Marry? (Written by Kids)

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. (Alan, age 10)

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. (Kristen, age 10)

What is the right age to get married? Twenty-three is the best age because you know the person FOREVER by then. (Camille, age 10)

How can a stranger tell if two people are married? You might have to guess, based on whether they seem to be yelling at the same kids. (Derrick, age 8)

What do you think your mom and dad have in common? Both don't want any more kids (Lori, age 8)

What do most people do on a date? Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough (Lynnette, age 8)

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. (Martin, age 10)

When is it okay to kiss someone?

When they're rich (Pam, age 7)

The law says you have to be eighteen, so I wouldn't want to mess with that. (Curt, age 7)

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. (Howard, age 8)

Is it better to be single or married? It's better for girls to be single but not for boys. Boys need someone to clean up after them (Anita, age 9)

How would the world be different if people didn't get married? There sure would be lot of kids to explain, wouldn't there be? (Kelvin, age 8)

How would you make a marriage work? Tell your wife that she looks pretty even if she looks like a dump truck. (Ricky, age 10)

*("World War II detainees visit area", cont'd from page 7)
father for two years after he was picked up by the FBI.*

The family was reunited at the Crystal City camp when her father arrived. She said she still keeps in touch with the friends she made at the camp.

McWhorter said the only building still standing is the German elementary school, which the group visited before heading back to Uvalde.

According to the Texas Historical Commission, when the U.S. entered the war in 1941, an immediate fear was the possibility of enemy agents in the country in the western hemisphere. As one response, thousands of Japanese Americans were moved away from the West Coast. Lesser-known was an internment camp system operated by the Immigration and Naturalization Service.

The government built these camps to hold Japanese, German, and Italian Nationals arrested in the U.S. and Hawaii, and in Peru and other Latin American countries until they could be exchanged for American detainees. Three of these camps were in Texas...at Kenedy, Seagoville, and Crystal City.

The Crystal City Camp, converted from an existing migratory labor camp, was the largest internment facility in the U.S. and the only one built exclusively for families.

The original 200-acre camp later expanded to almost 500 acres, with agricultural areas and support facilities. The primary living area was a 100 acre compound and enclosed by a 10 foot barbed wire fence, complete with guard towers and spotlights. Like a small town, the compound had 700 buildings and included family housing, schools, a hospital, shops, warehouses, markets and recreation areas.

Although intended for Japanese, the Crystal City camp also held Germans and few Italians. The population averaged 2,000 throughout the war. It reached a peak of almost 3,400 in December 1944.

Two-thirds of the camps paroled internees throughout the U.S. or sent them to their home countries. The Crystal City camp was the only one still in operation by June 1946. It officially closed Feb. 27, 1948, and the property transferred to the city and school district.

On Behalf of Peru

Garcia Apologizes to Japanese Migrants for the 1941 Facts

Yesterday President Alan Garcia apologized to Japanese people for the harassment and abuse committed against Nipponese migrants in Peru during the Second World War.

"I apologize for the assault on human rights which Peru did in 1941. At that time migrants lost their businesses, closed their schools, they were deported in mass to concentration camps in North America. Many of them never returned... So, I apologize for that." said Garcia in front of an audience of Japanese descendants.

The President participated yesterday in the opening of an extension for the Peruvian-Japanese Centennial Clinic, for which The Nippon foundation has donated US \$3 million.

He pointed the events recorded in Peru in 1941, as a grievous crime against the Japanese community. He recalled that under this situation, mobs of bandits assaulted their houses, businesses and seized their property. "All this cannot remain in silence as if nothing had happened, and since I am a friend of Japan and admire their culture, I ask for forgiveness in behalf of those who committed these crimes," He said pointing out that both countries must now look to the future. Wednesday, 15th June, 2011

Miso

Miso is a valuable food. Soybeans are full of high-quality protein and other nutrients are unavailable to the body when the whole beans are served in their baked, boiled, or roasted forms. When the soybean goes through the process of natural fermentation, they go through a transformation in which almost all of their complex protein, carbohydrate, and lipid (oil or fat) molecules are broken down into readily digestible amino acids, simple sugars and fatty acids.

One cup a day keeps the doctor away...While in Japan, a cup of miso soup in the morning starts the day, not a cup of coffee. It was not that long ago that the Japanese made their own miso at home and had pride in their homemade miso. Rice and miso are the staples of the Japanese diet. The production volume of miso in Japan is about 600,000 tons and about 3,000 tons are shipped overseas.

The Japanese believe health is dependent on eating habits and we are finally realizing the truth of that. They are known for their longevity in the world and much of this can be attributed to the health benefits from miso...An ancient saying refers to miso as a "doctor killer."

Uvalde Leader-News World War II detainees visit area

Trip includes stop in Uvalde to see old barracks

Eight Japanese-Americans from California traveled to Crystal City on May 23 to visit the Family Internment camp where two of them had been held prisoner. The other members of the group, some of whom had been detained at different camps in the U.S. during World War II, were there to support their friends or parents.

Haru Kuromiya and Bessie Masuda were both teenagers when they were held at the camp in Crystal City. They were among Japanese-Americans living in the U.S. who were taken from their homes and imprisoned in camps at various locations in the country in the interest of national security.

The relocation of people in the U.S. who were of Japanese, Italian and German ancestry, many of them United States citizens, and some from South American countries, occurred under the auspices of Executive Order 9066, issued Feb. 19, 1942.

Reiko Fujii, niece of Kuromiya, said she convinced her aunt to take the trip for a documentary she wants to make. Fujii's parents, Midori Inaba and Masaji Fujii, were both internees at Crystal City camp. She said her father was a messenger who would give families the news of whether or not they would be going back home.

Masuda's husband, Toru Saito, organized the pilgrimage.

Kazue and Hidetaka Nakahara joined the group because they are visiting internment camps around the U.S. Kazue Nakahara said her mother and other family members were held at Topaz Internment Camp in Utah. "My mother told me that they would serve them green bologna and powdered eggs. She said that they didn't treat them that well when they were at the camp," Kazue Nakahara said.

Saito was also sent to the Topaz camp at the age of eight. Harry Yonemura was three years old when he was sent to Rohwer Arkansas Internment Camp.

Gordon Lee, San Francisco State University Asian American Studies professor, joined the pilgrimage because some of his friends were internees at the camps.

The trip took the group to Nopal Street in Uvalde, where two former barracks are storage rooms at a residence. Kuromiya said approximately eight people would sleep in a small barrack. "It's amazing how they were built." Kuromiya said. "My sister and I slept in the same bed."

Masuda said personnel from Crystal City Internment Camp treated them a lot better than what she expected. The group was accompanied by Olga Charles, Uvalde Main Street manager, and two Texas Historical Commission representatives.

After visiting the barracks, Charles led the way to the railroad tracks near Highway 55, where parts of a train station stand. That depot was where many of the Japanese-Americans destined for the Crystal City Camp arrived.

The group also traveled to Crystal City and visited the Texas Historical marker set outside of the camp site. After taking photos of the marker, the guests visited fourth through sixth-grade students at Benito Juarez Elementary School. Kuromiya and Masuda spoke and answered children's questions about the camp. The children were more interested in the football stadium sized swimming pool where two Peruvian girls drowned.

Masuda said she was there when one of the girls drowned in 1945. "I was swimming with my friends and the we actually saw the girl drowning at the deep end of the pool. We all grabbed hands and tried to reach her to save her, but the floor was too slippery for us. It was so sad that we couldn't help her." Masuda said.

She and her friends who tried to save the young girl were pallbearers for her funeral.

William A. McWhorter, Texas Historical Commission program coordinator of the History Programs Division, said the swimming pool was originally used for irrigation, but internees made use of it during hot summer days.

That wasn't the only tragedy of Masuda's early years; she also did not see her (Cont'd on page 6)

"Phenomenal Two-Letter Word"

It's one word in the English language that can be a noun, verb, adjective, adverb and preposition...(I wish Miss Goldsmith was here to read this)

This two-letter word in English has more meanings than any other two-letter word, and that word is **UP**.

It's easy to understand **UP** meaning towards 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**? 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 real special meaning: People stir **UP** trouble, line **UP** for tickets, work **UP** an appetite, and think **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 uses of **UP**, look **UP** the word **UP** in the dictionary. In a desk-sized dictionary, it takes **UP** almost a quarter page and can add **UP** to about 30 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 our time, but if you don't give **UP**, you may wind **UP** with 100 or more.

When it threatens 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 a while, things dry **UP**. One could go on and on, but I'll wrap it **UP** for now. My time is **UP**

Oh, one more thing. What is the first thing you do in the morning and the last thing you do at night?

U
P

Did that crack you **UP**?

Now, I'll shut **UP**.

"My Vitamin F"

Why do I have a variety of friends who are all different in character?

Some of them can be considered marginal even ?

How do I get on with them all?

I think that each one helps to bring out a "different" part of me...

With one of them I am a polite, good girl.

I joke with another friend.

I sit down and talk about serious matters with one of them.

With another I giggle at every silly thing.

I listen to one friend's problems and give her advice.

They are all like pieces of a jigsaw,

When completed they form a treasure box.

A treasure of friends!

They are my friends who understand me better than myself,

Who support me through good days and bad days.

They are like colourful anti-depressants that I take on different days.

Real Age doctors tell us that friends are good for our health

Dr. Oz calls them Vitamins F (from Friends) and counts the benefits of friends to our well being.

Research shows that people in strong social circles have less risk of depression and terminal strokes.

If you take Vitamin F constantly, you can be up to 30 years younger than your real age. The warmth of friendship stops stress on even in your tense moments decreases the chance of a cardiac arrest or stroke by 50%. I am so happy that I have a stock of Vitamins F!.. Value your friends, keep in touch with them...See the funny side of things and laugh together...

Thank you for being one of my vitamin F!!!

Aging

Your kids are becoming you -- and you don't like them -- but your grandchildren are perfect.

Today is the oldest you've ever been yet the youngest you'll ever be.

Going out is good...coming home is better.

When people say you look "great," they add, "for your age."

When you needed the discount, you paid the full price. Now you get discounts on everything -- movies hotels, flights -- but you're too tired to use them.

You forget names, but it's OK because other people forgot they even knew you.

The 5 pounds you wanted to lose is now 15, and you have a better chance of losing your keys than the 15 pounds.

You realize you're never going to be really good at anything, especially golf.

Your spouse is counting on you to remember things you don't remember.

The things you used to care to do you no longer care to do, but you really do care that you don't care to do them anymore.

Your spouse sleeps better on a lounge chair with the TV blaring than he/she does in bed. It's called their "pre-sleep."

Remember when your mother said, "Wear clean underwear in case you get into an accident?" Now you bring clean underwear in case you have an accident.

You miss the days when everything worked with just an "on" and "off" switch.

You remember when Google, iPod, email, and modems were unheard of and a mouse was something that made you climb on a table.

You tend to use more four-letter words -- "What?" "When?"

Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

Your husband/wife has a night out with the guys/gals but is home by 9p.m. Next week it will be 8:30.

You read 100 pages in a book before you realize you've read it.

Notice everything they sell in stores is "sleeveless"?

What used to be freckles are now liver spots.

Everyone whispers.

Now that your spouse has retired, you'd give anything if he/she would find a job.

You have three sizes of clothes in your closet, two of which you will never wear.

Old is good in some things: Old songs, old movies and best of all, old friends.

Failures...But Not Quite.

He was born in Doylestown, Pennsylvania in 1907 and grew up as an orphan and a Quaker. He lived in small house and his mother didn't have much money. As a little boy, he could never go sledding with his friends, or ride his bike on a hot summer day.

These obstacles prevented him from having an exciting childhood. During his high school years, he played badknetball and baseball for his high school team.

He graduated from high school in 1925, and earned a scholarship to Swarthmore College.

He went to work for MacMillan Publishing company as an editor, and stayed there for nine years.

In 1947, he published his first book, titled *South Pacific*. He wrote over 40 books, basing them on the places he visited.

During his lifetime, James Michener donated over \$100 million to universities, museums and charities.

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Be kind to unkind people -- they need it the most.

What this country needs is more unemployed politicians.

Edward Langley

A Child's View of Thunderstorms

A little girl walked to and from school daily. Though the weather that morning was questionable and clouds were forming, she made her daily trek to school. As the afternoon progressed, the winds whipped up, along with lightning.

The mother of the little girl felt concerned that her daughter would be frightened as she walked home from school. She also feared the electrical storm might harm her child. Full of concern, the mother got into her car and quickly drove along the route to her child's school. As she did, she saw her little girl walking along.

At each flash of lightning, the child would stop, look up, and smile. More lightning followed quickly and with each, the little girl would look at the streak of light and smile.

When the mother drew up beside the child, she lowered the window and called, "What are you doing?" The child answered, "I am trying to look pretty because God keeps taking my picture."

May god bless you today and every day as you face the storms that come your way.

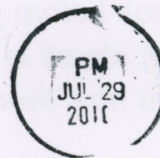
Point of View

A dog thinks: Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, --they must be gods!

A cat thinks: Hey, these people i live with feed me, love me, provide me with a nice warm, dry house, pet me and take good care of me -- I must be God!

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