

Crystal City ChatterIssue 110Special Edition 2011

This edition is early enough for some who would like to join in at a reunion in Crystal City with the German group...the enclosed letter was received from Mr. Werner Ulrich, so if any readers would like to join in, I thought that an issue early enough to go to Crystal City be sent...the following letter was received August 5th:

"Crystal City Reunion Update:

"Looks like all is going very well in organizing our November 2011 reunion at Crystal City, Texas. Our reunion will be in conjunction with the Family Internment Camp as National Register of Historic Places and Crystal City Spinach Festival. So far, opening ceremony will take place in Crystal City at 4:00 pm of Thursday, November 10 and end Saturday night, November 12, 2011.

Hotel accommodations have been made in both Uvalde and San Antonio under group name WWII Internee Reunion. It is very important to begin making hotel reservations as early as possible. Due to the oil and natural gas boom in the Crystal City region of Texas, hotel accommodations will be hard to get the longer we wait.

Holiday Inn Express Uvalde**2801 E. Main Street****Uvalde, Texas 78801****Reservations (830) 278-7300****Reservation must be made no later than 5:00 p.m. of Friday, September 30, 2011.**<http://www.hiexpress.com/hotels/us/en/uvalde/uvac/hoteldetail/photos-tours>.

Check in November 9 or 10, 2011. - Check out November 12 or 13, 2011.

Cost per room - \$95.95 plus \$12.47 tax or \$108.42 per night. Breakfast Buffet daily.

Interested in a touch of vacation in San Antonio along with visits to University of Texas San Antonio? if so, make reservations at a hotel right on the Riverwalk!!

Holiday Inn San Antonio riverwalk**217 N. St. Mary's Street****San Antonio, TX 78205****Reservation must be no later than 5:00p.m. of Friday, September 30, 2011.****Reservations (210) 224-22500**<http://www.holidayinn.com/hotels/us/en/san-antonio/satrw/hoteldetail/photos-tours><http://www.youtube.com/watch?v=KxuKqtUWO>

Check in November 12 or 13, 2011 -- Check out November 17, 2011 or three days later

Guest Room KRate \$99.00 plus \$16.58 tax or \$115.58

Complimentary Self Parking

Full American Breakfast Buffet daily \$10.00 per person which includes tax & tip (optional)

Please Note: I'll be out-of-town August 6th to 25th

Werner Ulrich

So if any of you readers would like to join in on the above reunion, you can join in with the German group...it may be interesting. If any of you do, perhaps you can send me a letter as to your experience, for this newsletter. Thank you.

Back in 1997, Forty nine of us went to Crystal City in November...I do believe it was the Spinach Festival too...at that time, there were three Isseis with us along with many of the CC Niseis and few sanseis...my, that was a long time...we had Stephanie kai who arranged all the traveling for us...so this little ole lady didn't have to check on anything...she was just wonderful!!!

As Haru Inaba Kuromiya and Bessie Masuda Saito have visited Crystal City several months ago, and enjoyed visiting the old campsite, you may also have a memorable trip back to our old camp site...they did not think they would but did...so if some of you do go, I would appreciate your input as to how it was...so with the above information on hotels, etc., it may be a convenient time for you to see what it's like today.

Author tell Unique Story of Justice Dept.'s Kooskia Camp.

Author and researcher Priscilla Wegars discussed the contents of her book "Imprisoned in Paradise: Japanese Internee Road Workers at the World War II Internment Camp" at a public program at the Japanese American National Museum on Saturday, July 16.

During the war, the U.S. government falsely imprisoned over 120,000 people of Japanese ancestry. The great majority (110,000) was held in 10 major domestic concentration camps run by the War Relocation Authority (WRA). but the government segregated thousands of Japanese nationals in internment camps run by the Justice Department. Most of these individuals were considered community leaders and "dangerous," even though many of them were cultural arts teachers, martial arts instructors or Buddhist priests.

The Kooskia Internment Camp was run from 1943 to mid 1945, and its prisoners were charged with a specific project: building the Lewis-Clark Highway (now Highway 12) between Lewiston, Idaho and Missoula, Mont. (which was a location for another Justice Department camp).

According to Wegar's research, Kooskia held approximately 265 "enemy aliens" of Japanese ancestry, an Italian and later a German doctor, 25 Caucasian employees (including several women), and one Japanese american to censor the mail. In addition, there were 27 Japanese Peruvians, two Nikkei from Panama and 11 from Mexico.

Kooskia was unique in that most of the prisoners volunteered to work on the highway out of other confinement sites. They operated heavy equipment or labored with picks and shovels. The camp's operation was covered by the terms of the Geneva Convention, and by the standards of the other camps, the food and shelter were better. The wages, which drew the volunteers, were also helpful to the prisoners' families.

The internees found this area of the Idaho wilderness to be a welcome change from the barbed wire of the Santa Fe Detention Center and other places where they were previously confined. For example, Yoshito Kadotani, a landscape gardener from Santa Cruz, called it "a paradise in mountains." saying, "It reminds me so much of Yosemite National Park."

Wegars is a volunteer curator at the University of Idaho's Asian American Comparative Collection, a resource center of artifacts, images and bibliographical materials. She spent her time tracking down minute details, including the menus from the canteen, photographs from newspapers, mug shots and diaries. While much research has been done on the WRA camps, less has been written about the Justice Department camp stories.

The foreword is by Michiko Midge Ayukawa, author of "Hiroshima Immigrants in KCanada, 1891-1941."

Wegars' earlier research focused on Chinese immigrants in the West. She is the author of "Polly Bemis: A Chinese American Pioneer," editor of "Hidden Heritage: Historical Archaeology of the Overseas Chinese" and co-editor of "Chinese American Death Rituals: Respecting the Ancestors."

Jellyfish Protein

Recently scientists made a significant breakthrough locating a calcium-binding protein (CaBP) called "apoequorin" that can contribute to a healthier brain, sharper mind and clearer thinking.

Apoequorin is in the same family of proteins as those found in humans, but it comes from one of nature's simplest organisms -- the jellyfish.

Recently, researchers formulated this vital protein into a product called Prevagen. Available without a prescription, it's the first and only supplement that restores CaBP levels and protects brain cells.

I creates healthier brain, sharper mind, clearer thinking...Prevagens reduced the number of memory errors by a significant 29%.

It's available at many drugstores...

Wow!!! I'll probably have to get some...it may help my fading mind...Hey you Seniors...you might be able to remember things or even be able to think...How about that? Sounds like something to try huh?

Middle age is when you have stopped growing at both ends and have begun to grow in the middle.

Crystal City Trip

by Kazue Nakahara

(Mrs. Nakahara went to Crystal City in May with her husband, Harry Yonemura, Gordon Lee, Toru Saito, Bessie Masuda and her husband Toru Saito, Haru Kuromiya and Reiko Inaba...Bessie's article was in Chatter 109)

Today we were up early to dress, breakfast and be ready to leave by 8 a.m. William McWharter met us in the lobby of our hotel with a full day's agenda and a Crystal City Camp packet for each of us. He is the Program Coordinator of the Military Sites Program of the Texas Historical Commission in Austin. He drove in last night and stayed at the Quality Inn down the street from the Holiday Inn Express where we are. A very nice and well organized young man (probably in his late 20's or early 30's with red hair and a short beard), he was quite different from what we expected. From his email correspondence, we imagined a much older man in his 60's. He must have been surprised at our motley group of Asian-Americans (7 Japanese-American and one Chinese-Hawaiian-American) ranging in age from 60 to 84, and a very mobile, noisy and opinionated bunch. Olga Charles, the City of Uvalde Main Street Manager (who told us we were more fun than she expected), brought with her Jessica Chavez, a reporter from the local Uvalde newspaper as well as Laura (the historian from Austin) and now 15-year old Hanna, both of whom we met at dinner last night.

Our first stop was at the Gonzales home in Uvalde where there were two small barracks brought from the Crystal City Detention Center (Internment Camp) Mrs. Gonzales was very gracious about letting us tour these which are now their storage buildings. Mr. Gonzales had to leave for work (picking onions in the fields) before we came, but he was very enthusiastic about our visit. The outside of the houses were newly painted (for which they apologized, not knowing the historical significance of these), but the interiors were left as they were in the 1940's. These houses are actually smaller than the ones Bess Masuda and Haru Kuromiya were in, but it gave the rest of us a very good glimpse into what it was like for them with the bare light bulb hanging down from the ceiling and the gaps between the wood slats where the dust sifted in. They described the layout--the kitchen to the left just inside the entrance, the dining table nearby and the beds on the other side. Bess said her family had to go to the latrine while Haru's lucky family had a bathroom in their barracks. We took many pictures, including a group picture with Mrs. Gonzales and her son. Reiko Fujii, Haru's niece, took pictures and shot some film of her aunt and Bess for her documentary on the Crystal City Detention Center.

Uvalde is famous for its honey. On our way to the next stop, we passed the Honey bowl, the high school stadium where the mascot used to be the Honey Bees which was later changed to the Coyotes (an unfortunate name in a city with so many Hispanics). We came to the remains of the train depot by the Southern Pacific train tracks. All that remains is the foundation floor where you can see the placement of the doors, bathrooms and an interior wall. William explained that the Japanese-Latin Americans who came in by train from Baton Rouge, LA (after being kidnapped by the U.S. government from their Central and South American homes) were probably detained here and then were transported by buses or trucks to the Crystal City Detention Center. It was a windy but warm day as we walked about the depot amid the ghosts of long ago. Haru and Bess were very quiet as they walked through the memories of this place.

Then we went on the 40-mile drive to Crystal City. We passed the place where the onion trucks were. Olga told us later how her father and brothers had to grab, pull and cut the onions off the stalk, put them into bags, and heave the full bags onto the trucks. She said that some of the onions fall off the trucks and she would stop at the side of the road and collect them like Easter eggs.

It took about 45 minutes to get to Crystal City, the Spinach Capital of the World. We passed the two statues of Popeye the Sailor and the street, Popeye Lane. It was getting to be in the high 90's as we drove to the city library next to the city hall. We were met by Michael Camarillo, Director of Planning for the city, as well as Mayor Richard Lopez, both of whom gave us a warm welcome to their fair city and nice cool bottles of water and cans of soda. In the library, William McWharter showed us a large map of the Crystal City Camp (like the small one in our packets) and pointed out what still remains: the foundations of the workers' houses just outside the camp fence, the reservoir/swimming pool, and the German/Italian Elementary School which is the only building still standing.

He showed us pictures of the swimming pool, the German/Italian Elementary School during the war, and the now razed, Federal High School from which Haru graduated. William said that the state wanted to put up some markers around the camp so tourists could read about these landmarks. As we were talking, a Hispanic lady came in to see what was happening and was very excited to see us because she was on her way to talk to some classes about the Crystal City Camp. She asked if we would stop by and talk to the students. Haru and Bess weren't sure about this, but graciously consented to visit the school.

Then we caravanned to Benito Juarez Middle School, home of the Javelinas, where about five classes (4th to 6th grades) in their color-coded class T-shirts assembled for our spur-of-the-moment visit. Some of the sixth graders had studied about World War II, but the younger grades had not...Bess described her experience as a teenager in camp having to go to English school as well as Japanese school every day. She also told about the two little girls from Peru who drowned before their eyes as she and some others tried to rescue them by linking their hands and reading them--but the water they were in was too deep. (Cont'd on page 4)

(Crystal City Trip, cont'd from page 3)

Several students asked questions about the drownings and one asked Bess to speak in Japanese. Bess said "Konnichiwa (Hello)" and "Genki desuka (How are you)". Then Haru invited the students to ask her questions. A teacher asked what kinds of activities they did in camp and how they felt about being in the camp. Haru said that they played sports and Bess remembered her parents wouldn't let them go to the dances. They both felt being in the camp was unfair, but there was nothing they could do about it.

Olga explained that what happened to Haru and Bess would be like if the students were put into prison for being Mexican and deported to Mexico. (99.9% of the population of Crystal City is Hispanic. There was only one Anglo name I read on the class T-shirts and only one Black student I saw in the audience.) One boy was surprised by what Olga said and asked, "Isn't that racism?" It was so honest and perceptive a question, the adults had to laugh because the U.S. government (and general population) during WW II did not see it that way. For me, it was fun to be in the middle school environment and enjoy the range of interest among the students in the primary source speakers.

Olga summarized by saying, "boys and girls", remember this day and remember these two ladies and their stories about Crystal City Camp. Remember them when you study about World War II in high school and you can say that you saw and talked with someone who was actually right here in the Crystal City Camp!" The students surrounded Haru and Bess and wanted several group pictures taken with the students, Haru and Bess and William. One student asked Bess for her autograph! We all complimented Bess and Haru on their talks to the students -- without any preparation!

We were pretty hungry by then since it was about 12:30 p.m. when we left the school. We went to Miguelito's Mexican Grill for a truly authentic and delicious luncheon for the 15 of us and our check was generously picked up by Michael Camarillo of the City of Crystal City. My quesadilla with spinach was so large as was Hidetaka's Beef quesadilla that we put half of each of ours in our doggy bag. Then the waiters brought a slice of cake and a fancy sombrero for Hanna, the birthday girl, and we all sang to her as she hid her blushing face in her hands. Poor girl-- but she was a good sport. Hidetaka and I decided to call our grandson by two names: Kenzo-chan with us and Miguelito when he's at his other parents, the Fonseca's.

Out in the very hot 99-degree weather, we fanned ourselves and sought shade under the tree which grew inside the former reservoir/swimming pool. The rim of the pool is still visible and the pool was much larger than we (who have never been here) imagined from the map. The shallow area cement still had spots of green paint and the deep (about 8-feet down) area was filled in with dirt and is now covered with grass. Bess stood at the spot where the two little Peruvian girls drowned in the deep end. There is a large rusting dark greyish-blue horizontal tank on the far side outside the pool area with white paint writing which says: "AND JUSTICE FOR ALL "IST NATIONAL REUNION/WORLD WAR II INTERNMENT CAMP/NOVEMBER 8-10, 2002/HISTORIC SWIMMING POOL 1942-1947/UNITED WE STAND. Above the "UNITED WE STAND" is painted also in white an American Flag waving and under it are the outlines of four people pledging allegiance to the flag.

Then we drove to the last building still standing, the German/Italian Elementary School. This building was used up into the 1970's until a newer and larger school was built next to it. Michael and Mayor Lopez both went to elementary school in the old building. We walked down the sidewalk peering into the now deserted classrooms. I noticed they had whiteboards in it and easels. Chairs and desks were piled high in each room. Now there are three elementary schools in this vicinity for three different levels of elementary school: probably K-1, 2-3 and 4-6. The latter was the middle school we visited.

We left to go back to the library near the city offices and waited in vain for William, whose state car (without air conditioning in this HOT weather) had died at the site of the German/Italian Elementary School. So Laura and Hanna gave him a ride back to Austin and we were very disappointed not to be able to say our thanks and goodbyes to William for everything he had arranged for us on this pilgrimage. While we were waiting, Hidetaka was able to check-in six of us and get out boarding pass numbers for our flight home. The head librarian, Andy Rodriguez brought out a table lamp and a shellacked ashtray, both sculptured from cedar wood by an internee named Ernst who gave them to his father. We all appreciated him sharing those beautiful camp artifacts with us.

We left Crystal City Camp after 4 p.m. and we drove back to the hotel. Hidetaka was driving so fast (80 mph in a 70 mph zone) I missed some great pictures of the grand entrances to some ranches off the main road and the two signs (one above the other) which read: Prison Area (Cont'd on page 5)

(Crystal City Trip, cont'd from page 4)

Do not pick up hitchhikers. I noticed that the posted speed limit was 70 mph during the day and 60 mph at night.

We quickly refreshed ourselves in our rooms then headed out to the El Progreso memorial Public Library in Uvalde (which we toured yesterday with Olga) for a wonderful home-made dinner. Olga introduced us to Liza who had cooked a rice casserole, a pasta casserole, a mandarin-orange jello (with a small whipped cream flower on each square) and zucchini bread. She had also created a lovely centerpiece with fruit flowers stuck in a pineapple base with grapes, strawberries, cherries arranged on the plate surrounding the pineapple and branches of skewered grapes, strawberries and chunks of pineapples and cantaloupes. This was quite a feast and we quenched our thirst with ice water. While we were eating dinner, Ilsa described her recipe for spicy saltine crackers which is a

guaranteed party hit. It is made with peanut oil mixed with dry ranch dressing, red pepper flakes and cayenne. This mixed in a plastic ziplock bag into which is put the crackers and the bag is shaken gently for 20 minutes or so to coat every cracker well.

For each of us, Olga had her city workers make up a pretty cellophaned package of souvenirs from Uvalde including a package of their famous Beef Jerky, a cute 1-ounce jar of their honey, a scented candle (mine was Mulberry and Hidetaka's was Pumpkin Spice), a note pad and pen, several brochures on the attractions of Uvalde, and some pieces of wrapped candy--all set in a city of Uvalde frische.

We really felt like celebrities or even royalty having been given the red carpet treatment for the past two days. (The one we missed was a fantastic Jazz Festival at the local high school where the students played with real professionals. Olga told us she had tree tickets for us, but thought we were too old for the night life.) We were very disappointed because it sounded great and we would only have missed about a half hour of it. We would also have missed dinner, but that would have been worth it.)

After dinner Toru took up his guitar and sang some songs for Olga and Lisa and Susan Anderson (who is on the library guard and who had set very inviting tables for us). Toru sang a Japanese song for Lisa about a mother singing a lullaby to her son in which she reveals that his soldier father will never return, a three-handkerchief song). Lisa was in the air force and supervised 400 men and women in the military. she has traveled around the world and her favorite place is Bangkok. I enjoyed talking to her about us both being from Minnesota and living in Minneapolis. Toru and Harry sang to Olga an American popular song about remembering a special person in the summer time (I forgot the title). Susan and Olga described the large mural resting against the wall which Theodore Roosevelt: The events such as the glider plane festival and the jazz festival: The Girls Scouts and the Boy Scout Sawahe Indian dancer (which are celebrated by the tribes in Oklahoma): Some landmark buildings around the town including the Opera House, the old library building, and VP Garner's house and the well-known shade trees. Susan, Olga and Ilsa thought of the library where there is a larger barracks building from Crystal City Camp. The pride Susan, Ilsa and Olga have in Uvalde was heart-warming and touched us when Susan assured us we were all Texans in her eyes.

We went back to the hotel, full, happy and very tired. After a quick shower, we met in the dining area to settle our finances sharing the costs of three meals--the dinner at Mesalino's, the lunch at the country club, and the dinner at Urban. Then Olga joined us and we got to know each other better, sharing what we enjoyed the most about the past few days. Most of us agreed the highlights were visiting the campsite itself at Crystal City and meeting the students at the middle weeks instead of three days since each day was so packed with activities.

We also developed a closeness with each other like life-long friends, instead of having just met. This included Olga. Then Gordon disappeared and returned with his little red rice cooker (he had packed in his suitcase) with cooked rice which we ate with canned salmon and crumbled pieces of seaweed.] Olga, who has never had sushi, was a great sport about trying this late night rice snack. I wish I had taken a picture of Gordon's rice cooker and Olga eating the Japanese version of a rice casserole. It was close to 11 p.m. when we went to our rooms. I wanted to write up Day 3, but the computers were still being used... Tomorrow, going home

Kazue Thank you Kazue-san for your thorough article about your trip back to Crystal City Camp... although you were never in our camp, you seemed to have enjoyed going to the former camp and listen to both Bessie and Haru and to witness the class that they gave a talk to about being in the camp...the camp was called Crystal City Internment Camp...not Detention...and we had no barracks like the Relocation Camps had...they were smaller houses either duplex, for two family, triplex for three family and Q-section...four families...and victory huts, quonset huts.

"Puns"

1. A bicycle can't stand alone...it is two tired.
2. A will is a dead giveaway.
3. Time flies like an arrow...Fruit flies like a rotten apple.
4. A backward poet writes inverse.
5. A chicken crossing the road...poultry in motion.
6. If a clock is hungry, does it go back four seconds?
7. The guy who fell onto an upholstery machine was fully recovered.
8. You are stuck with your debt if you can't budge it.
9. He broke into song because he couldn't find the key.
10. A calendar's days are numbered.
11. A boiled egg is hard to beat.
12. He had a photographic memory which was never developed.
13. The story of the short fortuneteller who escaped from prison -- a small medium at large.
14. Those who get too big for their britches will be exposed in the end.
15. When you've seen one shopping center you've seen a mall.
16. If you jump off a bridge in Paris, you are in Seine.
17. When she saw her first strands of gray hair, she thought she'd dye.
18. Santa's helpers are subordinate Clauses.
19. Acupuncture...a jab well done.
20. Marathon runners with bad shoes suffer the agony of de feet.
21. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
22. I thought I saw an eye doctor on an Alaskan Island, but it turned out to be an optical Aleutian.
23. She was only a whiskey makers daughter, but he loved her still.
24. A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
25. No matter how much you push the envelope, it will still be stationary.
26. A dog gave birth to puppies in a public place, and was cited for littering.
27. Two silk worms had a race, they ended up in a tie.
28. A hole has been found in the nudist camp wall. The police are looking into it.
29. Atheism is a non-prophet organization.
30. I wondered why the baseball kept getting bigger. Then it hit me.
31. A sign on the lawn outside the drug rehab center ... 'Keep off the Grass'.
32. A boy swallowed some coins, and was taken to a hospital. His mother telephoned to ask how he was. The nurse said, "No change yet."
33. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.

Mosquito Spray

Spraying Listerine around door frams and window frames keeps the mosquitos away. Spraying around picnic area, BBQ outdoor, keeps those "blood sucking critters" away and it's not toxic and with summer weather around, get a spray bottle and fill it with Listerine...you won't have them around to bug you

Animals are such agreeable friends -- they ask no questions, they pass no criticisms.

Keep high aspirations, moderate expectations and small needs.

Conscience is that still, small voice that is sometimes too loud for comfort.

The Green Thing

In the line at the store, the cashier told an older woman that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized to her and explained, "We didn't have the green thing back in my day."

The clerk responded, "that's our problem today. Your generation did not care enough to save our environment."

She was right -- our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the green thing back in our day.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on the line, not in an energy gobbling machine burning up 220 volts -- wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

But that old lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana.

In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us.

When we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water.

We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service.

We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

Please forward this on to another selfish old person who needs a lesson in conservation from a smart-ass young person.

Enthusiasm

Enthusiasm is the electricity of life. How do you get it? You act enthusiastic until you make it a habit. Enthusiasm is natural; it is being alive, taking the initiative, seeing the importance of what you do, giving it dignity and making what you do important to yourself and to others.

Wise Words

- "Sometimes, when I look at my children, I say to myself, 'Lillian, you should have remained a virgin'"
Lillian Carter (mother of Jimmy Carter)
- "I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: - 'No good in a bed, but fine against a wall.'" Eleanor Roosevelt
- "Last weei, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement." Mark Twain
- "The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible." George Burns
- "Santa Claus has the right idea. Visit people only once a year." Victor Borge
- "Be careful about reading health books. You may die of a misprint." Mark Twain
- "By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher." Socrates
- "I was married by a judge, I should have asked for a jury." Groucho Marx
- "My wife has a slight impediment in her speech. Every now and then she stops to breathe." Jimmy Durante
- "I have never hated a man enough to give his diamonds back." Zsa Zsa Gabor
- "Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat." Alex Levine
- "My luck is so bad that if I bout a cemetery, people would stop dying." Rodney Dangerfield
- "Money can't buy you happiness...but it does bring you a more pleasant form of misery." Spike Milligan
- "Until I was thirteen, I thought my name was SHUT UP!" Joe Namath
- "I don't feel old. I don't feel anything until noon. Then it's time for my nap." Bob Hope
- "I never drink water because of the disgusting things that fish do in it." W.C. Fields
- "We could certainly slow the aging process down if it had to work its way through Congress." Will Rogers
- "Don't worry about avoiding temptation. As you grow older, it will avoid you." Winston Churchill
- "Maybe it's true that life begins at fifty...But everything else starts to wear out, fall out, or spread out." Phillis Diller
- "By the time a man is wise enough to watch his step, he's too old to go anywhere." Billy Crystal
- "And the cardiologist's diet: - If it tastes good, spit it out."
- May your troubles be less, may your blessings be more, and may nothing but happiness come through your door.

More This, Less That

Green Tea: Cholesterol (both total Cholesterol and the bad LDL kind) inches down when people have two or more cups of green tea daily, an analysis of 14 studies showed.

Apples and Beans: People who ate more soluble fiber (found in fruit, beans, and oats, among other foods) over a five-years period gained less belly fat - the most dangerous fat for health. For every ten grams of soluble fiber added to a person's diet, he or she slowed midsection spread by close to 4%.

White Bread: Eating lots of quickly digested carbohydrates (like those refined grains, candies, and \ pastries) and saturated fat might make you more likely to develop Alzheimer's Disease, by recent studies.

High Doses of Cholesterol Drugs: Most people shouldn't take the highest approved dose of the drug simvastatin, the FDA recently said, because it ups the risk of dangerous muscle damage.

Hand Washing: There are so many health concerns about the flame-retardant chemicals called PBDEs that they've being phased out in the United States and Europe--but because they're in computers and office workers who wash their hands at least four times a day have one third as much PBDE in their blood as people who wash less often.

Babu the Amazing Dog

Babu does not normally like going for walks but when the 12 years old dog insisted on going for one soon after the March 11th earthquake, her owner, Tami Akanuma, suspected something was amiss. And when Babu stubbornly headed for a nearby hill rather than taking to their usual route in the coastal city of Miyako, Akanuma decided to follow along.

Doing so may have saved her life. Minutes after climbing the hill, a devastating tsunami slammed into the town, flattening the district of Taro-Kawanukai where they lived about 200 meters from the coast

Babu must have sensed a tsunami coming, said Akanuma, age 83. Akanuma was relaxing in her living room when the quake struck off the Tohoku coast. The lights went out and Babu started scampering around the room, whimpering loudly and madly wagging his tail.

It was a bit early for a walk, Akanuma thought, but she put Babu on her leash anyway. While they were in the entrance at Akanuma's home, a warning that a huge tsunami was heading for the Pacific coast was broadcast over the town's community speaker system.

"We need to evacuate," Akanuma recalled thinking. As soon as she opened the door, Babu frantically ran outside and headed towards a nearby hill -- the opposite direction they usually go for a walk.

When Akanuma's pace slackened Babu would look back, seemingly urging her to walk faster. When Akanuma caught up, Babu would bound ahead again, straining at the leash.

The game of hurry-up and catch-me continued over and over. When Akanuma finally took a breather, she had climbed the hill where an evacuation center was located about one kilometer from her home.

Turning around, she could hardly believe her eyes. Most of the route she and Babu had walked had been swallowed by the Tsunami and her home had been consumed by the wall of water.

Babu turned 12 this week. She seemed quite pleased to celebrate the close encounter she and Akanuma experienced.

Toxins from hot Car

Please do NOT turn on A/C as soon as you enter the car.

Open the windows after you enter your car, and then turn on the AC after a couple of minutes.

Here's why:

According to research, the car's dashboard, seats, a/c ducts, in fact ALL of the plastic objects in your vehicle, emit Benzene, a Cancer causing toxin.

A BIG CARCINOGEN. Take the time to observe the smell of heated plastic in your car when you open it, and BEFORE you start it up.

In addition to causing cancer, Benzene poisons your bones, causes anemia and reduces white blood cells. Prolonged exposure will cause Leukemia and increases the risk of some cancers.

It can also cause miscarriages in pregnant women.

Acceptable Benzene level indoors is: 50 mg per sq. ft.

A car parked indoors, with windows closed, will contain: 400-800 mg of Benzene.

If parked outdoors, under the sun, at a temperature above 60 degrees F, the Benzene goes up to: 2000-4000 mg, 40 times the acceptable level.

People who get into the car, keeping the windows closed, will inevitably inhale, in quick succession, excessive amounts of the BENZENE toxin.

Benzene is a toxin that affects your kidneys and liver. What's worse, it is extremely difficult for your body to expel this toxic stuff from your body.

So friends, please open the windows and doors of your car - give it some time for the interior to air out - (dispel the deadly stuff) - before you enter the vehicle.

Thought: "When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others."

This is what snopes.com says: "It is not the air conditioning in the car, but the Benzene-producing agents that cause cancer."

"Nadeshiko"

Recently, Nadeshiko Japan won the soccer World cup by defeating the U.S. Team. Nadeshiko Japan is the nickname for the national women's soccer team in Japan. The nickname was chosen by the Japan Football Association in 2004 after receiving public input. Nadeshiko is the Japanese word for the flower dianthus, which is similar to a carnation but very tiny.

The nadeshiko flower is also used as a family crest. nadeshiko originally referred to a female god in Japanese mythology, known as Kushinodahime, who watched over rice harvesting. It is believed that the origin of the term Nadeshiko refers to a child who has been cherished and cared for by others as if being rubbed and touched = naderu (rubbing) + ko (child). Yamatonadeshiko is a term for expressing the quality of traditional Japanese women, who are humble and gentle, similar to the bloom of tiny dianthus flower.

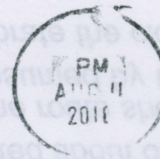
I always wondered what "Nadeshiko" meant as it was in our Girl Scout song:

"Koko Tekisasu no sabaku nimo...
Yukari no hanano kaori ari
Kusushiku utsushi uerarete,
Warera wa Yamato Nadeshiko yo
Onaji oyayori saki idenu."

So now I know it's the little flower Dianthus...although many people rooting for the Japanese team..."shishi" or "Shikko"...which is "urine", but the main thing is that the team won no matter what they called it...and now I know what Nadeshiko is!!!

There's some of you readers who still have not donated for this newsletter...this will be the last Chatter that you will be getting...it is not right to receive it without paying for the expense of putting this out.

Sumi Shimatsu
Crystal City Chatter
Camarillo, CA 93010



Tad & Satomi Ishida
San Francisco, CA 94116

