

Crystal City Chatter

Issue 113

May 2012

A Fabulous Vegas Trip

As usual, Toni Tomita planned out a fantastic, wonderful Vegas trip...although this time we hit a bit of a snag, somehow, Toni and my daughter Paula was able to work it out. Thank goodness...anyway, California Hotel was all full but we were fortunate to all get a room there. We had a bus full, with 21 CC friends...the rest of the bus was with the San Gabriel Senior Group that always enjoy the trip with us. We had Ella Ohta Tomita fly in from Honolulu to join our bus ride too...and others who joined us in Vegas.

The CC friends on the bus were:

Mas and Shirli Okabe
Ty and Fumi Nakamura
Ken and Doris Yamane
Tilly and Jimmy Hatanaka
Sachi Maehara
Betty Fukunaga
Karen Nakagawa
Sakiyo Horie
Betty Inouye

~~Ella Tomita~~
Seiji, Emi and Kay Kami
Min and Kazie Tajii
Ben and Emi Takeuchi
Alice and Cyrus Nishimoto
Sid and Yukie Okazaki
May Hamada
Aki & Mildred Yonekura
Carmen Mochizuki
Hide and Ets Kasai

Sumi, Derick and Paula Shimatsu ~~Toni Tomita~~

June Maeda flew in from Chicago with her two daughters, Leslie and Anne...Alice and Ken Matsumoto drove in from San Diego...Haj and Yuki Nonoguchi was driven in by their daughter Stacy from West Los Angeles...and if I missed anyone, please excuse me...somehow, I lost my list of Crystal City friends who were getting together.

We played Bingo on the bus going to Vegas and the winners were:

Sally (Takahashi) Matsumoto
Cyrus Nishimoto
June Tomita
Derick Shimatsu
Sadi Yoshida

Ken Yamane
Fumi Nakamura
Ken Yamane
Ko Nakamura
Sachi Maehara

and we had two Slot Tournament after our buffet dinner on Wednesday night...the winners were:

First Tournament

\$100. Kazie Tajii
50. Emi Kami
30. Ken Yamane
Booby 10. Sumi Shimatsu

Second Tournament

\$100. Paula Shimatsu
50. Sakiyo Horie
30. June Maeda
Booby 10. Derick Shimatsu

I had to work very hard for my Booby prize...

Thank you for the monetary donations to Crystal City Association Charlotte Takata, Ko Nakamura, Aki Yonekura, Carmen Mochizuki, Jimmy and Tilly Hatanaka, Kami Family, Karen Nakagawa, Alice Matsumoto...A big thanks to Mas Okabe for keeping the wine flowing...Shirli for her mmm cookies she bakes for all of us on the bus.

Thank you Ella Tomita for all the Macadamian nuts for everyone at the dinner.

Thank you for the donations to the Crystal City Chatter Tilly Hatanaka, Kazie Tajii, and Hide and Ets Kasai.

So I will continue to be busy putting the Chatter together and sending it out...I Appreciate it !!! so thank you, thank you, thank you very much...

And I thank some of the sanseis who are "oya ko ko" and help us senior niseis...getting older and getting harder to get around neh...oh well, "shikataga nai neh"...am very grateful for my children for all knowing what the Isseis and us Niseis had to go through...and know enough about our culture and care, to appreciate our history.

So now, everyone, enjoy your coming summer time with your family...soon it will turn to autumn and all the holidays, but then January comes around, and we will have our Annual shinnenkai Luncheon...this time at Seafood Empress in Gardena.

Notice how we gather at eating places...not just any eating places but great food eating places... So, see you-all again. It was wonderful being with many of you who gathered in Las Vegas...and so again, we'll see you at the Shinnenkai luncheon...

Ooops...sorry

I apologize for the messy Chatter of last month...I thought I proofread it carefully, but it must've been in my dreams as I found so many miss-spelling, errors, etc. Hopefully, I won't do it again but being a senior citizen, I cannot promise that it won't happen again...I will try to be more carefully so gomen, gomen neh.

Also, found out error in Dragon Year person...it is May Kaneko...sorry fellow dragon...

Belated Thank you

I want to thank the many of you for the donation to the Chatter...especially at the Shinnenkai luncheon...The Chatter appreciates it very much...and will be able to continue for a while...

Also, Sid Okazaki wanted me to thank Seiji Kami and family and Carmen Mochizuki for the donation to Crystal City Association...so Thank you from Sid, Kami - sans, and Carmen.

Know Your Headache Different types require different treatment

Tension headaches, migraines, and cluster headaches can be prevented by avoiding things that might cause them...those can include:

stress lack of sleep wine or other alcohol certain foods, chocolate, aged cheeses
exposure to bright artificial light or sunlight.

Tension headaches are usual across the forehead, at the temples or back of the head...
preferred treatment is ovr-the-counter pain relievers...

Migraine...one side of the head, most often at the front...moderate or disabling pain, pulsating, severe to excruciating...4 hours to 3 days... Triptans, sumatriptan or rizatriptan.

Cluster...behind one eye or one temple...severe to excruciating, burning, stabbing ... 1-8 per day during clusters of weeks or months...then disappears for months or years... 15 min to 3 or more hours.

Medication overuse...varies but often includes neck pain...worsening headaches despite use of pain medications 10 days or more per month...morning onset.

Waking up from sleep... 15 or more days per month...
at least 4 hours duration.

Danger signs

Seek immediate medical help IF your headache:

Strikes suddenly and is severe...

Is a new-onset headache that lasts longer than 24 hours.

Follows a head injury or other trauma.

Is brought on by exertion.

Hurts much more than any previous headache

Comes with a fever, stiff neck, vomiting, loss of balance, change in vision or speech, or one-sided numbness or weakness.

Sugar Substitutes

U.of Calif., Wellness Letter

Not all sugar-free products are safe for your teeth, according to a recent review in the *British Dental Journal*. Acidic ingredients in sugar-free candies and beverages, used for flavoring and as preservatives, don't cause cavities, but they may weaken enamel, leading to irreversible dental erosion. In addition, sorbitol and some other sugar alcohols, used as reduced-calorie sweeteners (notably in sugar-free "tooth-friendly" chewing gums), are fermented into acid by bacteria in the mouth and thus can cause damage, too. In contrast, the sugar alcohol xylitol (also used in some sugar-free gums) is okay, perhaps even beneficial, for your teeth. If you consume acidic sugar-free foods and beverages, rinse afterwards with water.

Remove stains with Coke...stubborn stains are usually impossible to remove once they've been "set." but a swish of Coke makes them vanish...even if they've gone through the washer and dryer before

Use Pam Cooking spray on freezer walls for defrosting.

Wipe your furniture and blinds with a used Bounce fabric softener sheet...this antistatic agents literally make dust particles "bounce" off.

Japan's Great Quake and Tsunami: Looking Back, Looking Ahead

George Toshio Johnston

Anniversary of what is now known as the Great East Japan Earthquake and Tsunami was on March 11th...Despite its official death toll of nearly 16,000 -- probably closer to 20,000 when factoring in those still missing and those who died later from related but indirect causes -- this calamity may not be the worst-ever caused by nature.

But the Tohoku jishin and tsunami is probably the worst such event of contemporary times when adding to the death toll the devastation wrought by property and infrastructure damage, and the havoc inflicted upon a nation's economy, domestic and global.

The aftereffects of the event still reverberate today, nearly a year from March 11, 2011. It was for this reason that KABC news anchor David Ono recently traveled to Japan for a few days in the middle of February to re-visit the effects of the tsunami in some of the hardest hit areas. His reports aired in L.A. on Channel 7.

I spoke briefly with Ono, whom I wrote about recently in my column with regard to the excellent documentary, "Witness: America's Heroes" that he produced about Japanese Americans who served the U.S. armed forces during WWII. With this latest work, Ono has come through again, this time with this series of reports from Japan.

Ono told me that last year he traveled to Japan to report on the devastation caused by the tsunami, but because of damage to transportation routes, not to mention a lack of resources like electricity and gasoline, most of his reporting was confined to Tokyo, not the Tohoku region. This time was different. This time he was able to go to Ofunato, Rikuzen Takata, and Kesenuma.

According to Ono, in the nearly 12 months since the tsunami struck, there has been great progress made in cleaning up the debris. Rebuilding infrastructure, businesses, farming and fishing, not to mention day-to-day lives of survivors, however, remains a work in progress. Many people are still, for example, still living in temporary shelters. (The problems caused by the nuclear reactor disaster in Fukushima remain, too.)

Comparing the Japan tsunami to Hurricane Katrina a year from disaster, Ono said Japan is far ahead of where we were in the aftermath of our disaster. But in both cases, he feels that life will never be the same for many survivors.

In his first story, Ono interviewed baker Kenji Saito of Ofunato, who witnessed his business and hometown get wiped out by the tsunami and managed to record what happened, first on his iPhone and then on a digital camera. Ono's report includes Saito's video, and it is both mesmerizing and horrifying.

As relayed in Ono's report, Saito evacuated his staff from the building. Then he ran up the same hill that saved his life when a tsunami hit 50 years earlier, when he was a boy. He switched cameras and recorded the ocean's surge. Captured also are his heart-rending wailings as he watches the ensuing water-borne devastation.

"Japan is the most-prepared country in the world when it comes to earthquakes and tsunamis," Ono said, "But they still got to a mode where they thought the seawall, which is only six feet tall, will protect them. A tall building will protect them. Our car, they can hop in a car and drive off real quickly and that will protect them. And they were absolutely wrong." It added up to a false sense of security, he said, noting that government figures showed 42 percent of coastal residents failed to evacuate.

An example of someone who didn't evacuate but instead drove to Kesenuma's port to attend a meeting after the quake struck is L.A. resident Masako Unoura-Tanaka, whom Ono interviewed for the reports. I also had a chance to speak with her about her close call.

Unoura-Tanaka whose parents hail from the Tohoku region and whose husband is architect Ted Tanaka, was in Japan to help her father sort out the affairs of his wife and her mother, who died a few years ago. Driving with her aunt Noriko, they experienced the very strong, long-lasting earthquake at 2:46 p.m. while en route to a 3 o'clock meeting with an attorney. Despite the earthquake's strength, they thought nothing of continuing to the meeting in the car. After all, Unoura-Tanaka said, Japan experiences many earthquakes and they personally had no fear that it had triggered a devastating imminent tsunami. She noted that just a scant time before March 11 there was a tsunami that hit but only measured about 50 centimeters.

Upon arriving at the lawyer's office, they were told a tsunami was coming. (Continued on page 4)

("Japan's Great Quake and Tsunami: Looking Back, Looking Ahead") Cont'd from page 3

Public address systems began blaring warnings. They decided to drive back to Noriko's home, but the street was now packed with cars, yet seemingly lacking any sense of urgency as they patiently waited for lights to change.

Unoura-Tanaka said, however, she began to get a bad feeling about the situation. While her aunt wanted to stay in the car, she wanted to get out and run rather than be stuck in traffic. Finally, Aunt Noriko relented and they started on foot, parking the car near a restaurant. (Being a polite Japanese woman, Aunt Noriko wanted to stop and tell the owner she'd be back as soon as possible to retrieve her car. Meantime, the tsunami was quickly coming their way.

In a strange twist of fate, as they hurried through the town they encountered a young man named Daisuke Watanabe. Unoura-Tanaka asked him where to go and what to do. They didn't yet know it, but Watanabe who was off-duty at the time, was a member of Japan's coast guard and saw video of the incoming water on his cellphone. He simply said, "Follow me!"

He led them to a two-story building and to get in, they had to climb a couple of fences, not easy for middle-aged and one elderly woman. But, as Unoura-Tanaka told me, people are capable of extraordinary feats when it's a matter of life and death.

Soon, they were in, but the building wasn't tall enough and it was becoming engulfed in water, even though they made it to the roof. Fortunately, next to it was another taller building, close enough for them to climb to. With the water at Unoura-Tanaka's waist, Watanabe and her aunt pulled her up to the taller building. They were joined by another woman and her cat and there they stayed, surrounded by water, fires, cold temperatures and falling snow. Until they were rescued the next day, they ate brownies Unoura-Tanaka had brought from Los Angeles as *omiyage*. It was a very close call, but she lived, unlike many others. She calls Watanabe her hero.

Back to Ono's reporting, he said the significance for Southern California residents of last year's quake and tsunami in Japan is what it portends for us. While we historically are not prone to tsunamis, quakes are another matter -- and maybe a big quake could spawn a tsunami. If it happens, we need to learn from Japan's experience and heed warnings to evacuate instead of going to the beach to check it out. It also goes without saying that we are probably less prepared at the governmental level than Japan was, so we need to prepare for a quake on our own.

Gov. Brown of California Proclaims Day of Remembrance

Gov. Jerry Brown issued the following proclamation on Sunday, Feb. 19th...

"Seventy years ago, President Franklin D. Roosevelt signed Executive Order 9066, an act that set in motion the forced evacuation and internment of many thousands of United States citizens and legal immigrants because of their Japanese ancestry.

"Despite their internment, Japanese Americans remained loyal throughout the Second World War and served with distinction in famous units like the 442nd Regimental Combat Team. It is a testament to the patriotism of Japanese Americans that they gave their lives for American ideals even as they themselves were being deprived of their rights as Americans.

"While we can never repay them for the sacrifices they made and the injustices suffered, we can take this opportunity to reflect on the fundamental principle that even in the midst of war, our Bill of Rights remains our guide to a free and open society.

"On this day, Feb. 19, I ask that all Californians join me in solemn remembrance of the issuance of Executive Order 9066 on Feb. 19, 1942, as well as the rescission order of President Gerald R. Ford issued on Feb. 19, 1976.

"We should also remember the life of Gordon Hirabayashi, a courageous leader who persevered until the federal government officially recognized that the internment of Japanese Americans was unjustified and inconsistent with our values and our Constitution.

"Now therefore I, Edmund G. Brown Jr., governor of the State of California, do hereby proclaim Feb. 19, 2012 as 'A Day of Remembrance: Japanese American Evacuation.'

"In witness whereof I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 19th day of February 2012".

Lauper Continues to Show Her True Colors for Japan

One year after the disasters, the singer urges support...

Tokyo...Cyndi Lauper is admired in Japan for not running away after last year's devastating earthquake and tsunami. Now, the American singer is back to show the Japanese people that she hasn't forgotten them.

Lauper had arrived in Tokyo on March 11, 2011, just as the massive quake struck northern Japan. She stayed to perform her concerts as planned, even though fears of radiation from a tsunami-stricken nuclear power plant in Fukushima caused many other performers and visitors to flee. She said she stayed to console survivors with her music.

She's now back in the country to perform again. Lauper said Monday that she is urging people to buy things from the disaster-hit areas to help people there get back on their feet.

"It's a big tragedy but everybody is trying to move forward. I just want to say, hey, don't forget about Japan." Lauper told a news conference in Tokyo.

Lauper, who arrived earlier, traveled to the tsunami-hit areas, including an elementary school to donate cherry trees and play with the children, visited a temple and explored a music store whose elderly owner fixed a tsunami-damaged piano.

She said she was struck by how people in Fukushima seemed to be shaken by radiation fears and feel isolated. She also raised concerns about a decline in visitors in the north, especially Fukushima.

The government has been criticized for confusion, delays, miscommunication and attempts to play down the severity of the nuclear accident, the worst since Chernobyl. The earthquake and tsunami destroyed vital cooling systems at the plant, resulting in the melting of three reactor cores and a large release of radiation, forcing about 100,000 people to evacuate.

Many residents of Fukushima are concerned about the effects of the radiation, especially on children.

Lauper said the government "should come clean with what the real deal is" so people know the truth. "When you don't know, you are fearful, and you feel powerless. Information is power."

'Mr. Tofu' to Discuss Challenge of Popularizing Tofu in U.S.

Yasuo Kumoda, whose autobiography is entitled, "They Call Me Mr. Tofu" will make presentation on the challenges of convincing Americans on the health benefits of eating tofu at a free program. Kumoda had started a spin-off company from Japanese milk manufacturer Morinaga and brought its tofu products to the U.S. in 1985. What he discovered is that many Americans thought soybean products were only good for food for animals. As a health food product, tofu was so disrespected at the time that thieves once broke into a warehouse and refused to take any of Kumoda's tofu.

Unsure how to proceed, Kumoda received advice from Rocky Aoki, founder of the successful Benihana restaurant chain, to become a walking billboard for his tofu products. Kumoda took this advice to heart and wore a sandwich board with his product logo on it while running a marathon.

When he heard then-First Lady Hillary Clinton say on the radio that she wished her husband, President Bill Clinton, would eat tofu instead of fast food, Kumoda sent his tofu to the White House. Gradually, Kumoda's tofu became more accepted.

The Right Touch

C. Everett Koop

Former Surgeon General C. Everett Koop recalls his youngest patient when he was a new surgeon:

"One day at Children's Hospital I got a phone call from a nearby hospital about a dying newborn.

"I drove there at breakneck speed. The elevators weren't working, so I ran up to the ninth floor."

"I laid the dark blue and lifeless baby on a table. With no time for sterile precautions, I opened up his chest and massaged his tiny heart with a finger.

"About 25 years later, my secretary ushered into my office a six-foot-four young man. 'My father thought you'd like to meet me,' he said. 'You operated on me when I was 55 minutes old.'

"I ran around the desk and hugged him."

Too Busy For a Friend

One day, a teacher asked her students to list the names of the students in the room on two sheets of paper, leaving a space between each name.

Then she told them to think of the nicest thing they could say about each of their classmates and write it down.

It took the remainder of the class period to finish their assignment, and as the students left the room, each one handed in the papers.

That Saturday, the teacher wrote down the name of each student on a separate sheet of paper, and listed what everyone else had said about that individual.

On Monday she gave each student his or her list. Before long, the entire class was smiling, 'Really?' she heard whispered. 'I never knew that I meant anything to anyone!' and, 'I didn't know others liked me so much,' were most of the comments.

No one ever mentioned those papers in class again. She never knew if they discussed them after class or with their parents, but it didn't matter. The exercise had accomplished its purpose. The students were happy with themselves and one another. That group of students moved on.

Several years later, one of the students was killed in Vietnam and his teacher attended the funeral of that special student. She had never seen a serviceman in a military coffin before. He looked so handsome, so mature.

The church was packed with his friends. One by one those who loved him took a last walk by the coffin. The teacher was the last one to bless the coffin.

As she stood there, one of the soldiers who acted as pallbearer came up to her. 'Were you Mark's math teacher?' he asked. She nodded: 'yes.' Then he said: 'Mark talked about you a lot.'

After the funeral, most of Mark's former classmates went together to a luncheon...Mark's mother and father were there, obviously waiting to speak with his teacher.

'We want to show you something,' his father said, taking a wallet out of his pocket. 'They found this on Mark when he was killed. We thought you might recognize it.'

Opening the billfold, he carefully removed two worn pieces of notebook paper that had obviously been taped, folded and refolded many times. The teacher knew without looking that the papers were the ones on which she had listed all the good things each of Mark's classmates had said about him.

'Thank you so much for doing that,' Mark's mother said. 'As you can see Mark treasured it.'

All of Mark's former classmates started to gather around. Charlie smiled rather sheepishly and said, 'I still have my list. It's in the top drawer of my desk at home.'

Chuck's wife said, 'Chuck asked me to put his in our wedding album.'

'I have mine too,' Marilyn said. 'It's in my diary.'

Then Vicki, another classmate, reached into her pocketbook, took out her wallet and showed her worn and frazzled list to the group. 'I carry this with me at all times.' Vicki said and without batting an eyelash, she continued: 'I think we all saved our lists'.

That's when the teacher finally sat down and cried. She cried for Mark and for all his friends who will never see him again.

The density of people in society is so thick that we forget that life will end one day. And we don't know when that one day will be.

So please, tell the people you love and care for, that they are special and important. Tell them, before it is too late.

And One Way to Accomplish This is: forward this message on. If you do not send it, you will have, once again passed up the wonderful opportunity to do something nice and beautiful.

If you've received this, it is because someone cares for you and it means there is probably at least some one to whom you care.

Therefore, I'm writing this into the Chatter because I do care about all of you who were in Crystal City Internment Camp with me...and for those whom I've met before, during and after WW II...Thank you! And thank you Akio Tanaka for sending this to me.

10 Super Foods

1. **Sweet Potatoes...**One of the best vegetables you can eat...loaded with carotenoids, vitamin C, potassium, and fiber.
2. **Mangoes...**Just one cup of mango supplies 100% of day's vitamin C, 1/3 of a day's vitamin A, a decent dose of blood-pressure-lowering potassium, and 3 grams of fiber.
It is one of the fruits least likely to have pesticide residues.
3. **Unsweetened Greek yogurt...**Non-fat plain Greek yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or your favorite breakfast cereal.
4. **Broccoli...**has lots of vitamin C, carotenoids, vitamin K, 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. Wild caught salmon has less PCB contaminants than farmed salmon.
6. **Crispbreads...**Whole-grain rye crackers, like Wasa, Kavi, and Ryvita - usually called crispbreads - are loaded with fiber and often fat-free. Drizzle with a little honey and sprinkle with cinnamon to satisfy your sweet tooth.
7. **Garbanzo Beans...**all beans are good beans...rich in protein, fiber, iron, magnesium, potassium, and zinc. They're so versatile...just drain, rinse, and toss a handful on your salad into stew curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.
8. **Watermelon...**is a heavyweight in the nutrient department...about 2 cups has 1/3 of day's vitamin A and C, potassium, and healthy dose of lycopene for only 80 fat-free, salt-free calories.
9. **Butternut Squash...**Steam a sliced squash, or buy peeled diced butternut squash...bake in oven or stir-fry, or in a soup...lots of vitamins A and C and fiber.
10. **Leafy Greens...**Kale, collards, spinach, turnip greens, mustard greens, and Swiss chard...are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and K, folate potassium, magnesium, calcium, iron, lutein, and fiber. Serve with a splash of lemon juice or red wine vinegar.

Tea

Research shows that tea drinkers can enjoy greater protection from heart disease, cancer, and stress, no matter what type of brew they choose. Experts say the antioxidants in tea leaves confer major health benefits. That's why we admire how these creative cooks went beyond the cup to find tasty ways to meld tea with their appetizers, meals, and desserts:

Steep in soup...Krissy Fulton of the food blog *Make It Naked* steeps four to six green tea bags in chicken broth for five to eight minutes for an Asian-inspired infusion.

Bread chicken...Season chicken with tea leaves as you would salt, pepper, and other spices before dredging in flour and pan-frying. *Fincooking.com* suggests a black tea called lapsang souchong for its smoky, bold flavor.

Spice up cookie batter...Faith Durand of the *kitchen.com* adds one tablespoon of finely ground Earl Grey into a basic sugar cookie recipe. Almost any type of tea, from green to masala chai, will work.

I'll drink my tea, the old fashioned way...not in cookies, soup or breading a chicken. thank you...it may all taste great, and probably very healthy for you!!! ..but mama taught me how to make real good tea...also was taught by Yamashita Sensei...now that is really learning it from a tea-master...but hey, if people like cooking with tea, to each their own.!!!

3 Ways to Supercharge the Healing Power of Green Tea

You already know that green tea is good for you...it's loaded with super antioxidant EGCG, which packs 20 times the free-radical fighting power of vitamin C? But did you know you can turbocharge the healing power of green tea even more? It's easy...just...

1. **Add ginger!** Ginger contains potent anti-inflammatory compounds called **gingerols**, which are chemically similar to NSAIDs, but without the dangerous side effects. Studies show 75% of arthritis patients experience significant pain relief and reduced joint swelling after consuming ginger.
2. **Add hibiscus leaves!** New research shows that drinking hibiscus tea can drop your blood pressure frp, 160/115 to 145/95 in just 12 days. This is huge! (Cont'd on page 8)

(Cont'd from page 4, "Healing Power of Tea")

3. Add pomegranate juice! In a recent study, men who had undergone treatment for prostate cancer drank 8 ounces of pomegranate juice a day. Not only did they have significantly lower PSA (prostate specific antigen) levels, but none of the prostate cancers spread to the rest of the body. None!

So why settle for an ordinary cup of green tea when you can drop your cholesterol, reduce arterial plaque...reverse prostate cancer...and protect your joint cartilage.!

Again, I guess I'll drink my green tea as green tea and enjoy pomegranate juice as is!!

Amazing Anti-Inflammation Tea

Combine green tea and ginger for double the inflammation-fighting power!

- * Bring 4 cups of water to a boil
- * Take a 2 inch piece of ginger, peel, slice it, and add it to the pot.
- * Boil for an additional 30 to 60 seconds.
- * then add 4 green tea bags or 4 Tablespoons of loose green tea in an infuser.
- * Remove pan from heat and steep for 2 to 3 minutes.
- * Then add a teaspoon of D-ribose (found in health food stores) for sweetness.
D-ribose energizes the body by boosting ATP production. And boosting ATP is one of the best ways to repair weakened or damaged cells.

Body's Mysteries Solved

Why we wake up with gunk in our eyes... That crusty stuff is actually just dried tears...your tear glands are constantly watering your eyes to flush out irritants. "While you're awake, the act of blinking wipes tears away before they can build up...but when your eyes are closed at night the dried tears accumulate inside the corners."

Why goose bumps occur during scary movies... Goose bumps are produced by piloerection, a reflex that contracts the muscles around the base of each hair follicle, causing the hair to stand up (and small bumps to emerge). Back when humans were hairier, piloerection had two benefits: It helped keep us warm by trapping heated air close to the skin, and in scary situations, it made us look bigger and more threatening (like a spooked cat puffing up its fur). Watching a horror flick in an air-conditioned theater provides the perfect setup for piloerection: You're not only frightened, but you're also probably freezing.

Why do fingers and toes wrinkle in the water? The top layer of your skin absorbs more water than the layers beneath, increasing its surface area. Since the newly baggy skin is still attached to the non-bloated layers, it bunches up, causing a prunelike effect. Fingers and toes are especially prone because of their thicker shell of dead keratin, an absorbent protein on the skin's outer layer.

Why does it seem as if mosquitoes find me more delectable than other people? It doesn't just seem that way. The bloodsuckers are drawn to a tasty dinner by a variety of signals, including heat, carbon dioxide, movement, and the smell of skin secretions like lactic acid. One study even found that mosquitoes tend to prefer people who have recently downed a beer. No one knows what precise combination mosquitoes find the most irresistible, but if you seem to be their meal of choice, wear repellent and pass on the brew.

Why one can't stop biting their nails? Casual nibbling may have evolved as a type of self-grooming, like when an animal bites or scrapes down its claws. It may also be a soothing ritual for when you're stressed, similar to sucking your thumb. But some people take this habit too far, gnawing away until their nail beds are painful or bleeding. If you're overchomping, seek the help of a doctor or cognitive behavioral therapist to help you break the habit.

Why do men get more hair in some places and less in others as they get older? It's caused by dihydrotestosterone (or DHT), a sex hormone to which some men are genetically predisposed to become sensitive. When that sensitivity develops, the hormone often causes the hair follicles on the head to shrink and follicles elsewhere, like on the back or in the ears or nasal passages, to become stimulated.

What are hiccups, exactly, and how can I stop them? A hiccup is an involuntary contraction of the diaphragm and the muscles between your ribs. Any short-term hiccupping is called a "bout" and is usually the result of over-eating or drinking carbonated beverages (other causes include sudden excitement, stress, or too much alcohol). Traditional remedies for the bouts include (Cont'd on page 9)

("Body's Mysteries Solved" cont'd from page 8)

holding your breath, sipping cold water; gargling, swallowing a teaspoon of dry sugar, gently pressing on your eyeballs, or leaning forward to compress your chest. If your hiccups last more than 48 hours, see a physician.

Why nose run when it's cold outside?.. Your nose helps perform a kind of climate control by heating and humidifying the air that you inhale so that it better match the moist, warm conditions inside your lungs. glands in your nose dilate to warm the incoming air, acting like miniature radiators. When you breathe super-frigid air, those phenomena are amplified, leading to runniness. There are two reasons why: cold air tends to be drier, which causes the glands in your nose to produce more secretions. Second, when you exhale warm, moist air out into the cold world, some of the moisture condenses into droplets of water, which collect at the tip of the nose and add to the drip.

What causes bad breath? Typically, the culprit is your tongue -- or, to be more specific, the white film that builds up on your tongue while you sleep. 60 percent of halitosis cases can be attributed to bad-smelling sulfuric compounds produced by this later of microorganisms and dead cells. The solution: Try regularly brushing your tongue, back to front, using a soft-bristled toothbrush.

Why do I lose so much hair when I shampoo? Most people lose 100 to 150 strands each day; the longer the strands, the more dramatic their appearance when you find them on your brush or in the drain. (And if you don't brush or wash your hair every day, the loss will seem greater on days when you do.) If you think you're losing an excessive amount -- you're no longer able to style your hair as you normally would, for example -- then see your doctor. You're most likely developing run-or-the-mill pattern baldness (which can affect both men and women, but there could be an underlying medical condition, like lupus or a thyroid disorder, at play).

Why do I huff and puff climbing stairs when i can easily run a mile on a treadmill? As anyone knows, it's a lot easier to pull a heavy object along a flat surface than it is to pick one up. When you run on a treadmill, you're barely lifting any of your body weight up and down. Walking up a typical 45-degree staircase, on the otherhand, requires you to move 70 percent of your body weight against gravity.

What is earwax? and why do we need it? Earwax is made up of moisturizing oils, infection-fighting enzymes and dead skin. And though the substance may be unsavory, most of the time, we should let our ear wax be. "When you try to remove it using Q-tips or your finger, the result is like packing a musket: You keep pushing the earwax in deeper, where it gets stuck and hardens. Instead, clean your ears while showering by gently tugging the lobes, which straightens the ear canal and allows water to wash away excess wax.

Why do fingernails grow faster than toenails? We know that fingernails grow about 3 times as fast toenails and that the fingernails of your dominant hand grow more rapidly than those of your nondominant hand. What we don't know for sure is why. the most accepted theory is that since you use your fingers more than your toes *and your strong hand more than your weak one), the faster nail growth might result from the body's attempt to repair whichever parts are undergoing the most "trauma" (from activities like pecking out texts or digging for car keys).

Why do people ache more as they get older? The older you are, the more likely you are to develop arthritis. The Arthritis foundation estimates that 27 million Americans suffer from the most common form, osteoarthritis, which is caused when cartilage - the connective tissue that cushions our joints - begins to break down. Without this protective padding, bones can rub together, causing stiffness and pain. Older adults are also more likely to develop a condition called bursitis, in which the bursa -- the fluid-filled sacs that reduce friction where tendons slide over bones - become inflamed. The good news? Increasing your activity level may make the symptoms milder (and help you feel better).

Why is it impossible to tickle yourself? The answer lies within the brain's cerebellum, which helps to monitor body movement. Scientists from University College in London found that the cerebellum can predict hows self-administered touches will feel and alerts other tickle-sensitive areas of the brain. since a truly successful tickle requires an element of surprise, this early-warning system makes self-tickling an exercise in futility.

Why do I cry when I chop onions? Tears are caused by the release of a chemical called a lacrimator (which sounds like a supervillain but is actually from the Latin verb "to cry"). When you slice into an onion, the chemical is expelled into the air, and once it reaches your eyes and nose, it breaks down into irritating compounds that attack the nerve endings there. Your eyes produce tears, likewise, your nose.

Failures...But Not Quite

She didn't let an embarrassing stammer keep her from developing into a top pop singer. Stage fright was more difficult to overcome. After collapsing at a concert, she refused to make public appearances for seven years.

She consoled herself by writing and recording music. Later, she wrote five successful children's books. She married fellow singer-songwriter James Taylor and had two children before the marriage ended in divorce in 1983.

She appeared on *Saturday Night Live* in a taped, not live, appearance, as she continued her battle with stage fright.

She successfully contributed to several film scores, including the songs "If it Wasn't Love" and "Two Looking At One."

Finally, Carly simon won an Oscar, a Grammy and a Golden Globe for the theme song for the movie, *Working Girl*.

* * * * *

Aging

Theodore Francis Green

Most people say that as you get old, you have to give up things. I think you get old because you give up things.

I don't suffer from insanity: I enjoy every minute of it.

Stumbling is not a bad thing. It means you were on the move, instead of sitting down doing nothing.

* * * * *

Crystal City Chatter

Camarillo, CA 93010



Satomi Koga Ishida

San Francisco, CA 94116

