

Crystal City Chatter

Issue 114

August 2012

Gov. Brown of California Proclaims Day of Remembrance *Los Angeles Times*

Gov. Jerry Brown issued the following proclamation on Sunday, Feb. 19th, 2012.

"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. 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 here-unto set my hand and caused the Great Seal of the State of California to be affixed this 19th day of February 2012."

A Day of Remembrance

At its meeting Tuesday, the Los Angeles County Board of Supervisors solemnly proclaimed Sunday, February 19, a Day of Remembrance throughout Los Angeles County to mark the 70th anniversary of the signing of Executive Order 9066 by President Franklin D. Roosevelt, which forced over 120,000 Japanese Americans from their homes and businesses and incarcerated them without charge or trial under the pretext of national security.

"Seventy years ago this month, the signing of Executive Order 9066, engaged our government in mass violation of constitutional rights of thousands of United States citizens and legal residents," said supervisor Mark Ridley-Thomas. "It is vital that we acknowledge and remember the struggles of Japanese American internees to prevent this type of social injustice from repeating itself."

I guess it's better late than never...however, one can never recover the loss our Isseis and Niseis suffered...but again, this is "shikataganai neh"...

Crystal City Internment Camp

I received "Footprints" put out by the Japanese American Historical Society of San Diego, from Chiyo Hayakawa Masumoto and Alice Nishii Matsumoto. It wrote about our camp Crystal City, that it was run by the Justice Department instead of the WRA...its location in Texas and its being the "Spinach Capitol of the World" with a statue of Popeye symbolizing the town's status...that the guards were not soldiers but government employees.

Several San Diego and former San Diego families were interned in Crystal City. Among those were Sachio Yamamoto, Hideko "bubbles" Shimasaki; Saburo and Kik Uyeji, Alice Nishii Matsumoto, Roy and Aiko Muraoka, Stanley and Mary Tsunoda, Henry, George, Ayako and Sayoko Hosaka, Sumi, Hisa and Art Kubo and Chiyo Hayakawa Masumoto...and had articles about Sachio Yamamoto, Bubbles Shimasaki, and Sab Uyeji.

I appreciate both Chiyo and Alice for giving me this newsletter about our camp and friends. Thanks!!!

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 kmenus 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."

Extra Crystal City Book Available

The Crystal City Booklet by Sat Ichikawa is available...his sister Ets Osaki order more issues and said unfortunately, the price is a dollar more...\$8.00 instead of \$7.00...however, it's still a bargain and if you haven't gotten any, get it for your children, grandchildren so they will know what their family went through during World War II...It is of utmost importance that the future youngsters know what the Isseis and the Niseis had to go through...and how we not only survived but have achieved successful lives.

Her address is: Ets Osaki

Portland, OR 97230

Also she sent me a photograph of her 8th grade graduating class of 1944...thattheir class was closs-knit class and they had done many things together...that she tried contacting many of them and found that many of her best friends were no longer able to communicate -- Ida Kuge Morikawa and Ruby Yamamoto Akiyoshi were two of them...another good friend, Mabel Higashi was gone...Hiroshi Marui was in a nursing home. The years had taken their toll.

The four who sent her stories all led interesting and productive lives. they are Tau Okamoto, Sachi Imamura Kumagai, Dale Ikeuye and Hideko "bubbles" Tsuida Shimasaki...Most live in California. Tau lives in Illinois, Sachi in Iowa, and Ets in Oregon. She had no information on the two German girls.

Keep the Shiny Side Up, and the rubber side Down! *by a 90 years old woman*

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written.

My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. Don't compare your life to others. You have no idea what their journey is all about.
13. If a relationship has to be a secret, you shouldn't be in it.
14. It's okay to let your children see you cry.
15. Everything can change in the blink of an eye. but don't worry: god never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood, but the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words: "In five years, will this matter?"
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. time heals almost everything. give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. Don't audit life. Show up and make the most of it now.
35. god loves you because of who God is, not because of anything you did or didn't do.
36. Growing old beats the alternative - dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.

"Keep the Shiny side Up, and the Rubber Side Down", cont'd from page 3)

40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time...You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yieki.
45. Life isn't tied with a show, but it's still a gift.

Eggplant

Do you know that eggplant and cholesterol are closely related?

There are three kinds of eggplant...green, white and purple...all has the same capabilities.

Eggplant contains vitamin A, B1, B2, C and fat proteins. Scientific experiments indicate eggplant is rich in vitamin P.

Each kg pf eggplant contains up to 7200 mg of Vitamin P.

Within the popular health food category, it is described as outstanding.

Vitamin P can enhance the adhesion between human cells, lower cholesterol, and maintain the tenacity of microvascular (blood capillary). For the elderly, eating eggplant can inhibit vascular sclerosis at the same time, lower high blood pressure and has the special features of microtubule breakdown prevention.

In the American Medical profession, "The 12 laws of lowering cholesterol" eggplant ranked the first. In fact, eggplant not only can lower cholesterol and high blood pressure, soften blood vessels but also contain anti-cancer ingredients.

It is known in modern science that eggplant contains "solanine". "Solanine" can inhibit the proliferation of tumor in the digestive system.

Experts recommend cancer patient to eat eggplant as a regular food.

Eggplant, in the diet category, has more value than above-stated; it also can control hemoptysis, age spots, bad hyperlipedemia and also has certain effectiveness on gout patients.

The best way to eat eggplant is - preferably not fried...Rinse the eggplant, cut it into slices, put it into ricebowl and steam. On serving, stir it with chopped ginger and spring onion, garlic, sesame oil and soy sauce.

It is a colorful, delicious and flavor cuisine and also is a healthy food for the elderly!

Heart Attack and Water Harold Fujimoto (from Rafu Shimpo)

"Something I didn't know...I asked my doctor why do I and other people urinate so much at nighttime. The answer from my cardiac doctor: Gravity holds water in the lower part of the body and when you are upright, legs swell. When you lie down and the lower body (becomes) level with the kidneys, it is then that the kidneys remove the water because it is easier.

This then ties in with the last stament. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

"Correct time to drink water, very important, from a cardiac specialist. Drinking water at a certain time maximizes its effectiveness on the body: Two glasses of water after waking up helps digestion. One glass of water before going to bed avoids stroke or heart attack. My physician also told me that water at bedtime will also help prevent nighttime leg cramps."

Sounds good but drinking water bedtime means getting up to go to the bathroom between sleep. I wake enough time during the night w/o drinking bedtime...but it probably works better when you're younger...and I passed my youthful days long long ago.

* * * * *

It's nice to be important...but it's more important to be nice.

An onion can make people cry...but there's never been a vegetable that can make people laugh.

Make new friends but keep the old ones; one's silver and the other's gold.

Laughter is a tranquilizer with no side effects.

Cucumbers

Cucumbers contain most of the vitamins you need every day. Just one cucumber contains Vitamin B-1, Vitamin B-2, Vitamin B-3, Vitamin B-5, Vitamin B-6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and - inc.

Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.

Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes...the phytochemicals in the cucumber causes the collagen in your skin to tighten, firming up the outer layer and reducent the visibility of cellulite. Works great on wrinkles too!!!

Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!!

Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe...its chemicals will provide a quick and durable shine that not only looks great but also repels water.

Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water. The chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 secons to eliminate bad breath, the phytochemicals will kill the badterria in your mouth responsible for causing bad breath.

Looking for 'green'way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean... not only will it remove years of tarnish and brink back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls.

Thanks to Robert Shimatsu for this article...

Avocado For Cholesterol

Cut your chelesterol nearly in half with avocado...It can lower your cholesterol up to 42%...It turns out avocados are positively packed with heart-healthy omega-9 fatty acids -- and they're rich in a compound called *beta-sitosterol*, which has been shown to lower cholesterol in 16 different studies.

Heart Attack?

Call 911 and chew an aspirin! While you're waiting for help to arrive, squeeze the pinky on your left hand HARD! This acupressure procedure has been said to save lives.

Both optimists and pessimists contribute to our society. The optimist invents the airplane and the pessimist the parachute.

gil Steen

Animal Antics

Stephanie Oba, DVM

It never ceases to amaze me the kinds of trouble dogs and cats can get themselves into. Here are examples of what I've seen as a private practice veterinarian.

Are lilies toxic? Lilies are popular flowers in springtime bouquets. But did you know that they are especially poisonous to cats? All parts are toxic -- petals, leaves, pollen and even the water in the vase. Unfortunately, the exact poison remains unidentified.

Small amounts of pollen licked from their fur while doing their normal grooming ritual can be toxic to cats. Symptoms of lily poisoning include salivation, vomiting, decreased appetite and lethargy. Later signs may be increased thirst and urination, severe debilitating dehydration and eventually death.

Acute kidney failure may result within one to two days. It doesn't take much to cause damage. If the exposure is left untreated, death is the most likely result.

Treatment for suspected lily poisoning is to decontaminate, first, by bathing the pet, followed by IV fluids, and close monitoring of blood kidney values and urine.

Rapid treatment is essential if you want a happy outcome. Advanced cases may require dialysis and even a kidney transplant handled at specialty centers. When advanced symptoms are visible, the chances of saving your pet are not good.

Are chicken jerky treats safe? Honestly, I avoid all jerky treats. If your dog tears into any jerky treat without chewing well, it may get stuck in their throat, stomach or intestines. Watch out for the treats made in China. They are definitely poisonous and can cause kidney failure. The actual cause of illness has not yet been identified.

Symptoms are the same as for lilies. Fortunately, most pets recover, although there have been reported deaths.

Is my coffee habit dangerous to my pet? Caffeine in coffee, tea, sodas and coffee beans can be toxic to your pet. Caffeine toxicity causes mild to severe hyperactivity, restlessness, vomiting, increased blood pressure, increased heart rate, arrhythmias, tremors, seizures, collapse and increased body temperature.

For treatment, your vet will decontaminate by inducing vomiting and giving several doses of activated charcoal. Intravenous fluids help to eliminate the toxin from their body. Blood pressure, heart abnormalities and seizures are treated symptomatically.

Is xylitol safe? This is a tricky one because I've seen xylitol in many well respected products. Unfortunately, xylitol is unsafe for pets. This sugar substitute found in many sugar free products (chewing gum, breath mints, candies and baked goods) are also in pet dental products.

Xylitol will cause a sudden drop in blood sugar in pets. Signs to look for are loss of coordination, vomiting collapse and seizures. Liver failure may result.

Treatment for xylitol toxicity is to give sugar supplementation and supportive care. Symptoms usually occur so rapidly that there is usually not enough time to induce vomiting or give activated charcoal safely.

What about chocolate? This is the most common household poisoning I've observed. We all know that everyone loves chocolate, even dogs. Chocolate is toxic when eaten in a high enough quantity. However, even when a lower dose is consumed, your dog may still become ill from indulgence.

Gastrointestinal disturbances and pancreatitis may also result. White chocolate has very little theobromine, the actual poison, and usually won't cause a problem. The darker the chocolate, the more dangerous it can be. Dark chocolate and baker's chocolate are the dog's worst enemies. Signs of chocolate toxicity are vomiting, diarrhea, abnormal heart rhythm, seizures and collapse.

Treatment consists of inducing vomiting and giving multiple doses of activated charcoal. The fastest method may be IV fluids to clear the theobromine from the body. Sedatives and heart medications may also be necessary if your pet is experiencing any of these problems.

Exposure to tempting foods and playful environments requires you to be aware and responsible for your pet's overall well-being and care. Just like being a parent!

Human Foods That are Dangerous for Dogs and Cats

- * Some human foods can cause serious illness (and even death) in dogs and cats.
- * Pets should not be given human food unless recommended by your veterinarian.
- * If you suspect your pet may have eaten a dangerous food, contact your veterinarian immediately.

What Do I Need to Know About Foods that Are Dangerous for My Pet?

A number of human foods are dangerous to pets. Many of these foods may seem tasty to our pets but can prove deadly if eaten. It can be very tempting to offer pets food from the table, but pets should not be given human food unless recommended by your veterinarian.

If you suspect your pet may have eaten a dangerous food, contact your veterinarian immediately. In many cases, early recognition and treatment are critical.

Xylitol

Xylitol is an artificial sweetener found in products such as gum, candy, mints, toothpaste, and mouthwash. Xylitol is harmful to dogs because it causes a sudden release of insulin in the body that leads to hypoglycemia (low blood sugar). Xylitol can also cause liver damage in dogs. Within 30 minutes after eating the dog may vomit, be lethargic (tired), and/or be uncoordinated. However, some signs of toxicity can also be delayed for hours or even for a few days. Xylitol toxicity in dogs can be fatal if untreated. It is unknown whether xylitol is toxic to cats.

Chocolate, Coffee, and Caffeine

Chocolate contains theobromine, a chemical that is toxic to dogs in large enough quantities. Chocolate also contains caffeine, which is found in coffee, tea, and certain soft drinks. Different types of chocolate contain different amounts of theobromine and caffeine. For example, dark chocolate and baking chocolate contain more of these compounds than milk chocolate does, so a dog would need to eat more milk chocolate in order to become ill. However, even a few ounces of chocolate can be enough to cause illness in a small dog, so no amount or type of chocolate should be considered "safe" for a dog to eat. Chocolate toxicity can cause vomiting, diarrhea, rapid or irregular heart rate, restlessness, muscle tremors, and seizures. Death can occur within 24 hours of ingestion.

Grapes and Raisins

Grapes and raisins can cause acute (sudden) kidney failure in cats and dogs. It is unknown what the toxic agent is in these fruits. However, clinical signs can occur within 24 hours of eating and include vomiting, diarrhea, and lethargy (tiredness). Other signs of illness relate to the eventual shutdown of kidney functioning.

Avocados

The avocado tree leaves, pits, fruit, and plant bark are likely all toxic. Clinical signs in dogs and cats include vomiting and diarrhea.

Garlic and Onions

Garlic and onions contain chemicals that damage red blood cells in cats and dogs. Affected red blood cells can rupture or lose their ability to carry oxygen effectively. Cooking these foods does not reduce their potential toxicity. Fresh, cooked, and/or powdered garlic and/or onions are commonly found in baby food, which is sometimes given to animals when they are sick, so be sure to read food labels carefully.

Macadamia Nuts

Macadamia nuts are common in candies and chocolates. The mechanism of macadamia nut toxicity is not well understood, but clinical signs in dogs include depression, weakness, vomiting, tremors, joint pain, and pale gums. Clinical signs can occur within 12 hours after eating. In some cases, signs can resolve without treatment in 24 to 48 hours, but patient monitoring is strongly recommended.

Prevention

Many cases of human food toxicity in pets are accidental. A pet may find and chew on a package of gum or candy, or steal food from a countertop or table. The best way to prevent this is to keep all food items in closed cabinets or in areas that are inaccessible to pets. This may be particularly difficult during the holiday season, when more candy, chocolate, fruit baskets, and other food items are around. During these times, increased vigilance can help prevent pets from finding and eating dangerous foods.

(Cont'd on page 8)

("Human Foods That Are Dangerous for Dogs and Cats" Cont'd from page 7)

Unfortunately, some cases of food toxicity in pets occur when pets are given a human food that contains a dangerous component. In general, human food items should not be given to pets unless recommended by your veterinarian. Children should also be taught to never give candy, gum, or other human food items to pets. For more information on human foods that are dangerous for pets, visit the ASPCA (American Society for the Prevention of Cruelty to Animals) Animal Poison Control Center.

If you suspect that your pet has eaten a potentially hazardous item, contact your veterinarian immediately.

A Medical Dictionary

Artery	The Study of paintings
Bacteria	Back door of a cafeteria
Barium	What doctors do when a patient die
Bowel	A letter like a, e, i, o, or u.
Ceasarean Section	A neighborhood in Rome
CAT Scan	Searching for a kitty
Cauterize	Had eye contact with her
Colic	A sheep dog
Coma	A punctuation mark
D & C	Where Washington is
Dilate	To live long
Enema	Not a friend
Fester	Quicker
fibula	A small lie
Genital	Not a Jew
G.I. Series	A soldier's ball game
Hangnail	Coat hook
Impotent	Distinguished, well known
Labor Lain	Getting hurt at work
Medical Staff	A Doctor's cane
Morbid	A higher offer
Nitrates	Cheaper than day rates
Node	Was aware of
Outpatient	A person who has fainted
Pap smear	A fatherhood test
Pelvis	A cousin to Elvis
Post Operative	Letter Carrier
Recovery room	Place to do upholstery
Rectum	Dang near killed 'em
SEcretion	Hiding something
Seizure	Roman emperor
Tablet	small table
Terminal illness	Getting sick at the airport
Ultrasound	Good music
Udrine	Opposite of "You're out"
Varicose	Near by

Mr. & Mrs. Imakita

Many of you never knew Mr. and Mrs. Imakita...they were the two POW's who were placed into our CC camp in 1944...they lived in one of their seven Marshall Islands...and were captured there just as they were about to kill themselves...however, the U.S. Navy men captured them before they were able to shoot themselves...and were shaved and searched everywhere to see if they hid any secrets within their bodies.

When they came into our camp, Mrs. Imakita's hair had grown an inch...she became a very good friend of my mother...we heard of the many storms they weathered on their islands...they were harvesting "copra" or coconut oil...and often the Japanese Navy came by to pick up fresh water and livestock, like chickens and pork...she trained in Kyoto as a geisha and knew the arts of Japanese dance and shamisen, etc...and was a very interesting person...

One day on the island, when the Japanese Naval ship came, she heard someone calling her "Oka-san" she saw that it was her younger son 16 years old...and asked him why he was in the Navy when he wasn't of age...he replied to her that the Japanese Government said that she had written a letter allowing him to join the Japanese Navy...she said she never wrote such a letter...but I guess Japan was desperate for men to fight the war.

Her husband was deaf because of the bombings on their island, it affected his hearing...so whenever there were bombings, Mrs. Imakita tied a rope around his waist and pulled him toward the bomb shelter.

Mrs. Imakita lost two sons who were taken into the Japanese Navy...however, she had a daughter in Kyoto so after the war she went to Japan with us and reunited with her daughter...

Before she left Crystal City, we had one last entertainment night, and she taught me a classical dance and put up my pigtails in "chon-mage", the Samurai hair-do...and I danced my last dance there and for encore, Kazuko Shimahara taught me "Kansuma-san's 'Tsumagoe-dochu'"...which most of the audience loved...

I'm sure Mrs. Imakita was glad that she didn't commit suicide...and was able to be with her daughter again. My mother and I really enjoyed her.

Senior Discount Restaurants

Did you know that there are many restaurants that give senior citizens discount? You must ask for the "Senior discount" at the time of ordering...the following are the restaurants with their discounts:

Applebee's:	15% off with Golden Apple Card (60+)	Steak 'n Shake	10% off or free bev. (60+)
Arby's:	10% off (55+)	Subway	10% off (60+)
Ben & Jerry's	10% off (60+)	Sweet Tomatoes	10% off (62+)
Bennigan's	Discount varies by location (60+)	Taco Bell	5% off; free beverage or seniors (65+)
Bob's Big Boy	Discount varies by location (60+)	TCBY	10% off (55+)
Boston Market	10% off (65+)	Tea Room Cafe	10% off (55+)
Burger King	10% off (60+)	Village Inn	10% off (60+)
Chick-Fil-A	10% or free small drink or coffee (65+)	Waffle Inn	10% every Monday (60+)
Chili's	10% off (55+)	White Castle	10% off (62+)
CiCi's Pizza	10% off (60+)		
Denny's	10% off, 20% off for AARP members (55+)		
Dunkin' Donuts	10% off or free coffee (55+)		
Einstein's Bagels	10% off baker's dozen or bagels (60+)		
Fuddruckers	10% off any senior platter (55+)		
Gatti's Pizza	10% off (60+)		
Golden Corral	10% off (60+)		
Hardee's	\$0.33 beverages everyday (65+)		
IHOP	10% off (55+)		
Jack in the Box	up to 20% off (55+)		
KFC	Free small drink with any meal (55+)		
Krispy Kreme	10% off (50+) Cousin Caathy, How's that?		
Long John Silver's	Various discounts at locations (55+)		
McDonald's	Discounts on coffee everyday (55+)		
Mrs. Fields	10% off at participating locations (60+)		
Shoney's	10% off Sonic: 10% off or free beverage (60+)		

Failures...But Not Quite

She was a housewife with five children and a \$50-a-week part-time job. Her first goal was to write a funny book. She ended up writing four best-sellers before becoming a stand-up comic. She volunteered to perform for charities, gradually building up her courage to go on stage as a comic. She moved onto the big stage and has been headlined in virtually every major city in the United States. She has also appeared as a piano soloist with 100 symphony orchestras across the country. She writes her own rapid-fire comedy routines and recently celebrated 60 years in show business, though she was 37 when she began her career.

She has appeared in 16 movies, scores of television shows, recorded five comedy albums and is a woman loved and admired by millions.

Phyllis diller has been honored by many organizations for her patriotic, philanthropic and humanitarian work.

* * * * *

leisure

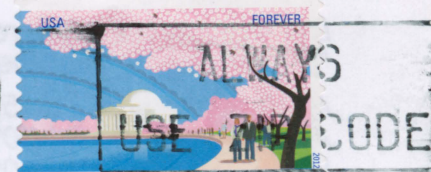
George Adams

You can go to doctors until the last cow has been placed in its shed. You can journey the earth in search of peace of mind. You can experiment with a dozen theories, hoping for a relief from worries, or the problems which beset you, but unless you learn to relax you will end up disappointed.

Tension is a killer. Just relax and note the immediate effect. One of peace and ease of mind. One in which every organ of the body joins in. In relaxation there is unity of mind, body and spirit.

* * * * *

sumi shimatsu
CRYSTAL CITY CHATTER
 [Redacted]
 Camarillo, CA 93010



Satomi Koga Ishida
 [Redacted]
 San Francisco, CA 94116

