

# Crystal City Chatter

Issue 118

August 2013

Hi Everyone...I had on the last issue of the Chatter, placed a \$25.00 per year fee for subscription to this newsletter...I felt it was reasonable amount to ask to cover the \$200.00 copying fee, and over \$200. for postage each quarterly issue that I have been putting out. There were always the faithful group of CC friends who have donated to the Chatter however, most have not. Over half of the people never donated toward the expense, therefore, after this, if I do not receive at least the \$25.00 annually for the Chatter, I will drop all those who never donated from the list. Probably those who never donated probably never even read the Chatter so it's probably no skin off...So I feel it's only fair to let you know what will occur with the Chatter. I guess I should have done this long time ago, but was thinking that free will of the people should be in place and donation would come thinking that the readers care enough to pay towards the expense. So many thanks to those who always sent their donation in...because of you, the Chatter continued.

## Bob Fletcher Dies at 101; Helped Japanese-Americans

Bob Fletcher, a former California agriculture inspector who, ignoring the resentment of neighbors, quit his job in the middle of WW II to manage the fruit farms of Japanese families forced to live in internment camps, died on May 23 in Sacramento. He was 101.

His death was confirmed by Doris Taketa, who was 12 when Mr. Fletcher agreed to run her family's farm in 1942, the year she and her extended family were relocated to the Jerome War Relocation Center in Arkansas.



After Japan bombed Pearl Harbor on Dec. 7, 1941, the United States government forced 120,000 Japanese-Americans on the West Coast out of their homes and into internment camps for the duration of the war.

Near Sacramento, many of the Japanese who were relocated were farmers who had worked land around the town of Florin since at least the 1890's. Mr. Fletcher, who was single and in his early 30s at the time, knew many of them through his work inspecting fruit for the government. The farmers regarded him as honest, and he respected their operations.

After President Franklin D. Roosevelt signed an executive order in February 1942 that made the relocation possible by declaring certain parts of the West to be military zones, Al Tsukamoto, whose parents arrived in the United States in 1905, approached Mr. Fletcher with a business proposal: would he be willing to manage the farms of two family friends of Mr. Tsukamoto's, one of whom was elderly, and to pay the taxes and mortgages while they were away? In return, he could keep all the profits.

Mr. Fletcher and Mr. Tsukamoto had not been close, and Mr. Fletcher had no experience growing the farmer's specialty, flame tokay grapes, but he accepted the offer and soon quit his job.

For the next three years he worked a total of 90 acres on three farms – he had also decided to run Mr. Tsukamoto's farm. He worked 18-hour days and lived in the bunkhouse Mr. Tsukamoto had reserved for migrant workers. He paid the bills of all three families – the Tsukamotos, the Okamotos and the Nittas. He kept only half of the profits.

Many Japanese-American families lost property while they were in the camps because they could not pay their bills. Most in the Florin area moved elsewhere after the war. When the Tsukamotos returned in 1945, they found that Mr. Fletcher had let them money in the bank and that his new wife, Teresa, had cleaned the Tsukamoto's house in preparation for their return. She had (cont'd on page 2)

"Bob Fletcher Dies at 101" cont'd from front page.

chosen to join her husband in the bunkhouse instead of accepting the Tsukamotos' offer to live in the family house.

"Teresa's response was, "It's the Tsukamotos' house," recalled Marielle Tsukamoto, who was 5 when she and her family were sent to the Jerome center.

Ms. Tsukamoto is now the president of the Florin chapter of the Japanese American Citizens League. Her mother, Mary Tsukamoto, was a teacher, activist and historian who, with Elizabeth Pinkerton wrote "We the People: A Story of Internment in America."

Mr. Fletcher's willingness to work the farms was not well received in Florin, where before the war some people had resented the Japanese immigrants for their success. Japanese children in the area were required to attend segregated schools. Mr. Fletcher was unruffled by personal attacks; he felt the Japanese farmers were being mistreated.

"I did know a few of them pretty well and never did agree with the evacuation," he told The Sacramento Bee in 2010. "They were the same as anybody else. It was obvious they had nothing to do with Pearl Harbor."

After the war, resentment against the Japanese in Florin continued. If Mr. Tsukamoto tried to buy a part at the hardware store only to be told that the part was not in stock, he would ask Mr. Fletcher to buy it for him.

Robert Emmett Fletcher Jr. was born in San Francisco on July 26, 1911, when the city was still rebuilding after the great earthquake five years earlier. He attended the University of California, Davis, and later managed a peach orchard before taking the job as a state shipping point inspector.

Survivors include his wife, the former Teresa Cassieri, to whom he married for 67 years; their son, Robert Emmett III; three granddaughters; and five great-grandchildren.

The Fletchers bought their own land in Florin after the war and raised hay and cattle. Mr. Fletcher was a volunteer firefighter in Florin for many decades before becoming the paid fire chief. He was also active in historical groups.

He was never much for celebrating his role in the war, and he noted that other Florin residents had helped their Japanese neighbors.

"I don't know about courage," he said in 2010 as Florin was preparing to honor him in a ceremony.

"It took a devil of a lot of work."

## Tujunga Detention Camp Now a Historical-Cultural Monument

Nancy Oda, (former L.A. educator) and a small group decided to have 'historical status' for Tujunga where many Japanese, also Germans, Japanese Peruvians and Italians were held during WW II..... fought for it becoming a historical place...L.A. City Council, on June 25th unanimously voted to identify the location of Tuna Canyon Detention Station as a Historic Cultural Monument. Only the landscape of oak and sycamore trees remains.

I'm sure many of you in Crystal City had your fathers taken there when they were arrested by the F.B.I. agents...I remember it well...when mother and I visited my father there, a guard sitting by the fence told my folks to "speak only in English"...and mother was five feet away from the fence, and my father was also five feet away from the fence...for a short while it was going well with "Hello papa, How are you?" and "Hello mama, How are you?"...but not knowing enough English to converse, my mother spoke few words in Japanese..."Genki...Daijobu?"...asking if he was well and if everything was okay...but then the guard hearing Japanese words jumped up and held his rifle with bayonet at my mother and I yelled at the guard that she can't speak all English...that all she said was are you well and is everything okay...I was so mad if I could have spit at him, I would have but then, you know that, that wasn't going to help the situation so we all shut up and just looked at each other.

Them were those days huh? It was a long, long ago and I really didn't have any feeling towards the Tujunga camp. It is historic, and I guess it should be remembered, along with all the relocation centers and our Crystal City Internment Camp...our ole camp...where we all met neh.

## Prison Break at Japanese Camp

Tooru Saito

*It's late. It's past midnight. A heavy star laden sky presses down on a lonely highway deep in south-west New Mexico. It's pitch black, except for a dim yellow blush from a cheddar colored moon floating low in the western skies. Here 147 middle aged men in casual clothes plod four abreast down old Highway 40. The air is thin. You can see your breath when you exhale. The men are all on the small side. They're people of Japanese ancestry. The fumes of smoke, steam, and oil still cling to their slept-in clothing, though it's almost an hour since they stumbled down from those deserted tracks that escorted them aboard that all-night train from Bismarck, North Dakota. Those ear-splitting sounds from that rickety old steam engine still ring in their ears. The men are flanked by a platoon of beefy Hakujiin U.S. Army soldiers heavily armed with deadly 12 guage shot guns at the ready.*

*The landscape here is flat for miles. This desert country. This is Lordsburg. The only sounds breaking the silence are the muffled rhythms of the prisoners' shoes on the smooth blacktop and the sporadic wails of a pack of restless coyotes lurking in the darkness. The bone-chilling cold of the pavement pierces up through the soles of their shoes...their clothing is also no match for the cold desert night. Goosbumps pop-up and cover their exposed necks and arms. Their feet swell and ache with every step, as justified torture by the callous guards. Yet, no one complains of the almost five mile march in the darkness, despite the fact that transportation is readily available. Through no fault of their own, it's "war time," July 27, 1942...*

*Trailing behind the others, two of the oldest prisoners, almost 60, straggle to keep up. Forced to rest after a few steps by their injuries, they progress at a crawl. Without consideration of their crippled condition, they are denied the idle vehicles reserved for the transport of such prisoners to the distant concentration camp that awaits them. Instead, they are ordered to make their way on foot by the heartless officer in charge. A single guard is assigned them, as they obviously pose no threat of escape.*

*Toshiro Kobata, a farmer of Brawley, California, endured a disabling back injury by a heavy farm equipment failure almost 30 years before. He has a pronounced limp and is unable to stand erect. Hirota Isomura, a fisherman, suffered a permanent spinal injury aboard a commercial fishing vessel on high seas off Terminal Island. Both men refused government assistance determined to make it on their own. In spite of their deformities, they are held in high esteem for their integrity and principles among their peers.*

*As the prisoners up front approach the prison gate, it is about 3:30 a.m. Suddenly without warning, BOOM-BOOM! Two shotguns blasts shatter the stillness a distance behind the column. The crippled prisoners lie face down side by side in the tall grass by the edge of the road. Both shot in the back at, "Point blank range." the guard claims, "They were running away," the other prisoners protest, causing a near riot! After an army investigation, the guard is charged with two counts of, "felonious manslaughter and unlawful killing of a human being." But, in less than a day in military court, he is found, "not guilty," on all charges.*

*Shamefully, Kobata and Isomura both died as single men - never experiencing the fulfillment of married life and the joys of fatherhood and the continuation of their superior traits...Courting a woman was difficult enough, but unthinkable with a disfigured physique, and the "unemployable" label in the labor field. The scarcity of Japanese women, the result of racist immigration laws against Asian people, didn't help...*

*Through a twist of fate, though strangers throughout their lives, Kobata and Isomura are linked in death forever and no longer sleep alone...instead they rest side by side deep in the earth, at peace in the after world...Yet far from their beloved homeland, Japan. Victims of bigotry, they have committed no crimes. Until their last breath, they remained respectful and devoted to government who had imprisoned them without due cause. They die alone at the hands of those who hate and disavow them, even in death, their religious rites of a thousands years.*

*Be that as it may, in their honor, 63 long years overdue, two former concentration camp prisoners themselves, the first of Manzanar, the second of Topaz, arrive in New Mexico from California on October 17th 2005. Just learning of the two men's fate, they track down the men's unmarked grave-site and perform the religious ritual prohibited through indifference by the man in the White House, so long ago. Like magic, the sweet fragrance of the incense they burn engulfs the (cont'd on page 4)*

"Prison Break at Japanese Camp" cont'd from page 3

air and filters down deep into the earth between the cracks driven by a living force. Shortly, the spirit of Toshiro Kobata and Hirota Isomura, now whole and perfect, quiver and swirl upwards like steam from hot tea in winter. They linger above...pause...then slowly face homeward out of view to Japan in the haze...forever grateful to be acknowledged and remembered...and set free.

## A Diet That Helps Soothe osteoarthritis

Easing arthritis symptoms isn't just about exercise and pills. The foods you eat could help joints with osteoarthritis feel better, too.

Food as medicine. It's a wonderful concept because it gives us an empowering and fun way -- eating -- to do something helpful for our bodies, like easing joint pain. And some day, doctors may very well prescribe exercise, medication, and a special diet to help keep people's arthritic joints healthy.

But right now, the only way diet likely enters your osteoarthritis conversation with your doctor is when you talk about losing weight. Because although there's no way to cure arthritis through food, if you are overweight, a weight loss diet may be one of the best things you can do for the health of your joints.

Still, quite a bit of promising research has shown that certain foods and nutrients may help ease osteoarthritis symptoms. More study is needed to confirm the results, but since most of the foods studied to date are good for you anyway, incorporating some of them into your diet could be a great way to support your current treatment program. And in the end, you may boost your overall health as well.

So think about your joints the next time you visit the grocery store. Here are five foods you may want to add to your cart -- and two you may want to take out.

### 5 Foods Your Joints May Love!

1. **Strawberries:** Why? They are packed with vitamin C. Some studies suggest vitamin C may stymie the progression of osteoarthritis and the accompanying cartilage loss. Other good C sources are: oranges, peaches, and red bell peppers.
2. **Olive Oil:** You know how the Tin Man's joints loved oil? Well, your joints may love olive oil just as much. Research shows that polyphenols in olive oil may help reduce inflammation in the body -- always a good goal if you have arthritis.
3. **Salmon:** This fish is loaded with two joint-soothing nutrients: Vitamin D and Omega-3 fatty acids. If you are deficient in D (and many adults are), boosting your intake could help with Osteoarthritis pain and disability. And Omega-3 fatty acids have long been promoted by health experts for their anti-inflammatory qualities.
4. **Green Tea:** This brew is brimming with antioxidants called catechins, inflammation quieters that could delay cartilage damage in people with arthritis.
5. **Leafy greens:** The more plant-based foods you add to your diet, the better it probably is for your joints. A Mediterranean-style diet that emphasizes fruit, nuts and veggies may help quiet inflammation. (Leafy greens also happen to be rich in vitamin K, a nutrient that seems to play a role in osteoarthritis prevention)

Give these foods the Brush Off:

And while you're amping up your intake of fruit, veggies, and omega-3 fatty acids, here are foods you should consider scaling back on:

\***Corn Oil:** The fats in corn oil, sunflower oil, and soybean oil are predominantly omega-6 fatty acid, and although these fats are not harmful in and of themselves, some research suggests that a big imbalance in your omega-3 and omega-6 intake could trigger inflammation. So use omega-3 rich olive oil whenever you can.

\***White bread:** Grabbing high-fiber whole-wheat bread instead may help your joints in two ways. Early research shows that refined grains may be proinflammatory. On the other hand, high-fiber diets may help with weight control, too.

Treating Arthritis in the Kitchen...currently, there is no guarantee that changing your diet will help your joints feel better, but most of the foods that seem to make the most sense for your joint health happen to be great for your body in other ways as well...so the decision to eat right should be an easy one.

I will never be over the hill...I'm too damn tired to climb it! (Probably because of Arthritis haha)

## Cinnamon and Honey

Honey is the only food on the planet that will not spoil or rot. What it will do is what some call 'turning to sugar'. In reality, honey is always honey. However, when left in a cool dark place for a long time it will "crystalize". When this happens, loosen the lid, boil some water and sit the honey container in the hot water, but turn off the heat and let it liquefy naturally. It is then as good as it ever was. Never boil honey or put it in a microwave. This will kill the enzymes in the honey.

### **Cinnamon and Honey:**

Bet the drug companies won't like this one getting around...Facts on Honey and Cinnamon: It is found that a mixture of honey and cinnamon cures most disease. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases. Honey can be used without side effects for any kind of disease. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients. Researched by western scientists.

**Heart Diseases:** Make a paste of honey and cinnamon powder, apply it on bread instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, when they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins loses their flexibility and get clogged: honey and cinnamon revitalize the arteries and the veins.

**Arthritis:** Arthritis patients may take daily (morning and night) one cup of hot water with two table-spoons of cinnamon powder. When taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain -- and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

**Bladder Infections:** Take two tablespoons of cinnamon powder and one teaspoon of honey in glass of lukewarm water and drink it. It destroys the germs in the bladder.

**Cholesterol:** Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

**Colds:** Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

**Upset Stomach:** Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from its root. **Gas:** According to the studies done in India and Japan, it is revealed that when Honey is taken with cinnamon powder, the stomach is relieved of gas.

**Immune System:** Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscle (where DNA is contained) to fight bacterial and viral disease.

**Indigestion:** Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals.

**Influenza:** A scientist in Spain has proved that honey contains a natural "ingredient" which kills the influenza germs and saves the patient from flu.

**Longevity:** Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of boiling water to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old.

(Cont'd on page 6)

"Cinnamon and Honey" cont'd from page 5

**Raspy or Sore Throat:** When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.

**Pimples:** Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

**Skin Infections:** Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

**Weight Loss:** Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high caloric diet.

**Cancer:** Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.

**Fatigue:** Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 p.m., the vitality of the body increases within a week.

**Bad Breath:** People of south America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

**Hearing Loss:** Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it

### A Story About Potatoes

A girl potato and a boy potato had eyes for each other, and finally they got married and had a little sweet potato, which they called Yam.

Of course, they wanted the best for Yam and when it was time, they told her about the facts of life.

They warned her about going out and getting half-baked, so she wouldn't get accidentally mashed and get accidentally mashed and get a bad name for herself like "Hot Potato" and end up with a bunch of Tater Tots.

Yam said not to worry, no spud would get her into the sack and make a rotten potato out of her, but on the other hand, she wouldn't stay home and become a couch potato either. She would get plenty of exercise as not to be skinny like her shoe strink cousins.

When she went off to Europe, Mr. and Mrs. Potato told Yam to watch out for the hard-boiled guys from Ireland and the greasy guys from France called French Fries.

Yam said she would stay on the straight and narrow and wouldn't be associated with those high-class Yukon golds, or the ones from the other side of the tracks who advertise their trade on all the trucks that say "Frito Lay".

But in spite of all they did for her, one day Yam came home and announced she was going to marry Tom Brokaw. They told her she couldn't possibly marry Tom Brokaw because he's just -- are you ready for this?

He's a commontater.

### Instant Relief from Bee Stings

First, remove the stinger by gently scraping it away with a credit card or dull knife.

Next, grab a tablet of Alka Seltzer and moisten it slightly so that it starts fizzing when you apply it to the sting.

Alka-Seltzer contains baking soda, which reduces inflammation...and aspirin, which relieves pain. And the fizzing allows both substances to travel beneath your skin, providing immediate relief.

## 12 Most Healing Foods

**Figs:** A rare fruit source of calcium, figs may help prevent the bone loss associated with aging. They are also very high in fiber, which may reduce the risk of colon, breast, and prostate cancers.

**Eat them like this:** Slice fresh, unpeeled figs and serve with cheese or on a salad; toss dried figs into trail mix. figs that aren't completely ripe can irritate the mouth, so look for soft, aromatic ones.

**Beets:** Nutrient-packed beets may sharpen your mind. They produce nitric acid, which helps increase blood flow throughout your body -- including the areas of the brain that are associated with degeneration and dementia.

**Eat them like this:** Roast, then puree beets into a dip with Greek yogurt and horseradish, or grate raw beets into a salad (their antioxidants, which can help reduce the risk of cancer, are best absorbed when the veggie is raw).

**Fresh Cranberries:** Sure, cranberries are superstars at treating urinary tract infections, but these tart little fruits may also help prevent heart disease. They're rich in anthocyanins, flavonols, and proanthocyanidins, plant chemicals that keep LDL cholesterol from oxidizing and sticking to artery walls.

**Orangepith:** You already know that oranges are a great source of vitamin C, but eat as much as you can of the pith -- the spongy white layer between the zest and the pulp that clings to a peeled orange -- too. Although bitter, the pith stores a good amount of the fruit's fiber and antioxidants. (Try to choose organic oranges if you're eating the pith or skin.)

**Eat it like this:** Put whole orange slices in a smoothie: Roast thin slices and serve with whole wheat pancakes.

**Eggs:** These inexpensive protein sources crackle with health benefits: Zinc and iron support healthy hair and strong nails, and lecithin in the yolks is rich in choline, which helps repair neurological damage and move cholesterol through the bloodstream.

**Eat them like this:** Scramble eggs with a handful of spinach, or top a bowl of vegetables and brown rice with a (lightly) fried egg, sesame seeds, and soy sauce for a Korean-inspired meal.

**Sesame seeds:** One recent study found that when people with high levels of LDL cholesterol ate a few spoonfuls of sesame seeds a day, their LDL levels dropped by almost 10 percent more than when they followed a healthy diet sans sesame seeds. The seeds are also one of the richest sources by weight, of iron.

**Eat them like this:** sprinkle toasted sesame seeds on oatmeal; top steamed vegetables with sesame seeds and sesame or olive oil; make hummus with tahini, a sesame seed butter.

**Mustard:** Think beyond the hot dog -- mustard is a good source of selenium, which helps protect against cancer, prevent cardiovascular disease, defend your cells against damaging free radicals, and give your immune system a boost (whew -- talk about a powerful condiment!). Plus, the manganese in mustard can help soothe PMS symptoms.

**Eat it like this:** Dip roasted vegetables in a mustard-honey sauce or whisk together mustard, oil, and vinegar for a salad dressing; look for mustard seeds in the spice aisle, and add to stir-fries and curries.

**Lamb:** Among red meats, lamb stands out for its high nutritional value - it's a surprisingly good source of the omega-3 fatty acids that can protect against heart disease and stroke. The iron in lamb is also easily absorbed by the body, so it helps prevent anemia and boost energy.

**Eat it like this:** Choose lean cuts from the leg, loin, and shank. Roast leg of lamb for a weekend dinner, or use ground lamb as a topping for tacos and pizza.

**Frozen Broccoli:** Surprise! Frozen varieties may contain 35 percent more beta-carotene by weight than fresh broccoli that's shipped across the country. Plus, the sulforaphane in broccoli may help your body fight off infections that inflame the lungs and arteries. Finally, broccoli's high level of vitamin C helps create collagen, which keeps skin healthy, firm, and glowing.

**Eat it like this:** Toss steamed florets with tomato sauce and toasted walnuts for a side dish, or scatter atop a frozen pizza before baking.

(Contd. on page 9)

12 Most Healing Foods, Cont'd. from page 8

**Chiles:** The heat source in these fiery bites, capsaicin, may help prevent the blood clots that lead to a heart attack and stroke. Plus, eating chiles can provide temporary relief from nasal and sinus congestion -- and even provide a quick lift to your metabolism!

**Eat them like this:** Add chopped chiles to stir-fries, eggs, and soups.

**Kiwis:** Kiwis contain both lutein and zeaxanthin, anti-oxidants that may maintain eye health. They're also packed with vitamins C and E and other phytochemicals that help fight the free radical damage that can eventually lead to cancer.

**Eat them like this:** First, skip the peeling step -- Kiwi skin is completely edible and mild and contains much of the fruit's fiber and vitamin C. Buy organic kiwis, and snack on them like peaches, or blend chopped, unpeeled kiwis into a banana-strawberry smoothie.

**Celery Leaves:** Do you cut your celery sticks and toss the rest? Stop! Celery leaves are the most nutritious part of the plant, containing more calcium, iron, potassium, beta-carotene, and vitamin C than the stalks.

**Eat them like this:** Use like parsley, or mix into salads.

### My Treasured Vitamin F

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

How can I get along with them all?

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

With one of them I am polite. With another, I joke.

I sit down and talk about serious matters with one.

With another I laugh a lot.

I listen to one friend's problems.

Then I listen to another ones' advice for me.

My friends are like pieces of a jigsaw puzzle.

When completed, they form a treasure box.

A treasure of friends!

They are my friends who understand me better than I understand myself.

They're friends who support me through good days and bad.

We all pray together and for each other.

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

Dr. Oz calls them Vitamin F (for Friends) and counts the benefits of friends as essential to our wellbeing.

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

If you enjoy Vitamin F constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50%. I'm so happy that I have a stock of Vitamin F.

Friends are valuable. We should try to see the funny side of things and laugh together and pray for each other in tough moments.

Thank you for being one of my Vitamin F's!!!

### The Simple Solution for Dizziness

Dizziness can interfere with even the most basic daily activities, yet no drug can treat it well or cure. But the ideal solution might be much more low-tech: Vestibular rehabilitation, or balance retraining, which involves practicing movements such as nodding your head up and down or turning it to the right and left.

A recent study found that patients who got a booklet with such exercises had less dizziness within weeks. The moves teach the brain how to adapt to movement, which decreases symptoms. The booklet is available directly from [www.menieres.org.uk](http://www.menieres.org.uk).

Traditional thinkers say, "If it isn't broken, don't fix it." But breakthrough thinkers say, "fix it before it breaks."

## Being a Senior Citizen

"You sleep better on a lounge chair with the TV than in bed...it's called "pre-sleep".

"You miss the days when everything worked with "ON" and "OFF" switch.

"You tend to use more 4 letter words..."What?"..."When?"

"Now that you can afford expensive jewelry, it's to wear it anywhere, anytime.

"You notice everything they sell in stores is 'sleeveless'?!!!

"What used to be freckles are now liver spots."

"Everybody whispers, "You have 3 sizes of clothes in closet...2 you will never wear.

"But Old is good in some things: Old songs, Old movies, and best of all, OLD FRIENDS!!!

"Your Kids are becoming you...but your grandchildren are perfect!

"Going Out is good...Coming Home is better!

"You forget names...but it's OK because other seniors also forgot they even knew you!!!

"You realize you're never going to be really good in anything...especially golf.

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

"Stay well, "OLD FRIEND!" send this on to other friends!" and let them laugh in AGREEMENT!!!

"It's Not what you gather, but what you scatter...what kind of life you have Lived.  
anyway, HAVE A GREAT DAY!

\* \* \* \* \*

When a woman says "What?" It's not because she didn't hear you..she's giving you a chance to change what you said.

Why are there never any "GOOD" side-effects?

Just once, I'd like to read a medication bottle that says "May cause extreme sexiness."

OMG, I'm rich! Silver in my hair, gold in my teeth, Crystals in the kidney, Sugar in the blood, Lead in my butt, i Iron in the arteries, and an inexhaustible supply of Natural Gas.

I never thought I would accumulate such wealth!

As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend.

I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging.

I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They, too, will get old!!

I know I am sometimes forgetful, but there again, some of life is just as well be forgotten. And, I eventually remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what gives us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free!. I like the person I have become!!!  
Amen!!!

"Better to do something imperfectly than to do nothing flawlessly"

"Do your little bit of good where you are: it's those little bits of good put together that overwhelms the world."

"True wealth is living simply -- learning what not to want and how not to want it"

"Smile...you're designed to !!"

*Food For Tho'ts*

*Bird of a feather flock together...then shit on your car.*  
*A penny saved... is a government oversight.*  
*The older you get, the thougher it is to lose weight because by then your body and your fat have gotten to be really good friends.*  
*The easiest way to find something lost around the house is to buy a replacement.*  
*He who hesitates is probably right.*  
*Did you ever notice: the roman numerals for forty (40) are XL?*  
*If you can smile when things go wrong, you have someone in mind to blame.*  
*The sole purpose of a child's middle name is so he can tell when he's really in trouble.*  
*Did you every notice...When you put the two words 'The' and 'IRS' togethr they spell 'Theirs'?*  
*Aging: Eventually you will render a point when you stop lying about your age and start bragging about it.*  
*Some people try to turn back their odometers...not me, I want people to know why I look this way... I've traveled a long way and some of the roads weren't paved.*  
*When you are dissatisfied and would like to go back to your youth, think of Algebra...*  
*You know you are gttng old when everything either dries up or leaks.*

*Sumi Shimatsu*  
***Crystal City Chatter***

*Castro Valley, CA 94546*

OAKLAND CA 945

21 FEB 2014 PM 7 L



Satomi Koga Ishida

San Francisco, CA 94116

9411631342 0020

