

# Crystal City Chatter

Issue 153

November 2014

## My Apology

Either I put the last Chatter together in my sleep or I know I didn't check it as carefully as I should have...repeating "Health Benefits of Apples", "Monumental Cleaning", and "Destiny"...sorry everyone. I caught it after I sent them all out...besides it was too late to rewrite and have them reprinted again so blame it on my senior senility, or just being stupid...meanwhile, I found out also that the stamp went up to .49 cents per, and thought I'd have to put three cents stamp on each Chatter but found out that since I put on "forever" stamp, it was okay...so when you buy stamps...buy the "forever" one. What a saving and saving of work for me!!!

I also just received a letter from one of the readers IF he can put an article in it...of course...all of you please...if you have something to put in, a notice or anything, send it in and let's put it in the Chatter. This is your newsletter so don't "enryo".

A while ago, Maru Okazaki Hiratzka sent e-mail about a "must read" book "Supreme Commander Mac Arthur's Triumph in Japan by Seymore Morris Jr...and I have to agree, it's a great book. Amazing what he did for Japan, Japanese, and the Emperor...if you get a chance to read this book...do so! It is really a "must read" book.

## "Legacy of Heart Mountain Wins 3 Emmys"

Rafu Shimpo

"Witness: The Legacy of Heart Mountain" won three Emmy Awards at the 66th annual Los Angeles Area Emmy Awards.

David Ono, co-producer, won for Outstanding Writer-Programming and Jeff MacIntyre, co-producer, won for Outstanding Editor-Programming and Outstanding Videographer-Single-Camera Programming

"This isn't just a win for the show, it is a win for the entire Japanese American community," MacIntyre said.

Ono said he believes that the stories are so rich that they write themselves, "I'm deeply honored to have the opportunity to keep these important stories alive. Over 70 years later, they are still so relevant.



David Ono and Jeff MacIntyre display some of the five Emmys they won at the 66th Annual Los Angeles Area Emmy Awards.

"Witness" has also received a Radio Television Digital News Association's (RTDNA) Edward R. Murrow Award and the RTDNA's National Unity Award, which honors outstanding achievements in the coverage of cultural diversity in the communities they serve.

Ono and MacIntyre look forward to more opportunities to screen the documentary across the country. In addition to airing on KABC-TV in Los Angeles and KGO-TV in San Francisco, the film has been screened in Los Angeles, Portland and at the Heart Mountain Interpretive Center at Cody, Wyoming. The pair will also show the documentary at Washington State University in Pullman, Wash., on Oct. 15. For more information on the film and future screenings, visit [www.HeartMountainFilm.com](http://www.HeartMountainFilm.com).

Since 1996, Ono has been the co-anchor for ABC 7 Eyewitness News. MacIntyre is the owner of Content Media Group, a Los Angeles-based production company. Together, the two have traveled the world covering important events and telling stories that matter. Collectively, they've earned over 25 Emmy Awards.

## Kitchen Gadgets

**Juice a lemon with a microwave...**Zap a lemon for ten seconds to break down cells and make the juice flow faster. This is good to remember when trying to squeeze out as much juice as possible for a vinaigrette.

**Roll dough with a wine bottle...**If you don't have a rolling pin, remove the label from an empty, clean wine or liquor bottle and fill the bottle with cold water. Try this with dough for biscuits, piecrusts, and tarts.

**Grease pans with a sandwich bag...**Keep your hand clean by putting it inside a plastic sandwich bag and then scooping up butter. After greasing a pan, just invert the plastic bag and toss.

**Tenderize meat with a skillet...**Wrap meat in plastic wrap and pound it with a skillet. (Goodbye stress!)

**Employ a box grater to puree tomatoes...**Place a plate under a box grater. With the stem end of a tomato in your palm, grate against the widest holes, rotating the fruit in a circular motion. The puree falls on the plate, while the skin and tomato belly button stay in your hand.

**Make fluffy couscous in a baking dish...**Add a thin layer of couscous to the bottom of a large baking dish, pour in boiling water, and leave the dish on the countertop, covered, for five minutes. The pasta won't get weighed down like it does in a pot, so it will come out perfectly soft.

**Befriend kitchen tongs as bottle openers...**quickly twist open a bottle of beer by clamping tongs around a stubborn cap.

**Mince garlic with a can...**If you don't have a garlic press, wrap peeled garlic cloves (and other spices, if desired) in tinfoil, and smash them with a can from the pantry.

**Drain with a baking rack...**No strainer? Use a wire rack with a grid-like pattern. Empty pots and pans through the rack for perfectly strained veggies, potatoes, and pastas.

**Pit cherries with a bent fork...**Use pliers to bend forward the two outer prongs of a four-prong fork and to slightly bend forward the center prongs. Pierce the cherry with the center prongs and press down to extract the pit.

**Shred butter for better baking...**A cheese grater makes quick work of piecrusts and biscuits. Instead of cutting the butter into the flour, simply grate a stick of frozen butter, and then toss the shreds with flour until a crumbly mixture forms.

**Use freezer bags for mess-free breading...**Put flour in one bag, beaten eggs in a second, and bread crumbs in a third. Dip foods like shrimp and chicken into each bag -- then toss into a fourth bag, close, and shake.

**Grill with a pie tin...**To create a makeshift smoker, place damp wood chips in a pie tin, and set it over hot coal.

## Summer Stuff

**Bleach sanitizes pool toys...**Dip a sponge into a mixture of two cups of bleach and one gallon of water, then wipe down pool noodles and beach balls. Scrub off grime with a brush, and rinse with water.

**Vinegar brightens patio furniture...**Fill a spray bottle with white vinegar, and spritz over chairs and tables to remove mildew stains and prevent mold from forming.

**Coffee grounds banishes ants...**Sprinkle some grounds near doorways. Coffee's high nitrogen content burns bugs, so they won't walk across it and into your home.

**Flip-flops become doorstops...**cut a wedge of rubber from an old thong and use it to prop open a door and let the summer breeze in.

**Dryer sheets repel bugs...**Keep sheets of this laundry staple in a cup out doors -- they mask the human scent that attracts mosquitoes.

**Foil cleans the grill...**While the coals are still red-hot, lay a sheet of aluminum foil over the grates and close the grill's lid. The next time you grill, crumple up the foil and use it to scrub-off the burned residue before you start cooking.

*Count your life by smiles, not tears.....count your age by friends, not years.*

## Clorox vs Peroxide

This was written by Becky Ransey of Indiana (a doctor's wife)

She was over recently for coffee and smelled the bleach I was using to clean my toilet and counter tops. This is what she told me... 'I would like to tell yo of the benefits of that plain little ole bottle of 3% peroxide you can get for under \$1.00 at any drug store. What does bleach cost?

My husband has been in the medical field for over 36 years and most doctors don't tell you about peroxide. Have you ever smelled bleach in a doctor's office? NO!!!

Why? Because it smells, and it is not healthy! Ask the nurses who work in the doctor's offices, and ask them if they use bleach at home. They are wiser and know better!

Did you also know bleach was invented in the late 40's It's clorine, folks! And it was used to kill our troops. Peroxide was invented during @@ I in the 20's. It was used to save and help cleanse the needs of our troops and hospitals.

Please think about this:

1. Take one capful (the little white cap that comes with the bottle and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe.) No more canker sores, and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.
2. Let your toothbrushes soak in a cup of peroxide to keep them free of germs.
3. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe or spray it on the counters.
4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. I had fungus on my feet for years until I sprayed a 50/50 mixture of peroxide and water on them. (especially the toes) every night and day.
6. Soak any infedctions or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine but was healed by soaking in peroxide.
7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.
8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, plugged sinus. It will bble and help kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue.
9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.
10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide-burnt blonde hair like the dye packages but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually, so it's not a drastic change.

*I don't think we have to worry about this at all...most of us have black or grey hair now.*

11. Put half a bottle of peroxide in your bath to help get rid of boils fungus or other skin infections.
12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on the clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.
13. I use peroxide to clean my mirros. There i no smearing, which is why I love it so much for this
14. Another place it's great is in the bathroom, if someone has been careless and has wet on the floor around the toilet and it's begun to smell of urine. Just put some peroxide in a spray bottle and spray. In a blink of an eye all the smell will be gone and the bacteria eliminated!

I could go on and on...but the little brown bottle should be in every home...So safe & economical

*Hope is the thing with feathers...that perches in the soul.*

*Emily dickinson*

## World of Medicine

Reader's Digest

**Walk Briskly for Better Prostate Health...** If diagnosed with prostate cancer, men who walk quickly fare better than those who walk slowly. University of California, San Francisco, scientists examined the blood vessels of prostate tumors in 572 men and analyzed data on their physical activity before their diagnosis. Patients who walked the fastest -- between 2.2 and 4.5 miles per hour -- had healthier-looking blood vessels, suggestive of less aggressive tumors, compared with the slowest walkers, who clocked in between 1.5 and 2.5 miles per hour.

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**Worrying Together Creates Calm...** Venting about stress can make you feel better -- but only if it's just to someone who feels just as anxious. Researchers from the University of Southern California tasked 52 women with giving a videotaped speech. Before speaking, the participants were paired up and urged to express their feelings. Researchers assessed the women's emotional states and measured levels of the stress hormone cortisol before, during, and after the speeches. When each woman in the pair had similar emotions, discussing their feelings made both less stressed. But when one felt nervous and the other felt calm, communicating did not minimize the worrier's anxiety.

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**Probiotics May Help Weight Loss...** Women dieters who took a particular probiotic strain twice daily lost an average of nearly ten pounds after three months, while a similar group who instead took placebo pills shed almost six pounds, according to a new study in the *British Journal of Nutrition*. What's more, the probiotic takers continued to lose weight over the following three months, averaging a total loss of 11.5 pounds; the control group did not lose any more weight.

**Alternative Sleep Apnea Treatment...** It's crucial to treat sleep apnea -- a disorder marked by interrupted breathing and snoring during sleep -- which raises the risk of heart disease. But roughly half of patients prescribed the standard therapy (continuous positive airway pressure, or CPAP). Implanted surgically, the pacemaker-like device stimulates a nerve below the tongue that prevents obstruction of the airway. In a recent 12-month study in the *New England Journal of Medicine*, it reduced breathing pauses and raised blood-oxygen levels in over two thirds of 124 patients. The FDA has approved the device.

**Organic Milk is More nutritious...** Researchers examined nearly 400 samples of whole milk from both conventional and organic U.S. dairies to compare levels of omega-6 fats and healthy omega-3s, than conventional milk. Paying more for organic milk must be a good option, particularly for people who can't get their omega-3s from fish, research suggests.

**The Virus That Increases Stroke Risk** Having shingles at a young age may increase your risk of having a stroke or heart attack, according to new research in *Neurology*. After British researchers analyzed data from more than 300,000 people, they found that those who had the (cont'd on page 5)

## 10 Super Foods...For Better Health

1. **Sweet Potatoes:** A nutritional all-star -- one of the best vegetables you can eat. They're loaded with carotenoids, and are a decent source of vitamin C, potassium, and fiber. Cook and then mash in one or more of your favorite spices -- sweet (cinnamon, cloves, nutmeg, allspice) or savory (cumin, coriander, paprika, chili).
2. **Mangoes:** About a cup of mango supplies 100% of a day's vitamin C, one-third of a day's vitamin A, a decent dose of blood-pressure-lowering potassium, and 3 grams of fiber. Bonus: mango is one of the fruits least likely to have pesticide residues.
3. **Unsweetened Greek yogurt:** Non-fat Greek yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or your favorite breakfast cereal. It's strained, so even the fat-free versions are thick and creamy. And the lost liquid means that the yogurt that's left has twice the protein of ordinary yogurt -- about 18 grams in 6 ounces of plain Greek yogurt.
4. **Broccoli:** It 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 may help reduce the risk of heart attacks and strokes. And wild-caught salmon has lower levels of PCB contaminants than farmed salmon.
6. **Crispbreads:** Whole-grain rye crackers, like Wasa, RyKrisp, Kavli, 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. They're rich in protein, fiber, iron, magnesium, potassium, and zinc. But garbanzos stand out because they're so versatile. Just drain, rinse, and toss a handful on your green salad; include them in vegetable stews, curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.
8. **Watermelon:** Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has one-third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 85 fat-free, salt-free calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.
9. **Butternut Squash:** Steam a sliced squash or buy peeled, diced butternut squash at the super-market that's ready to go into the oven, a stir-fry, or a soup. It's an easy way to get lots of vitamins A and C and fiber.
10. **Leafy Greens:** don't miss out on powerhouse greens like kale, collards, spinach, turnip greens, and Swiss chard. These stand-out leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber. Serve with a splash of lemon juice or red wine vinegar.

### Life Saving Information

**Supplements can be a godsend to your health or a waste of money:** Some, like calcium, vitamin D, and vitamin B-12, offer real health benefits. But others -- like ginseng for energy or stress, Promensil red clover extract for hot flashes, and Garlique garlic for lowering cholesterol -- are unproven or completely worthless. And some supplements -- like selenium, beta-carotene, and St. John's wort -- might even harm you. You have to know which is which.

**Butter or margarine?:** Research proves that tub and spray margarines are better for you than butter, however, many stick margarines are about as bad for your heart as butter because they are loaded with partially hydrogenated vegetable oil. The trans fat in that oil raises your bad cholesterol, lowers your good cholesterol, and promotes heart disease in other ways.

**Sugar-free sweets: Can you have your cake and lose weight, too:** Sugar-free foods are great for people who want the taste -- but not the sugar -- of cake, cookies, ice cream, candies, and other sweets. But some sugar-free foods contain almost as many calories as standard foods...and not all artificial sweeteners are created equal: NutraSweet and Seet-N Low may promote cancer, and sugar alcohols like sorbitol may cause diarrhea. On the other hand, Splenda and Truvia appear to be safe.

**Be healthier...Be happier...Eat tastier meals...Save your valuable time...Live longer!... Amen!**

## Mix Your Own Cleaners

Reader's Digest

- \***Glass Cleaner...**Combine 2 tablespoons of lemon juice, 1 tablespoon of white vinegar, and 1 cup of hot water in a spray bottle. Shake and then start spritzing.
- \***Dishwasher Detergent...**Mix 1 cup of borax, 1 cup of baking soda, 1/2 cup of kosher salt, and 1/4 cup of unsweetened lemonade-flavored Kool-Aid (for a dose of citric acid) in an airtight container, and shake. Add 1 tablespoon per load to get dishes shiny.
- \***spray Mop Solution...**Pour 4 cups of hot water, 1 cup of lemon juice, 3 cups of vinegar, and 1/4 cup of liquid dish soap into a bucket. Mix thoroughly, then pour the liquid into the spray mop's container.
- \***Foaming Hand Wash...**The secret is in the pump -- not the soap -- so never throw out an empty foam dispenser. Refill it with 1 tablespoon of liquid soap or dishwashing liquid and top it off with water.
- \***Stain Remover...**Add to a spray bottle  
1 part hydrogen peroxide, 1 part baking soda, and 2 parts water. Apply to stains before washing.
- \***Drain Declogger...**Pour 1 cup of baking soda, 1 cup of salt, and 1/2 cup of vinegar into the drain. Let sit for 5 minutes; add 1/2 cup of lemon juice. After 15 minutes, pour 2 cups of boiling water down the drain to flush.

## The Outdoors Heals Your Heart

Reader's Digest

**Stroll in the Sun** Studies have found higher rates of high blood pressure among people with the lowest sun exposure. One reason may be due to nitric oxide, a gas whose production is stimulated when your skin is exposed to the sun's rays. Nitric oxide makes arteries resist contraction, plaque, and blood clotting, reducing both heart attack and stroke risks. Vitamin D, which sunlight helps your body produce, is also linked to better heart health. Walk outdoors for 15 to 30 minutes daily.

**Try Forest Bathing** In Japan, visiting parks for healing has become a popular practice called ... *Shinrin-yoku* ("forest bathing"). Research on 280 volunteers found that people had lower levels of the stress hormone cortisol, a reduced heart rate, and lower blood pressure when they walked through a wooded area than when they spent time in an urban one.

**Walk Barefoot (When You Can)** One of the consequences of modern society is that rarely is our body in direct contact with the ground. The earth has an electrical current, and direct contact with it may be a stabilizing force for good health, possibly by exposing us to electrons, which can act as powerful antioxidants. Although "earthing," or "grounding," is considered alternative by mainstream medicine, preliminary research shows that the practice seems to favorably effect thyroid function, blood sugar metabolism, and blood thickening, all of which affect heart disease risk. Pad around barefoot whenever possible. Let your backyard grass tickle your feet, and dig your toes into sandy beaches.

**Trade the gym for a Park** Exercising outdoors may be more beneficial than working out indoors. Exercising outdoors may be more beneficial than working out indoors. A 2011 British review of 11 studies found that people who exercised outside generally reported more revitalization and energy and less anger, tension, and depression -- all traits linked to heart attack -- than those who worked out indoors.

## Sneaky Stressor To Avoid: Air Pollution

R.D.

Unfortunately, many people live in areas where air pollution -- which can harm your heart -- is prevalent. In a recent Swedish study, higher ozone levels in the air were associated with a small increased risk of cardiac arrest. Use [airnow.gov](http://airnow.gov) to check local air-quality conditions. The site's rating system advises when high-risk people, such as those with asthma or heart disease, should avoid prolonged exposure to the outdoors. It's also smart to seek areas away from traffic and other sources of air pollution.

Or just don't breathe...right?

\*

## Surprising Things That Are Contagious

**Germ**s aren't the only things you have to worry about "catching." Emotions are also infectious, according to research on social contagions; moods and behaviors that spread from person to person. We like to think we're in control of our well-being, but this research shows that traits and choices of our friends -- and even our friends' friends -- have a powerful effect on ours. Here are some unexpected infections and our advice on how to inoculate yourself.

**Stress:** the brain is hardwired to detect stress in other people, such as increases in breathing rate. This triggers a cascade of our own stress hormones, Heidi Hanna, executive coach and author of *Stressaholic*, told us. And you don't need to be in the same room to catch someone else's stress, which is transmittable via e-mail, texts, and social media. (Curt responses could signal someone is under a tight deadline, for example.) When you feel stressed, take breaks and get enough sleep -- that's not selfish. It benefits everyone around you.

**Restaurant Orders:** Diners are happier when they order entrees that are similar nutritionally to those of their companions, found University of Illinois research. If you're watching your waistline, place your order first so you're not tempted by your pal's craving.

**Negative Thinking:** Freshmen who were randomly paired with roommates highly prone to brooding were likely to "catch" their negative-thinking style after only three months, found a University of Notre Dame study. Recognize that other people may influence how you respond to life's challenges.

**Happiness:** On the other hand, positive feelings also rub off, according to a seminal study of almost 5,000 people by researchers at Harvard and the University of California, San Diego. When you feel happy, a friend who lives within one mile is 25 percent more likely to feel happy, and neighbors are 34 percent more likely to feel happy. The same data found that by about 2 percent, a much lower impact than what's gained by having a joyful friend of a friend (a second-degree connection), which can boost your own good feelings by 10 percent.

**Quitting smoking:** The same research team found that when one person quit smoking, close friends and family members become 36 percent less likely to smoke. The ripple effect: Even very casual acquaintances of the initial quitter became 20 percent less likely to light up.

## 6 Body Quirks You Can "Catch"

Yawning, laughing, itching, coughing, vomiting, and crying are all socially contagious. Yawning is so infectious, says psychologist Robert R. Provine, author of *Curious Behavior*, that we yawn when we see, hear, or even read about someone else doing it. "We are often herd animals, not in full conscious control of our behavior," adds provine. Scientists theorize that sharing these quirks conferred an evolutionary advantage: Laughter is a form of bonding; scratching an itch, a safety precaution. (Your brain may think, Hey, their fleas can jump ship and infest me) Yawning could be how cavemen ancestors synchronized their sleep-wake schedules.

## Make Perishables Last

**Herbs:** Fill an ice cube tray two thirds full with chopped herbs; cover with olive oil or melted butter. freeze until solid, at least a day. Transfer cubes to a ziplock bag, and store for up to one month.

**Mushrooms:** Store in the fridge in a paper bag, which will absorb the excess moisture that evaporates from the mushrooms, maintaining their crispness.

**Cookies:** "Put a slice of bread in an airtight container with the cookies, as they lose their moisture, they'll pull that mojo from the bread. Magic!" says Christina Tosi, chef and owner of Momoguku Milk Bar.

**Extra Burger or Hot Dog Buns:** Tear into pieces and freeze in a ziplock bag. Ten to 20 pulses in a food processor will transform them into read-to-use bread crumbs - no thawing necessary.

**Produce: (like celery, lettuce and broccoli)** Wrap tightly in tinfoil before storing in the fridge; this will help the veggies stay crisp for up to four weeks.

**Cheese:** Smear a bit of butter onto the cut side to keep the block from drying out.

*Honesty is something you can't wear out.*

*Waylon Jennings*

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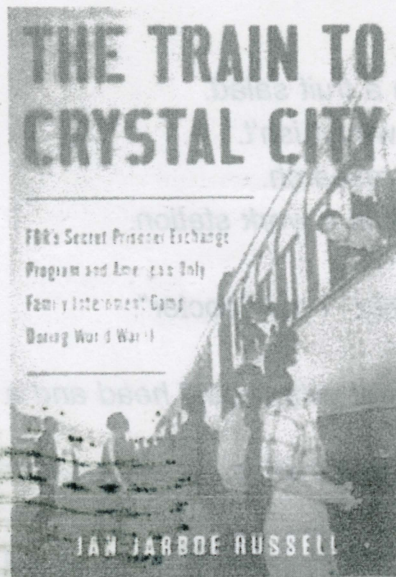
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## Happiness

The happiest people are rarely the richest, the most beautiful, or even the most talented. Happy people do not depend on excitement and "fun" supplied by externals. They enjoy the simple things of life. They waste no time thinking other pastures are greener; they do not yearn for yesterday or tomorrow. They savor the moment, glad to be alive, enjoying their work, their families, the good things around them. They are adaptable; they can bend with the wind, adjust to the changes in their times, employ the contests of life, and feel themselves in harmony with the world. Their eyes are turned outward, they are aware, compassionate. They have the capacity to love.

## A Book About Our Camp

Author Jan Jarboe Russell finally has the book she wrote about our camp at the publisher's Scibner. It is to be out for sale on January 22nd, 2015...I know many of us were interviewed by Jan and I'm so glad that someone wrote about our internment camp...so different from all the ten relocation camps. Also, I'm sorry but our Shinnenkai will be held on Sunday, January 18th, however, I don't know where as yet...as soon as I know, you will know.



## THE TRAIN TO CRYSTAL CITY

**FDR's Secret Prisoner Exchange Program and America's Only Family Internment Camp During World War II**

by Jan Jarboe Russell

Pub Date: Jan. 20th, 2015

ISBN: 978-1-4516-9366-9

Publisher: Scribner

Texas Monthly contributing editor Russell (*Lady Bird: A Biography of Mrs. Johnson*, 1999, etc.) recounts a dark episode in America's past in this engrossing history of the forced detention of thousands of civilians in internment camps during World War II.

Soon after the nation entered the war, Franklin Roosevelt empowered FBI director J. Edgar Hoover to find and arrest Japanese, Germans and Italians—immigrants, their wives and their American-born children—in the United States and Latin America so that they could be “a ready source of exchange” for Americans imprisoned in enemy countries. When Eleanor Roosevelt opposed the project as smacking “too much of Gestapo methods,” Hoover started a file on her, too. Russell focuses on Crystal City, a camp designed especially for families, located near the Mexican border in the Texas desert. By the time it closed in 1948, it had housed more than 6,000 people. Conditions in the camp, monitored by the International Red Cross, were humane, both to comply with Geneva Convention provisions and to ensure that rumors of mistreatment did not exact reprisals against American prisoners abroad. Each family had separate living quarters with a kitchen and bathroom; a mess hall served three nutritious meals per day. At their own request, prisoners designed and built a pool “the size of a football field,” relief against the oppressive heat; when high school seniors wanted a prom, they had one, as well as graduation ceremonies. The camp's administrator, Joseph O'Rourke, emerges as kind and caring, but he could not protect the families from the secret prisoner exchanges that sent thousands back to Germany and Japan, where families were shocked to find nations in rubble; nor from Truman's edict requiring repatriation of “any enemy alien considered dangerous,” decisions summarily made on shaky evidence.

Based in part on interviews with camp survivors, Russell documents in chilling detail a shocking story of national betrayal.

Laughters

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you, but better you than me.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agree with you, we'd both be wrong.
5. We never really grow up, we only learn how to act in public.
6. War does not determine who is right -- only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. They bring the daily news with "Good morning," then proceed to tell why it isn't.
9. To steal ideas from one person is plagiarism. To steal from many is research.
10. Buses stop in bus stations. Trains stop in train stations. On my desk is a work station.
11. I thought I wanted a career. Turns out I just wanted paychecks.
12. In filling out an application, where it says, "In case of emergency notify, "I put "doctor".
13. I didn't say it was your fault. I said I was blaming you.
14. Women will never be equal to men, until they can walk down the street with a bald head and a beer but and still they are sexy.
15. Behind every successful man is a woman. Behind the fall of a successful man is usually another woman.
16. A clear conscience is the sign of a fuzzy memory.

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