

Historical Marker at Santa Fe Internment Camp Site

Good response has been received for the historical marker that will be placed at the Santa Fe Internment Camp site. Fund raising is being held for this camp that held many of our fathers during WW II, before some of them joined their families in Crystal City Internment Camp. Many of the Niseis have heard of Crystal City but not Santa Fe and all the others detention camps that held many of the men and some women that were arrested and separated from their families from 1941 to early 1942.. Our CC friend Joe Ando has been very active with this project and sent me articles and letter about their fund raising and **request for pictorial history of this camp. If any of you have:**

Group Photos of Internees...there were many group photos taken, a good clear copy (not asking for your originals.)

Old newspaper articles about the SFC experience...Any written information.

Interesting stories...about your father/grandfather while interned in Santa Fe or Lordsburg.

Diaries...Joe received some copies of diaries written by the internees.

Joe also would welcome your ideas and comments and any questions you may have...contact him at: Joe Ando, [redacted] Albuquerque, NM 87111-5530

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The Peru Kai Reunion will be on the Big Island (Hilo, Hawaii) September 14-16. Program includes sightseeing and talk story, *Campaign for Justice* video presentation with its updates, etc. and have their luau and Hawaiian entertainment. Anyone interested please contact:

Elsa H. Kudo, [redacted]; Honolulu, HI 96821 Tel/Fax [redacted]

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LAS VEGAS...HERE WE COME...READY OR NOT
September 18 - 20



It was cold, wet, rainy Saturday morning...a day one should stay home...enjoying being warm and dry...right? Well, Toni Tomita put out a call to CC friends to help with the coming Las Vegas Reunion, and they all came...and as always, Toni had everything organized, had all the flyers attractively prepared and her sister Miyo, the perfect hostess with the mostest had our tea and coffee cups filled...snackies to keep our sugar level up. It was "Nigiyaka" (lively, gay), with chattering and laughter in the kitchen and the living room...yes, this is typical CC friends.

Putting all the flyers together (at least 100 short because of my myopic memory...it was a "senior moment"...so had to get more reprinted at Office Depot), labeling (missing one sheet in the "O" section, thanks to Sid Okazaki who caught it cuz his label was missing...(another "senior moment" for this one...it was on my desk at home)...putting it into envelopes, sealing and stamping...it was assembly line perfect!

You should have seen our lunch buffet, Miss Hostess Miyo putting it all out for hungry workers...Lasagna and Vegetable lasagna from Costco...boy that vegetable one is so tasty, sushi someone brought, salad, garlic bread, the desserts from pineapple cake Miyo baked, the many other for sweet tooth (or is it sweet teeth"). Carmen Mochizuki went on the bus to Lil Tokyo to pick up a beautiful fruit tart...in the rain...can you imagine...thank you Carmen.

For travel and hotel information, contact Toni Tomita [redacted]

Letters To The Editor

It is always so good to receive letters, postcards, cards with notes, and cards...many of you have sent Christmas cards and donations to the Chatter, and I am very, very touched by your warm, kind thoughts...thank you very, very much. Mrs. Nobue Nishii, 97 or is it 98 now, has been doing Sumie (Japanese brush painting), and were made into Christmas card...last year's was a beautiful red cardinal bird on a berry bush...and I not only enjoy it but have kept them "daiji ni" (treasuredly)...they are so very special...and some of you did not want your notes or letters to be printed so if you so desire, I will honor and respect your wishes...and if you did not mind, I write to ask if I can put it in as an anonymous writer...so please write, I will respect your wishes to not put your name in...(Hazukashiku nai no yo)(It's not embarrassing).

So the few I put in this time, I have received a "go ahead" to put into the Chatter...they are so interesting, I know you'll enjoy reading these special experience...so please write, if you put a notation not to print, or that you want to stay anonymous, I will do so, okay?

* * * * *

Dear Sumi:

Here it is 2001 already and I'm born, 1941, the year of the Snake. I had such good plans to attend the last picnic, summer 2000, but was down with a flu bug of all things. The upcoming Fall get-together in Las Vegas is something I would like very much to plan on. I know that the chances of any German/Americans attending is slim but this is part of my heritage and I feel a bond with everyone.

Intentions are only as good as the actions that go with them and I'm at fault for not pursuing information with more German/Americans that were interned at Crystal City. I'd always hoped a chain of contact would be formed.

A few years ago my brother, Otto attended a meeting in Gardena and spoke of his experiences. He met a young lady that was doing a study for a University. He loaned her our personal photos (not a good idea) and sadly we've never had them returned.

The two pictures I printed on the letterhead are a part of my memories from camp. (cactus flowers and "pair of geta") Sometimes I went with my mother when we were allowed outside of camp to pick cactus flowers (with gloves on). The pair of "geta" was something a man was making for me as well as a dollhouse. I was never able to take them with me when we left for California.

Is there a new edition of a book with memories of Crystal City"? It is going on two years since my mother passed away at the age of 98. If only I had asked more questions during her vital years. We get so busy with raising our families that we forget the time will come when we can no longer go to them for information.

Thank you for continuing to sent the Chatter. It's such an important link. Enclosed please find a check to help with the mailings. Be well,

Elfriede (Strassberger) Huntsinger, Bishop, CA

Dear Elfriede,

Thank you very much for your letter...and for your donation...I'm so glad that somehow you and your brother are still in contact with us and those who were in Crystal City Internment Camp. I am very sorry that your brother did not have his priceless personal photos returned to him. It is too bad that he did not have her name and address to be able to contact her.

Often we "forget" or "put off" gathering information about the past...our incarceration in Crystal City from our folks, friends, etc., that we miss out on part of personal history. My father never wanted to discuss his time in Santa Fe Detention Camp nor at Lordsburg Detention Camp because he felt that it would distress mom and myself, but after reading books, and hearing some of the Issei fathers, I learned of the abuse they received during hearings, and outside labor in the hot summer sun. Their separation from the families caused great anxiety.

(Continued on page 4)

Life Story of Maruko Ishiyama by Kyoko Ikari, "nother daughter"

This personal history for her mother was at Mrs. Ishiyama's Memorial Service. Maruko Ishiyama passed away November 3, 2000 at the age of 98...I had requested her daughter Haruko to put it into this newsletter...she graciously gave me permission.

"The details of her birth and girlhood are anecdotal gleaned in bits and pieces...a 'thumb - nail sketch' is that Maruko's mother Koto Mori accompanied her uncle to a reception at the French Embassy in Tokyo. She was introduced to Raymond Martinie, an officer in the French Navy, attached to the Embassy. He asked for her hand in marriage (these events transpired in the mid-to-late (1890's)...of course the family said, 'Absolutely Not!' The French Embassy by official protocols said, 'No-Way!' Raymond returned to France and as a civilian, studied Japanese and became quite literate in the language. He continued to press his pursuit in Japanese and three years later, the Mori family was persuaded that, '...this man is serious.'

"Raymond Martinie also managed to persuade the Bank of France that they needed someone with his proficiency in Japanese to represent them in Japan. The Mori family had finally relented on the promise that he would raise and keep his family in Japan. Maruko was the first born in 1902, followed by the birth of a son, Arima, and another daughter, Kimiko.

"Mama's schooling was at Futaba. The nuns, although from France, mandated that the young ladies were to be educated in the finest Japanese traditions, and whatever their roles would be in the future, they would reflect Japan in the finest light. 'She was often not recognized as Japanese, but she was every bit Japanese.

"When she came to this country, unlike many immigrants who felt pain in their transition to a new country, Mama once said to me, 'For the first time, I felt free.' She became a citizen of this country in 1965...embracing the country which became her home.

"Haruko remembers little open-faced sandwiches when she first started carrying lunch to school. She remembered baked goodies Mama made for her and her Girl Scout group in Crystal City, Texas. I remember sitting down to ham and string beans in browned butter when I trailed in from the swimming pool in mid-afternoon...this for a woman who hated to cook.

"She was the one who taught me to knit, to crochet and to pick up a stitch by needle. In CC camp she hand-sewed a Judo-Gi for Daddy who was heavily into Judo. Years later, her comment was only, "That was hard" with no trace of whining or complaint...this from a woman who hated to sew.

"After the War, she helped run a nursery and daddy's landscaping business. She became quite adept at digging up an azalea and deftly burlaping its root-balls. Daddy praised her skill; that was equivalent to earning a Nobel Prize. She apologized to the weeds for pulling them out.

"She lived by the Golden Rule...and was always gracious and kind...she was 65 pounds, active and enjoyed life!

* * *

Thank you very much Haruko-san for allowing me to write about your mother...it must have been very difficult to live in Japan being half Japanese and half Caucasian...Japan is one of the most prejudice group of people...I'm sure she was constantly ridiculed, was called names. Even when we Niseis looked like them, they still ridiculed, threw rocks, called out names, and I couldn't return to this country fast enough. So I know what she meant by "For the first time, I felt free" Life in Japan was "hell"...it really made me appreciate America!!!

It was so good of you to come to my room with your mother in San Antonio back in 1997 when we all enjoyed the Pilgrimage to Crystal City Internment Campsite. The timing was perfect for the Crystal City City Government changed right after our visit and our friends no longer were in office. Oh how we enjoyed that trip and the five fantastic Issei ladies that joined us then. I am sorry for your loss Haruko-san and Kyoko-san, but we are enriched with your mother's story...her faith, trust, love for beautiful flowers, sight-seeing the country...both of you made her very happy.

I'm sorry that you were ill with the flu and could not make it to our last picnic, however I do hope you can make it to Las Vegas Reunion in September...will be looking for you. sumi

Dear Sumi Shimatsu:

I want to thank you for your untiring, loving devotions to the Crystal City Camp members as our news gatherer and editor of the CC Chatter. You have enlightened my mother, Maruko Ishiyama and me with each issue you sent us. I want to tell you that my mother read every page and would make notations in red pencil, to highlight what was important to her, and what she wanted me to make sure to read.

We learned about friends we lost touch with and how their families are doing. You provide highlights of coming events and trips, such as the 1997 Crystal City Pilgrimage to San Antonio, Texas, where we stayed and took a chartered bus to CC Internment Camp. The whole community, especially the mayor and his Core Staff welcomed us royally. It was a memorable experience to us. Mother was 96 years old but walked everywhere with her cane, while we revisited Crystal City Camp.

The Government may have stated that those adults, parents, etc., who did not have small children at home were required to do some kind of work. Maruko-mother, loved children, animals, and people, no matter who they were, possibly because she was half French and was not treated well outside of her loving home and family, friends, school, church in Tokyo, Japan. So, she said she could assist the Principal with the other teachers, to teach kindergarten children. There were more Japanese children from Peru than from other locations, so those teachers who couldn't speak Spanish had to learn Spanish. Later, they decided that it would be more practical to teach all the children proper Japanese because the Japanese -Peruvian children's Spanish was not proper Spanish, so they said. Their parents were so grateful and appreciative that their children were speaking proper Japanese, manners and enjoying coming to kindergarten classes.

Maruko Ishiyama as I mentioned earlier, loved children and paid attention to their needs. Some needed more time to talk to, or write, color pictures, etc., so she took the time to be with them. Our father would laugh, but I know he was proud and happy that every morning about eight of the kindergarten children would come to our unit's door and call to mother, "Ishiyama Sensei, Ohayo-gozaïmasu. Hayaku Gakko ni iki masho". (Good morning Ishiyama teacher. Let's hurry up and go to school) They they would scramble to see who could hold her hand and be the closest to her. There was one little five years old girl from Peru who was sweet and loved to be close to her, walking all the way to class. Mother would watch to see how many children had something to eat. I can't recall if this food was just snacks, but, this special little girl usually had an apple to eat. Mother discussed this with the teachers, and they decided to have something in reserve to eat. I believe mother was paid 10 cents an hour, but she loved what she did. Our mother was a kind and caring lady. I don't remember much more, because I was also going to elementary school

I am happy you met Tak Takeuchi. Mother and I were grateful we could meet him and his wonderful family because we kept in touch during the Christmas holidays by our Christmas letters. I want to include that my father taught high school science and chemistry. Tak was one of his students. My father also taught Judo to children as a sport. Teaching high school students had a higher pay scale, as he received 23 cents an hour.

Many special blessings for doing so much good for us. God bless you as He is watching over you. Love,
Haruko Ishiyama, Denver, Co

Dear Haruko-san,

As I have written in the previous page about your mother, and including what your sister Kyoko-san wrote, it gives us a glimpse of some of our Japanese School teachers and how they reached out to the needs of the students in many ways. I know many of the Japanese-Peruvian children enjoyed the Japanese schools and the Girl Scouts as I lived across the street from the Victory Huts that housed many Japanese from Peru. I'm sure that the kindness and care your mother gave to those little girls were precious...and are still remembered. Thank you neh...

"Genki de neh"...(stay well)

sumi

Our Laundry 'gods'

All of you gals (and some of the guys) know what it's like to do our laundry every week; linens, clothes, towels, etc...how fortunate we are to enjoy hot water heater, our washing machine, and the dryer...we can have clean laundry by just pushing buttons, turning knobs, etc...our "Laundry 'gods'". It may be a chore to some, but I think of it as just so wonderful!!!

Remember when...I mean way back...wash tubs and scrubbing boards? I can still remember my mother using the old wash boards to scrub our clothes...we had hot water heater so we didn't have to boil waters but I know many farming families who had to boil water the old fashioned ways. White laundry first, the large sheets and towels, then wringing by hands...later, mama was spared of wringing them by hands with old fashioned rollers that you turned the handle, and the two rollers squeezed the laundry...oh, things weren't dripping wet then.

Taking them out to the clothes line and hanging each item with clothes pin. The wind would whip the laundry around and the fresh smell of clean laundry...then my father was able to buy one of the first washing machine...it was a gray metal cylindrical 'can', about 20 inches long and about 12 inches in diameter...and the electricity turned the canister around and around, but rinsing was by hand...still, it was 'modern' and we didn't have to use the wash board any more. Little by little, there were improvements and soon the tub was not sideways but upright. and the wringer was placed right on the side of the tub...wow, this was so "modern"...this was the washing machine we had before WW II.

Going into camps, we went back to washboards and either White King soap or the Fels Naptha soap that took the "tattle tale gray" out of the laundry...but it was back to handwash...and it became part of our social life as neighbors got together to chat while washing their laundries.

My father, bless his soul, never had to wash until he went into Tujunga CCC camp then to Santa Fe Detention Camp in New Mexico...he never told us about his experience until we were together once again in Crystal City Internment Camp...he mentioned that he recalled how mom used to use Purex with the white wash, so he was washing his 3 T-shirts and shorts, socks, and few other white laundry, and put in a whole gallon of Purex with his White King soap...well, you know what happened...when he tried to squeeze the laundry, they started to fall apart and he had ruined all his laundry...he learned the hard way that you don't put in a whole gallon of Purex in the laundry. Mama laughed and laughed...it was funny to us...but poor papa had to purchase new underclothing, and whatever else he ruined.

Well, my experience in Heart Mountain was equally "funny" as I've never lived in a cold weather place before...born and raised in Los Angeles, it was the first time I experience the extreme coldness, snow, etc. Mama asked if I would take down the laundry that was out in the back of our barracks one cold day, so I went out, folded the sheets and pillowcases, and few other laundry that were out there...they were stiff as a board as the weather froze them...of course, in folding the laundry, it tore the areas that were folded...our sheets and pillowcases and towels were all torn when they defrosted...I learned fast that you never fold a stiffly frozen laundry...they tear or break off...this city kid learned fast what not to do.

Again, laundry time was part of social time with our neighbors...and washboards were taken along with our laundry to the laundry room. Fortunately in Crystal City, some of us had our bathrooms in our homes...others in Quadruplets and Victory Huts still had to use communal toilets...but we all had communal showers and laundry rooms, and we never lacked hot water.

Going back to Japan after the war ended was another experience with washing clothes. We either had to boil waters on the "shichi rin" or the BBQ "hibachi's" that became popular in USA...they were our "stove" in Japan. Also, when there were enough fuel to stoke up the "Ofuro" or the Japanese baths, we not only enjoyed the luxury of soaking...then using the warm water for our laundry. Being the youngest in the relative's home, I was the last to be able to enjoy the bath...(it was still a luxury) and washed our laundry afterwards while the water was still warm thus postwar in Japan we laundered clothes economically and wisely (Cont'd on page 6)

("Our Laundry 'gods' Cont'd from page 5)

Several years ago, I visited China for seminar in Chinese medicine, healing with Chi energy at one of their hospitals in Hangchow...there I saw the young men washing our towels and linens from the hotel out in pond-like collection of water, pounding the laundry with rocks against larger rocks..I could not believe what I saw..then as we visited outlying areas, temples, etc., we saw people doing their laundries by their muddy river, pounding their clothes with rocks...it boggled my mind that this muddy water was used for cooking, brushing your teeth, laundry, for any and every purpose water is used everywhere...here in our country, we have clean, clear water, and the water has chlorine or chloramine to purify and keep our water pure. We have people like Erin Brockovich guarding us from Chromium 6 which causes cancer.

The reality is that many of the countries all over this big world do not have the clear, clean water from faucets like we do...you've read or heard about the sacred river of the Ganges in India...that's another muddy water used for everything...and it's holy!

We, in this country enjoy the modern washing machines and dryers...whether it's in our home or laundromats... clean hot water...although in California with the energy crisis, we must use the electricity after seven in the evening or on weekends. Yet, this really doesn't cause hardship at all. It wasn't too long ago that we've started with the old fashioned scrubbing boards...now it is used by Joy Gee as an accompaniment for her entertainment.

Yes, I'm very grateful, and appreciate our Laundry "gods"...and our nice clean water!!! I am grateful for Erin Brockovich for her tireless, gutsy fight with those who are still trying to hide the amount of Chromium 6 in our water and those who are "pooh-pooing" the effect of this deadly chemical.

"Magnets...Do They Work?"

Many of you must have heard about magnets for different health problems...for years it has been tried, used, examined in Japan, and here in this country for variety of reasons. Many have been wearing gold chain necklaces, beads like white or black pearls, bracelets, rings, and braces all over from arm to legs, along with back braces. There are magnetic mattresses, mats, vests, etc.

It has been very helpful for some I know with bad asthma...they're able to breathe easier; pains in arthritic fingers have had total relief from the magnetic rings; neck and shoulder stiffness has been relieved with magnetic mattress and pillows...

I've worn the gold necklace day and night but for some reason had rash develop around my neck...I didn't know if perhaps it was too 'strong' for me, however, Patsy Okamoto of "Hair Unlimited" beauty salon had the pearl-like necklace (magnetic too) and since then, I haven't had any rash develop. I have magnetic soles in my shoes...it keeps legs from tiring standing or walking a lot...and have magnetic twin balls to rub myself (about one inch diameter) if I feel soreness here and there...I definitely feel magnets work. If you're interested in magnetic jewelry as well as supports, call: Patsy Okamoto:

Gardena, CA 90247. Just tell her Sumi sent you! Price is very reasonable.

Postcard from Lunz "Sensei" (Teacher)

Dear Sumi:

I felt complimented for you to think of me in regards to the value of correct punctuation. (Chatter 59, page 10, "Importance of Punctuation") Your example was clever. I plan to share it with my children.

I taught forty years, and some of my best memories are of my Japanese students. I'm always pleased to see a copy of the Chatter. Best Wishes, Lee Lunz
Thank you very much for you postcard...am so glad you're well. enjoy the Chatter. and memories of us all.

Vitamins and Minerals

When choosing a multivitamin and mineral supplement it is recommended to look for a familiar brand that has been around for a while. Make sure that the label is marked **USP** (U.S. Pharmacopeia). This guarantees that what's on the label is what's in the bottle and that it will biodegrade in the body the way it would. The RDAs listed below are for average adults:

Vitamin A (Retinol) RDA: 5,000 IU Found in liver, egg yolk, dairy products, margarine.

Beta Carotene (pro Vitamin A) Found in dark-green and deep-yellow fruits and vegetables,
What it does: *Keeps eyes healthy; develops bones; protects linings of respiratory, digestive and urinary tracts; maintains healthy skin and hair.*
Beta Carotene fights free radicals (chemicals that damage cells)

Vitamin B-1 (Thiamine) RDA: 1.1 - 1.5 mg Found in whole grains, cereals and enriched grain products; legumes (dried beans, peas and nuts) organ meats, lean pork, eggs

What it does: *Promotes healthy functioning of the nerves, muscles and heart. Metabolizes carbohydrates.*

Vitamin B-2 (Riboflavin) RDA: 1.3 - 1.7 mg. Found in organ meats, enriched breads and cereals legumes (especially almonds), cheese, eggs, also meat, fish and dark-green vegetables.

What it does: *Metabolizes carbohydrates, fats, and proteins; produces hormones; promotes eye and skin health.*

Vitamin B-3 (Niacin) RDA: 15 - 19 mg. Found in meat, organ meats, whole grains and cereals, legumes; also eggs, milk, green leafy vegetables and fish.

What it does: *Metabolizes carbohydrates and fats, helps functioning of digestive system, maintains healthy skin.*

Vitamin B-5 (Pantothenic Acid) RDA: none; 4-7 suggested: Found in organ meats, yeast, raw vegetables, eggs and dairy products.

What it does: *Vital role in cellular metabolism; stimulates adrenal glands, increases production of cortisone and other adrenal hormones, important for healthy skin, nerves.*

Vitamin B-6 (Pyridoxine) RDA: 1.6 - 2 mg. Found in whole grain products, poultry, fish, nuts, meat, most fruits and vegetables, eggs, dairy products.

What it does: *Metabolizes protein, helps produce hemoglobin, promotes functioning of digestive and nervous systems, maintains skin health, helpful to heart muscles, important for women.*

Vitamin B-12 (Cyanocobalamin) RDA: 2 micrograms: Found in organ meats, fish, lean meats, poultry, cheese, eggs.

What it does: *Builds genetic material of cells and produces blood cells, growth vitamin. increases appetite.*

Vitamin C (Ascorbic Acid) RDA: 100 - 200 mg. Found in almost exclusively fruits, vegetables, especially citrus fruits, tomatoes, peppers, strawberries and cantaloupe, though breast milk and organ meats contain small amount.

What it does: *an antioxidant, it fights and resists infection, heals wounds, promotes growth, and maintenance of bones, teeth, gums, ligaments, blood vessels.*

Vitamin D (Cholecalciferol) RDA: 400 IU. Found in sun exposure as primary source, food source include Vitamin D fortified milk, eggs, fish - liver oils, and fatty fish such as herring, mackerel and salmon.

What it does: *Protects the lungs, nervous system, skeletal muscles, retina from damage by free radicals; may reduce risk of heart disease by protecting against atherosclerosis.*

"Vitamins and Minerals", cont'd from page 7)

Vitamin E (Tocopherol) RDA: 8 mg (women), 10 mg. (men) Found in: Vegetable oils, nuts, wheat germ and whole-wheat products, egg yolks, green leafy vegetables.

What it does: Protects the lungs, nervous system, skeletal muscles, retina from damage by free radicals; may reduce risk of heart disease by protecting against atherosclerosis (Take only D-alpha Tocopherol body cannot absorb any othersumi)

Vitamin H (Biotin) RDA: none, 30 -200 micrograms suggested. Found in: Oats, organ meats, yeast, eggs (cooked); whole-wheat products, dairy products, fish and tomatoes.

What it does: Metabolizes proteins and carbohydrates; breaks down fatty acids.

Vitamin K: RDA: 60 -80 mg Found in: Dark-green leafy vegetables, eggs, cheese, pork, liver.

What it does: Promotes blood clotting.

Vitamin M (Folic Acid) RDA: 180 -200 micrograms: Found in: vegetables (especially dark-green ones), organ meats, whole-wheat products, legumes, mushrooms.

What it does: Aids synthesis of protein and genetic materials; may help prevent some cancers heart disease and stroke when taken during pregnancy protects against some birth defects.

Calcium: RDA: none, 50 -200 micrograms suggested: Found in: Primarily in milk, dairy products dark green vegetables, legumes, shellfish, fish with edible bones, tofu; also calcium fortified orange juice and other juices.

What it does: Builds bones and teeth; promotes blood clotting, aids contraction of muscles and nerve impulses.

Chromium: RDA: none, 50 -200 micrograms suggested: Found in: whole grains, molasses.

What it does: Metabolizes carbohydrates; may also help prevent high cholesterol and atherosclerosis.

Copper: RDA: none, 2 -3 mg. suggested: Found in: Organ meats, shellfish, whole-grain products legumes, dried fruits.

What it does: Builds bones, red blood cells and hemoglobin; metabolizes iron, maintains connective tissue and blood vessels; may help prevent cancer.

Fluoride: RDA: none. Found in: Seafood, tea, coffee, soybeans; sodium fluoride is often added to municipal water supplies to prevent tooth decay.

What it does: Promotes bone and tooth formation; prevents tooth decay.

Iodine: RDA: 150 micrograms: Found in: Saltwater fish, shellfish, kelp, iodized salt.

What it does: Helps produce thyroid hormones; adequate iodine intake during pregnancy is crucial to fetal development.

Iron: RDA: 15 mg. (women), 10 mg. (men): Found in: Red meat, organ meats; other sources include whole-wheat products, shell-fish, nuts and dried fruit. Iron is poorly absorbed from food. Many breads and cereals are enriched with iron. Vitamin C aids absorption of iron and is often added to iron supplements.

What it does: Helps produce hemoglobin and red blood cells; delivers oxygen to muscles and other body tissues; protects against the effects of stress.

Magnesium: RDA: 280 mg. (women), 350 mg. (men): Found in: Legumes, whole-grain cereals, nuts and dark-green vegetables; also meat, seafood and dairy products.

What it does: Builds bones and teeth; aids functioning of muscular and nervous systems, and heart and circulatory system.

Manganese: RDA: 2 -5 mg. Found in: Tea, green vegetables, legumes, oats, rice.

What it does: Involved in reproductive processes, sex hormone formation, essential for brain function and bone development.

(Continued on page 9)

(Vitamins and Minerals", cont'd from page 8)

Molybdenum: RDA: 75 -250 mg. Found in: Dairy products, legumes, whole-grain cereals, organ meats.

What it does: Aids enzyme activities.

Phosphorus: RDA: 1 g. Found in meat, fish, eggs, legumes, dairy products, whole wheat, corn, rice.

What it does: Builds bones and teeth.

Potassium: RDA: none; 3.5 g. suggested. Found in: Potatoes, dried fruits, bananas, legumes, raw vegetables, avocados, mushrooms, lean meat, milk, fish.

Selenium: RDA: 55 micrograms (women), 70 micrograms (men): Found in: Whole grain cereal fish, shellfish, meat and dairy products.

What it does: An antioxidant, it helps protect cells and tissues from damage by free radicals; may also protect against some cancers. (Helps anti-aging, helps brains)

Sodium: RDA: 2,400 mg. Found in: Many foods naturally, and is added to many prepared foods.

What it does: Maintains body's fluid balance; important for nerve function and muscle contraction; controls heart's rhythm.

Zinc: RDA 12 mg. (women), 15 mg. (men). Found in: Shellfish (particularly oysters), organ meats, lean red meat, yeast, whole-grain cereals, legumes.

What it does: Involved in growth, skin health and wound healing, development of reproductive organs, protein metabolism, energy production. (Good for fighting cold/flu)

Get the most from supplements

- * Eating a wide variety of foods is still the primary way to get vitamins and minerals
- * Choose a multivitamin and mineral supplement that meets the recommended dietary allowances (RDAs)
- * Consult a nutritionist on additional supplementation...doctors do not have enough knowledge on nutrition or supplements.
- * Pregnant women need folic acid and some may need additional iron. Some people who are lactose-intolerant may need additional calcium.
People older than 50 require different dosages of certain vitamins and minerals.
People who have high blood pressure or heart condition should take folic acid.
- * Children should receive children's vitamins, not adult's; do not exceed the daily dosage.

Source: American Medical Association Health Insight Web site.

When I had my Chiropractic office, I suggested supplements, and nutrition...one day I asked one of my patient if she was taking the Vitamin B-12 to help her with anemia and she assured me that she did, however, since she didn't have B-12 she was taking two B-6's...it's true...and you know B-6 and B-12 are totally different vitamins...I had to explain that two B-6 was not helpful for her...so sometimes, it's important to help people and teach them things that you may think is "known" to everyone...not everyone knows everything...not even me...

Take Charge of Your Health

Keep all your medical records updated and accessible in case of emergency...at home and in your wallet/purse, keep a copy of your insurance card, identification, physician's name and phone number, emergency phone numbers, serious adverse reaction to drugs.

The Prayer of Senility

Thanks Ellen Suzuki

God grant me the senility to forget the people I never liked anyway,
the good fortune to run into the ones that I do,
and the eyesight to tell the difference.

Now that I'm 'older' (but refuse to grow up), here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats have turned into prunes and All Bran.
3. I finally got my head together; now my body is falling apart.
4. Funny, I don't remember being absent minded.
5. All reports are in; life is now officially unfair.
6. If all is not lost, where is it?
7. It is easier to get older than it is to get wiser.
8. Some days you're the dog; some days you're the hydrant.
9. I wish the buck stopped here; I sure could use a few.
10. Kids in the back seat causes accidents.
11. Accidents in the back seat cause...kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The only time the world beats a path to your door is when you're in the bathroom.
14. If God wanted me to touch my toes, he would have put them on my knees.
15. When I'm finally holding all the cards, why does everyone decide to play chess?
16. It's not har to meet expenses...they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter...
I go somewhere to get something and then wonder what I'm here after.
19. I am unable to remember if I have mailed this to you before or not.

Obituary: Our deepest and heartfelt condolences to: Haruko Ishiyama and Kyoko Ikari and her family for the loss of their mother Maruko Ishiyama.

Nami Kudo Okamoto and her family for the loss of her husband and father Thomas Okamoto.

"Do unto others, as you would have others do unto you" "The Golden Rule", in memory of Maruko Ishiyama

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