

Crystal City Chatter

Issue 70

May 2003

Las Vegas Bus Trip -- May 6-8, 2003

Toni Tomita

"The wheels on the bus went round and round," the horses went "po-ron, po-ron" and shouts of "Bingo" could be heard amongst the merry group of former Crystal Cityites, friends and strangers munching on all the goodies passed around and around on bus #599 (go "koo koo"?). Among the winners were Sid and Yukie Okazaki and Kaz Matsumoto, a two time winner!!

What seemed easy, to round up at least 50 persons from CC, turned out to be a monstrous task as only 32 signed up for the trip. So with help from Sachi, Tomo, Sumi, and my friends from the Seniors club, we had 45 going with 9 passengers added by Nisei Charters.

At the slot tournament, it was interesting to see all the different methods used by the players to keep the wheels spinning. There was the two fingers "chopsticks" style of **Shirli Okabe**, the "palming" method of **Sumi** and the popular "drumming" fingers, the choice of many. **Mas Okabe** was seen getting pointers from the slot lady. Don't know whether his luck changed. Non players walked around passing out words of encouragement or discouraging words - ie, "Wow! Sachi's up to 7000!" It was good to see **Alice Matsumoto** up from San Diego just to see old CC friends. The final results were: 1st place (\$100) **Betty Fukunaga**, 2nd place (\$75), **Bo Hazama**, 3rd place (\$50) **Ruby Sakurai**, 4th place (\$25) **Ken Yamane**, and the booby prize (\$10) **Shig Imai**. My friend Bo, was so lucky on this trip that she gave everyone on the bus a "good luck" quarter for our next trip.

I vowed up and down to Sumi, my brother and sisters, that this would be the first and last trip that I would arrange **but** seeing how happy and excited everyone was to see each other, **Haj's** kind words, words of thanks throughout the trip that I'll do it "one mo' time" next May **as long as Shig and Jackie Imai** continue to entertain us on the bus and **Mas and Shirli Okabe** travel down from San Jose to add to the fun and great feasting on her delicious cookies and senbei. My friends marvelled at the 5 different goodies she made. In fact, those who joined us are already planning to be on the bus next May, even the family of 7 strangers said to call them if we were short!

Thank you to everyone who brought snacks - cookies baked by **Shirli, Miyo, Doris Yamane and Doris Oana**, senbei, candies, chips, etc. from **Akemi Yasuda and Ami Yamagishi, Sumi, Fusako Ichikawa, Kaz Matsumoto** whose wife (Massie Yasuda) couldn't make the trip. **Jimmy and Tilly Hatanaka**, and I'm sure I've missed some names - please forgive the omissions. Finally arigato to **Betty and Ruby** who helped pass out the goodies and **Jimmy** who was our Sparkletts man. Til the next time...

Fun Fun Fun in Las Vegas

Wow. A big "Thank You" to Toni...I know what she went through to get this trip together. I felt so bad that she was so o o o tired and exhausted...I swear Toni doesn't know the word "no" ...she seems to wear herself out giving, giving, doing, doing...and her brother Kenji wrote me with great concern how he worries about the stress and exhaustion she runs her self into...so I kept saying..."no more, no more, no more" so when I heard that she wanted to do another Vegas trip next year, I thought I was hearing things or that she finally snapped and lost her mind...but no, she now knows to have at least this year's group and hopefully more next year but the happiness and joy you see in the many CC friends I know enjoy themselves and happy to see other CC friends here there and everywhere...and next year Toni said we should eat together At Main Street buffet room...as it's very very big and we could put tables together. So plan now to have that time all together. I know Yae Aihara said she goes to Pechanga but it's not about slot machine and gambling...it's the companionship of old friends...I know many couldn't make it this year because of previous engagements but will probably want to go with us too...So Kenji, your sister will not work as hard, and won't wear herself too thin (she promised me).

Meanwhile, we had fun at the penny slot machine..Toni was on the "Twin Dolphin". I was on another with husky dogs and Jackie was playing on "Blazing Adonis"...the other one with the three gold coins opens up lots of money and fifteen free spins...Toni kept saying, "Aren't the dolphins cute...look at the smile on their faces..." and when two or three dolphins come up there's special bonus and it's just so much fun. Next to the dolphins was Geisha...and when three Torii line up there's a gong and free spins with bonuses open up too...so the big spender that we are, penny machines and nickle machines kept us busy. Although we heard of those who were hitting real good at the quarter machines and dollar machines. I can honestly say that they have "dokyō"...(courage)...I'm real "ikuji nashi" (coward) But I do have fun (Cont'd on page 2)

(Cont'd from front page) "Fun Fun Fun in Vegas"

the little joys it brings...especially with friends around and enjoying their luck too...that's what makes it!!! I know Yae-chan tells me that she goes often to Pechanga and there's Morongo and other Indian casinos but it's the CC camaraderie of the CC friends that makes our charter bus trip so memorable and wonderful...it's really not about making lots of \$\$\$ (or losing it either) it's our group that makes it so great!!! Missed you Carmen...Hope you can join in next year neh...

*So see many of you next year neh. "Mata omoroshiku itsho ni ikimasho"(Cets all go together and have fun) It was sure nice to see **Alice and Ken Matsumoto** from San Diego...they drove all the way to join us.*

Survived a 60s or 70s childhood? Congratulations!

Looking back, it's hard to believe that we have managed to live as long as we have. As Children we would ride in cars with no seat belts or air bags. Riding in the back of a pickup truck on a warm day was special treat. Our baby cribs were covered with bright colored lead-based paint.

We had no childproof lids on medicine bottles, doors, or cabinets, and when we rode our bikes, we had no helmets. (We drank water from garden hose and not from a bottle (Horrors! We would spend hours building our go-carts out of scraps and rode down the hill, only to find out we forgot the brakes.

We would leave home in the morning and play all day, as long as we were back when the streelights came on No one was able to reach us all day. No cell phones. Unthinkable. We played dodgeball and sometimes the ball would really hurt. We got cut and broke bones and broke teeth and there were no lawsuits from these accidents. They were accidents. No one was to blame but us.

Remember accidents? We had fights and punched each other and got black and blue and learned to get over it. We ate cupcakes, bread and butter, and drank sugar soda but we were seldom overweight because we were always outside playing. We shared one grape soda with four friends, from one bottle and no one died from this. We did not have Playstations, Nintendo 64, X Boxes, video games at all, 99 channels on cable, video tape movies, surround sound, personal cellular phones, personal computers, internet chat rooms - we did not put out very many eyes, nor did the worms live inside us forever.

We went outside and found them. We rode bikes or walked to a friends's home and knocked on the the door, or rung the bell or just walked in and talked to them. Imagine such a thing. Without asking a parent! By ourselves! Out there in the cold cruel world! Without a guardian. How did we do it? How did we survive? We made up games with sticks and tennis balls and ate worms and although we were told it would happen, we did not put out very many *eyes*, nor did the worms live inside us forever.

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Some students weren't a smart as others so they failed a grade and were held back to repeat the same grade - Horrors! Tests were not adjusted for any reason. Our actions were our own. Consequences were expected. No one to hide behind. The idea of a parent baiting us out if we broke a law was practically unheard of. They actually sided with the law, imagine that! The generation of people who were kids during the '60s and '70s has produced some of the best risk-takers and problem solvers and inventors, ever. The past 50 years has been an explosion of innovation and new ideas. We had freedom, failure, success and responsibility, and we learned how to. And you're one of them, so **congratulations!**

"When there is little invested in what you do, then the pain is little and losing is easy. Invest your self in everything you do and become a winner in life."

Amazing isn't it? So much changed in our lifetime. Cife was more "relaxed" and not having to be thinking so much about the stress of living today with children..."Amber Alert", having to worry about children in the playground or parks...even in the mall..."Car Jacking" ...having to make sure you're watching yourself and your children where ever you go.

On top of this, we have high alert presently, Orange Alertso we're all supposed to keep our selves on guard and keep our eyes and ears open...it's a very different world today...neh?

Have you noticed that our grandchildren have heavy books to carry on their back...they have homeworks and the many tests from pre-SAT to SAT to other pre-college-university exams...am sure glad I was born way back...in 20th Century..."mukashi mukashi oo mukashi no jida!"...(Cifestyle of long long ago)

And that makes our life in Crystal City that much more special neh..."Yokatta neh" (It was good neh)

Church Bulletin "oops"

Martha Suzuki, Rafu Shimpo

This was in the "Horse's Mouth" column by George Yoshinaga for the Rafu Shimpo newspaper...that there's humor even in church bulletine, due to "typos" and/or "correlations".

1. Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist Church. Come hear Bertha Belch all the way from Africa.
2. The sermon this morning "Jesus Walks on Water". The sermon tonight "Searching for Jesus."
3. Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget to bring your husbands.
4. Remember in prayer the many who are sick of our church and community.
5. Don't let worry kill you off -- let the church help.
6. Miss Charlene Mason sang, "I will not pass this way again". giving obvious pleasure to the congregation.
7. The rector will preach his farewell message after which the choir will sing "Break Forth into Joy".
8. A bean supper will be held on Tuesday evening in the church hall. Music will follow.
9. At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.
10. The Lutheran men's group will meet at 6 p.m. Steak, mashed potatoes, green beans, and dessert will be served for a nominal fee.
11. Please place your donation in the envelope along with the deceased person you want remembered
12. Attend and you will hear an excellent speaker and have a healthy lunch.
13. The ladies of the church have cast off clothing of every kind. They may be seen in the basement.
14. Potluck supper at 5 p.m. Prayer and medication to follow.
15. This evening at 7 p.m. there will be a hymn sing in the park across the church. Bring blanket and come prepared to sin.
16. Low self esteem support group will meet Thursday at 7 p.m. Please use the back door.
17. The eighth graders will be presenting Shakespeare's Hamlet in the church basement Friday at 7 p.m. The congregation is invited to attend this tragedy.
18. Weight watchers will meet at 7 p.m. at the First Presbyterian Church. Please use the large double doors at the side entrance.

The Law Is My Shepherd, I shall Not ... What?

Reader's Digest

We agree that without laws, there would certainly be chaos, but here are some laws currently on the books that make one year for a little chaos.

- * In Massachusetts, it is illegal to wear stilts while working on a construction site.
- * It is illegal to tie an alligator to a fire hydrant in Detroit.
- * In Maui County, Hawaii, children must be 12 years old to play on a busy highway.
- * In Arkansas, no one may spend more than five minutes voting.
- * In Kern County, California, It is illegal for anyone to play bingo while drunk.
- * In Texas, windshield wipers are required ... even though a windshield is not.

Missing The Point

Reader's Digest

I was looking for a rest room and found two doors with pictures of dogs on them. I was completely baffled, so I searched out the manager and admitted I couldn't tell the difference between the male dog and the female dog.

The manager smiled and said, "That's not the idea. One dog is a pointer, the other a setter."

"The future ain't what it used to be".

Letters to the Editor

Dear Sumi, I have been enjoying the Crystal City Chatter for many years. Thank you so much for your hard work and devotion. I developed many friendship and fond memories during my 3 years in Crystal City and the Chatter help me keep in touch with these friends and memories. Enclosed please find a check to cover the postage costs. Good health and good memories to all. George Oshimo

Thank you very much George for your support, donation and kind words. This is what keeps the Chatter alive...I know that Crystal City has been a wonderful place to be in...the many friends, school, sports, and the activities that we had were so warm and wonderful...just back from Vegas with CC friends that went with us on the Nisei Charter, was so nice...a bit older, hopefully wiser and greatly slowed down now...but the friendship continues stronger. Stay well George and enjoy each day...

Dear Sumi, I would like to provide only good news, but this time it's bad news. Eleanor Schiess (Akata) died on February 2nd due to cancer. She was in Crystal City camp with her parents, two brothers and one sister (Ruth).

I've heard the sad news at our Crystal City Cohorts gathering on March 16th. Even though she went back to mainland last year, we will miss her. Take care. Aloha, Clifford T. Miyamoto
p.s. Small donation enclosed.

Aloha to you Terufumi... (sorry but I know you as Terufumi, not Clifford) I received a telephone call from her husband the day after her demise...I know she came out here to take care of her brother, and he is well now but she passed away...how "hiniku" (ironic) neh...she called me to have her address changed from Hawaii to Port Hueneme...which is really a short distance from Camarillo, however, never got to get together while she was here...It's good to know that your CC Cohorts are getting together periodically...it's always so good to get together with CC friends and especially if it's not at funerals only. We have had a great Shinnen Enkat Cuncheon this year in February in Gardena and will open the Shinnen Enkat for any and all CC friends next year between January and February. also we just got back from the Cas Vegas trip on chartered bus from Nisei Chargers and it gave us another opportunity to see many familiar CC friends again. Toni will put another trip next year again, around May...maybe some of you could fly over and meet us there.

Thank you very much for your letter, your support and donation.

Dear Sumi, It has been quite a while. Hope you are completely well now. We seem to be so busy daily. Someone said, "as we get older, we become good friend with the doctors." Enclosing a picture someone took of sensei. It was a few days after her 101st birthday. She keeps going...going daily... Teaches class just the way she wants.

The last chatter you put out you printed the letter from a friend in Peru. It touched us deeply. 'What a letter! What's sad is so many across the country do not know about Crystal City. Of course, we did not know until we met you. It's remarkable how you get the Chatter out! Enclosed a small check to help in some way. Take good care and stay well. Our love, Lew & Deana Abe

Dear Sumi, something interesting...2 weeks ago, an Eiji Imamura attended class (Sumie class) He wants to learn Japanese, (speaking). He graduated UC Berkeley, and PhD at Stanford, He teaches Oceanography at UCSB...what was most interesting is that he was born in Crystal City. His mom's name is Kokugo Arifuku. Stated she was born in Parlier and graduated UC Berkeley....she's 90 years old in Parlier, CA. Take good care, our love, Lew & Deana Abe

Thank you Deana for your continued support and many donation to the Chatter. For many of you, Deana and her husband Lew Abe met on Ellis Island when the JANMuseum had the camp exhibit there. At that time, I found out that Lew knew my husband's family way back before WW II and Deana and I became good friends. She introduced me to the Calligraphy Sensei Mrs. Nakamura who was 101 and taught years of Sumie to many students. She was very spry and young looking however, she passed away few weeks before her 102nd birthday this year. (She was born from Korean princess and Meiji Tenno and lived unusual life.)

I'm sure that her students all miss her...you would never have believed that she was over 100 when you met her. I am so privileged and honored to have met a lovely lady. Thank you Deana and Lew...

There's been so many moved by the stories about the Peruvian Japanese brought over here during WW II. I am grateful to have met several very wonderful friends who now live in and around C.A. and they all learned third language, English...many read and write beautiful Japanese too...what a shame that I could only read and write English...very little of Japanese (sorry Yamashita Sensei) and very very little of Spanish.

The next letter on page 5 is all in Spanish...I had to have help in its translation... (Cont'd on page 5)

Letters To The Editor:

Dear Sumi-san,

Como esta usted? Gracias pola linda tarjeta el dia que pesiar su tarjeta me cai i nae quere el brazo derecha por eso mi hermana Satoko Yoshioka me esta escribiendo esta carta vivimos junto la poema que le mande me dio mi amiga de Fresno por que yo vivia 35 ano en Fresno , 8 ano ante no Movimos a Reseda mi nombre Mitsuko Yoshioka ante de casar y divosiado por 44 ano uso com el nombre Lucy Yamamoto mi hermana Satoko Yoshioka numca fue casada.

Lucy M. Yamamoto

Se deseo mucha felicida y salud. God Bless You
 P.S. Tengo 72 ano de edad mi hermana Satoko 77 ano de edad. Mi telefono es [redacted] Por favor si me puede dar su telefono para comnicar com uste porque no puedo escribir. Gracias.

Ms. Lucy Yamamoto also enclosed a poem in Japanese which I'm having reproduced below...I'm not well versed in Spanish so I sent this letter to my very dear friend Carmen Mochizuki to interpret it for me...thank goodness, I then was able to understand it a bit. I hope I got all the spelling correctly.

So Lucy, thank you very very much for your taking the time to write and enclose the poem. I do appreciate it very much...muchas gracias Lucy. That much I can write in Spanish.

一、人生は六十から
 われら人生六十から
 心もからだも元気に
 七十でむかえに来たならば
 たが今おるすといなきい

二、われら人生六十から
 いもニコくほがらかに
 八十でむかえにきたならば
 まだまだ早いといなきい

三、われら人生六十から
 何も不足はありません
 九十でむかえにきたならば
 そんなにせくなといなきい

四、われら人生六十から
 いも感謝でくらししよう
 百でむかえにきたならば
 ころみて行くといなきい

Life Begins at 60

(general translation)

1. We at 60 are energetic in our body and spirit
and if 70 faces you, tell it you're "not home" right now.
2. We at 60 are always smiling and cheerful
and if 80 approaches, say "not yet" "it's too early".
3. We at 60 have no needs
however if you're facing 90, say "don't be in such a hurry".
4. We at 60 live appreciatively
however if you're facing 100, then just say "let's go".

What It Really Means

Reader's Digest

New definitions to add to your vocabulary:

- Arbitrator: A cook who leaves Arby's to work at McDonald's
- Bernadette: The act of torching your mortgage
- Parasites: What you see from the top of the Eiffel Tower.
- Primate: Removing your spouse from in front of the TV.
- Sudued: A guy who works on submarines.

Finally, A Sensible Diet(Not to be taken seriously, please)

- Q:** I've heard that cardiovascular exercise can prolong life. Is this true?
- A:** Your heart is only good for so many beats, and that's it. Don't waste them on exercise... Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? **Take a nap.**
- Q:** Should I cut down on meat and eat more fruits and vegetables?
- A:** You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these **vegetables.**
So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat **chicken.**
Beef is also a good source of field grass (green leafy vegetable).
And a pork chop can give you 100% of your recommended allowance of vegetable slop.
- Q:** How can I calculate my body/fat ratio?
- A:** Well, if you have a body, and you have body fat, your ratio is one to one. If you have two bodies your ratio is two to one, etc.
- Q:** What are some of the advantages of participating in a regular exercise program?
- A:** Can't think of a single one, sorry. My philosophy is: No Pain...= good.
- Q:** Aren't fried foods bad for you?
- A:** You're not listening. Foods are fried these days in **vegetable** oil. In fact they're permeated in it.
How could getting more vegetables be bad for you?
- Q:** Will sit-ups help prevent me from getting a little soft around the middle?
- A:** Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.
- Q:** Is chocolate bad for me?
- A:** Are you crazy? **HELLO...Cocoa beans...another vegetable!!!** "It's the best feel-good food around"

Trees of Life

Reader's Digest

Eating vegetables isn't the only way greens can make you healthy; a new study suggests that simply living near trees, even in cities, does your body good. Japanese researchers studied the survival rates of more than 3,000 senior citizens in urban Tokyo, and found that those who lived near parks and tree-lined streets were more likely to outlive those who lived near parks and tree-lined streets were more likely to outlive those surrounded by asphalt -- regardless of age, sex or marital and socioeconomic status. The researchers think that the availability of such spaces contributes to good health because it entices us to be more active.

Surprising that they didn't realize the negative ion around trees, shrubs and plants. Most of the time, we live in positive ion atmosphere so we get tired and heavy feeling...but go outdoors and breathe deep around the trees and shrubs and soon you feel so much "alive"...breathing running water in bathroom also creates the negative ion that refreshes us...like even the ocean air...it's wonderful!!!

Drugs from Mud

Popular Mechanics

Molecules produced by bacteria found in sediments retrieved from sub-tropical and tropical oceans exhibit antibiotic and anticancer properties. "The average person thinks of the bottom of the ocean as a dark, cold and nasty place that is irrelevant, but we've shown that this environment may be a huge resource for drugs." says William Fenica, leader of the team from the Scripps Institution of Oceanography in La Jolla, CA, that made the discovery.

"Omoide" (Memory)

I don't know how many of you remember the old Crenshaw Square when Jefferson Blvd was busy with little Japanese stores...and there were Japanese movie theater, "Kokusai" where we were able to watch Toei "Chambara" samurai movies...the old Enbun market and across the street was a wonderful fish market New Moon...and at the end of "J" streetcar there was Grace's Pastry and Kobys drugstore...Those pastries were just mmm good and I'm sure those of you who lived in L.A. at that time will recall those cakes. Well, going down this memory lane, I know Dr. Henry "H.O." Okamura had his office in the Crenshaw Square...which burned down...and every summer there was Obon Festival and Bando Mitsusa taught the Obon there...It was a wonderful place to go...the Holiday Bowl had fantastic sushi by couple of real nice fellows...one has his sushi place on Sawtelle, "Hide Sushi" and the other went to Vermont close to LACC...they both did well even after Holiday Bowl closed. We also had Paul's Kitchen on Jefferson Blvd, besides the Bamboo Restaurant for Cantonese food.

We enjoyed the little Japanese community there...but slowly it closed shops, one by one and the area became deserted...Grace Pastry's had few other branches for awhile but that too closed down. Koby's drugstore remained opened for some time but soon they closed too...and are my neighbors here in Camarillo. I enjoyed going there to look at the beautiful jewelries that Yukimi Kobayashi had on display...nice semi-precious stones...but they too closed their doors...so it remains today, a very desolate place that used to have many little stores and restaurants. but that was long, long ago mukashi, mukashi...ooo mukashi". We talk about Rudy's Italian restaurant...and other wonderful memories...

However, the other day in Rafu Shimpo's "Horse's Mouth" column GeorgeYoshinaga, was able to get the original recipe to Grace Pastry's Tea Cake from George Izumi, proprier of Grace Pastry so thought you may want to try it. I understand according to George Yoshinaga that some of his readers tried making it and found it was really great...like the "old days" so here it is: Good baking!

Grace Pastry Tea Cake

8 1/4 oz brown sugar

5 oz. fine granulated sugar

6 oz. salad oil

1/4 oz. salt

1/8 oz. vanilla

Add eggs in three parts, ream in slow speed three minutes

Always scrape down eggs. 3 oz

Add, mix three minutes

6 oz. buttermilk

10 oz, cake flour

1/8 oz. baking soda

Add mixing smooth buttermilk, 6 oz.

Sprinkle sliced almonds on top before baking or leave it plain

Bake in cup cake liner at 375 degree. Do not over bake.

Good luck and don't blame me if it's fattening...I don't think I'll try it, I don't need the calorie or weight.

Kitchen Cures

Reader's Digest

Not just for tea: Dab a smidge of honey on a new cut to disinfect it before applying a Band-Aid.

Hold the raisins: For soothing relief of all- over- the- body hive attacks, try a cool bath mixed with one cup of oatmeal. For spot therapy, mix cornstarch with white vinegar and pat on

Stink up a sting: If you get stung by a bee or wasp, don't cry -- unless you're cutting an onion...its juice is believed to relieve a sting.

Take a Nestea plunge: When athlete's foot has you hopping, soak your feet in tea (its tannic acids soothe the itch), Fill a large bowl with a quart of boiling water and add six tea bags. Let the water cool down, then soak for a half-hour or so, but beware tea can stain your feet.

Make like a monkey: When Montezuma's revenge takes its toll, a potassium-rich banana can help replace some of what's lost during a bout of diarrhea.

Milk it: If you have a blister, soak a washcloth in milk and hold it on for 15 minutes. Tea works too (chill a steeped tea bag and apply it to the area).

Health Hints:**Healthy Attitudes****"Crazy Legs"...Restless-Legs Syndrome"**

If you occasionally suffer from an overwhelming urge to move your legs... the "heebie-jeebies"...as some people call it, you may have a condition known as restless-leg syndrome (RLS). This condition is common. Approximately, 10 to 15 percent of the adult population has RLS.

Most find the problem annoying, but manageable. Yet some RLS sufferers have trouble sleeping and find any situation where they must sit still excruciating.

The National Institutes of Health recently sponsored a meeting of RLS experts to refine how the condition is diagnosed and treated. Here are some of the findings.

Criteria for diagnosis: A strong, persistent impulse to move the legs that seems to come from inside the leg, "like having Coca-Cola bubbling through the veins". The need to move the legs increases when sitting or at rest and the symptoms seem to worsen at night. Walking seems to bring relief.

Possible causes: Age may play a role, as RLS is more prevalent in older people. Most experts agree that the source of the problem originates in the brain, not the legs. Some believe that RLS is caused by low levels of dopamine, a chemical that facilitates cell-to-cell signaling in the brain. Other studies point to iron deficiency as the cause. Caffeine consumption does not appear to induce RLS, though cutting back on coffee can help people with RLS sleep better.

Treatment options: Taking supplements of ferrous sulfate (a form of iron) has helped some patients with milder symptoms. While the Food and Drug Administration has not approved any drug specifically for RLS, there are medications designed for other ailments with similar symptoms that can be used in extreme cases. For example, Parkinson's disease is also connected to abnormal dopamine levels, so some doctors prescribe common Parkinson's drugs, pramipexole and pergolide for RLS. **Check with your doctor for his or her recommendation.**

Ten Tips for Enjoying More Energy**Healthy Attitudes**

Coffee and other drugs or stimulants can boost your energy level, however, only in the short-term, and usually with unwanted side effects. Major life changes, such as leaving an exhausting job or ending a bad relationship, can also combat fatigue. For most of us, little changes to daily routine will do a better job boosting our energy levels, and leave us feeling more refreshed.

Here are 10 steps to invigorate your day:

1. Soon after waking in the morning, go outside for a short period of time. The early-morning light helps set your body's rhythms for the rest of the day.
 2. Increase movement. A sedentary lifestyle breeds fatigue, so get up and do something fun.
 3. Stop dieting and decide to eat healthy foods. Five or six small meals throughout the day will also keep your energy at an even level.
 4. Decide to bring more laughter into your life - go to comedy clubs, read funny stories. Laughter is energizing!
 5. Go outdoors more often. Fresh air is invigorating. Plus, the body needs natural vitamin D from sunlight.
 6. Practice breathing more deeply, as more oxygen means more energy.
 7. Use energizing scents in your body products. Peppermint in shampoos and cleansing gels can help you feel more awake.
 9. Have rest days. Pick a day on your calendar when you won't do any work, including cleaning or cooking.
 10. Plan one night each week for catching up on lost sleep. Go to bed a little early on that night and you will reap the benefits for days.
- * *If you're close to the ocean, or beach...breathe that ocean air...real tonic in the air!*
- ** *Tired after sitting and working at your computer? Go to the bathroom and turn on the shower or faucet...the running water will create negative ion...computer really drains with positive ion.*
- *** *Treat yourself to dark chocolate...It can reduce risk of heart disease and lower chances of cancer. Really...dark chocolate preferably...have you tried the limited Hershey's dark chocolate kisses?*

Our Eating Habits...Nutrition

Many people today have individual weight problems...and often we do not eat healthy nutritious food. Our eating habits were formed from the time we were children and ate what was put before us by our mothers and often it wasn't a balanced diet...especially when we ate lots of "gohan and okazu". Although many "okazu's" were very nutritious...it's cooking like little meat or chicken with vegetables, but sometimes it's quite heavy food...laced w/lots of sugar and shoyu or soy sauce...or miso so it's quite salty to taste. I recall some of my friends living in the farm had moms cooking vegetables with salt pork or bacon which is the "no no" type of oil to cook with but that was what was tasty, easy to cook with...and many parents felt it's wrong to leave food on the plate or have "leftovers" so children were forced to finish everything even if they were full.

Today, this is a big "no no". In this country of plenty, people love the "fast food" with french fries and let's face it, pizzas with lots of cheese and stuff piled on...goes down so easy and children love them at their "birthday parties". How often have you young Sansei folks taken your children to their friend's Chuckie Cheese Pizza parties...or anywhere else, pizza and soft drink...so easy to have parties for the kids...I doubt many have healthy lunch for the children's parties...so the inches and pounds adds on with the younger generation.

Rebuilding the food pyramid should be with fresh fruits and vegetables instead of pasta and breads. and much of the snack food has become chips and soft drink or sweetened drinks although many advertise as "fruit drinks"...it's sugared fruit-flavored drinks not real fruit juice.

More and more people are becoming aware of watching their diet...actually should be nutrition. After 50-60 and certainly 70 years of age, it's so important not to add holes notched into your belt...and it becomes harder and harder to get back into clothes you wore way back when...and above all it is imperative that you **exercise**. Nutrition alone does not work. I know...and my children are making sure that I walk...work out at home...with weights, bicycle, yoga, qi gong, etc. and I'm one of the worst one for practicing what I preach...I love finding parking space close to a store...and I call it "Parking Karma" and always usually find great parking space...but now days, I don't mind parking farther away and walking...walking around inside large stores like Costco, Walmart, Target...(there's so many things to look around and mentally mark down what prices are at each of these stores), however, when I do feeling so lucky...oh well, exercise is more important so I'll have to park farther way.

Salad wasn't one of my favorite food however, that's my dinner now...and it's light and great...Fish is a great source of protein. Love making fish "nabe"...just cut up fish into pot w/konbu (seaweed) on the bottom of the pot), and add tofu and nappa (Japanese cabbage) and green onion, and cook together, then squeeze little lemon at the end...flavored w/little shoyu, salt and sake (rice wine). It's so good and especially cold winter nights...hot soup really warms your inside...

Having "In and Out" burgers or "Fat Burgers" were one of my favorite lunch...even "Whoppers" or "Jr. Whopper" tastes so good and of course a little bag of french fry goes with it great...well, no no, I can not enjoy those mmm great lunch, not when I want to trim off the apple shape body I live in today. I know they say there's a "thin me" who's screaming to come out, I guess I haven't been listening to the screams...however, I'm very serious about watching what goes into this aging body.

Although I have no fast and easy way to lose the round "Pooh" like tummy, it's just watching what is put into your mouth that takes it down to your stomach.

So, one of the New Year's resolution should be to be aware of what you eat, how you eat and how much you eat. walk away still a bit hungry...don't try to eat until you feel full or are full. That's too much. I guess in fast food places Subway sandwiches have healthy food that's very healthful. And they are tasty too. So bye bye burgers and fries...it was great knowing you!!!

Top Ten Fast Food Meals

Burger King	Chicken Whopper Jr. Hold May	McDonald's	Grilled Chicken Caesars Salad
Domino's	Classic w/fresh vegetables	Pizza Hut	Veggie Lover's Pizza
Hardee's	Hamburger	Subway	Any of "Under 6" sandwiches
Jack in the Box	Hamburger	Taco Bell	Chicken soft taco
KFC	Tender roast sandwich	Wendy's	Small Chili (w/o cheese)

Happy Clean Eating!!!

Ten Commandments for Stress Reduction

- I. Thou shalt not be perfect, or even try to be.
- II. Thou shalt not try to be all things to all people.
- III. Thou shalt sometimes leave things undone.
- IV. Thou shalt not spread thyself too thin.
- V. Thou shalt learn to say "No".
- VI. Thou shalt schedule time for thyself and for thy support network.
- Vii. Thou shalt switch thyself off, and do nothing regularly.
- VIII. Thou shalt not even feel guilty for doing nothing, or saying no.
- IX. Thou shalt be boring, untidy, inelegant, and unattractive at times.
- X. Especially, thou shalt not be thine own worst enemy, But, be thine.

Attn: Toni Tomita...this applies especially to you...the fifth commandments especially!!!
 I doubt that you Niseis (or Sanseis) would be able to apply this...especially number 7, 8, and 9!!!

* * * * *

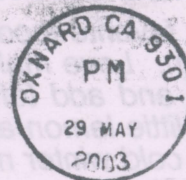
The Sound of a Single Hand

The great Zen master, Hakuin, who lived in 18th century Japan, used to hold up his hand before his students and say, "Listen to the sound of a single hand." Or he would ask, "What is the sound of a single hand?"
 In the depths of the innermost self, more remote than the farthest mountain, and closer than close.
 Lies the secret house of the sound of one hand. Enter!

Obituary: Our deepest and heartfelt condolences to: Mr. Schiess and his family for their loss of his wife, Eleanor Akata Schiess

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