

Ho Ho Ho, Merry, Merry, and a Happy New Year!

Can you imagine, it's the end of the year 2003...I've been told that time goes by fast as you grow older...well, I must be growing older faster and faster because my calendar just flies by these days. It flew by so fast, I really can't remember where all the days, weeks and months went...in fact, I just can't remember, period. "Mah mah, shikataganai neh"...(my my, guess it can't be helped) I recall my mother telling me "Toshi wa toru monde wa nai"...(Do not age) however, haven't found how not to either. Main thing is to keep this body in good health...

I wish each and every one of you a warm, wonderful "fuzzy" Christmas and Happy, healthy New Year! I'm sure President Bush is happy with this Christmas-time to have Saddam Hussein in his stocking... Let's hope that this will help bring home the many young men and women safely and real soon but I'm sure it's going to take time yet, to get the people of Iraq to take over their government.

I also wish that the strike against the three major supermarket will end soon...it's not easy to be on strike during the holidays...and it's only us Southern Californians who had to face the MTA Transit strike and the Vons (Safeway), Albertson, and Ralph (Kroger) markets however, it's amazing how the drug stores, Longs, Sav-On, Rite Aide, and even the 99 Cents store stock up on dairy, can food, frozen food as well as bread, lunch meat, etc. K-Mart also has had food to sell during this strike.

I am so grateful that we have a wonderful Trader Joe's market with all their fresh fruit, vegetables, dairy, frozen food, fresh bread and baked goods, and their tofu cream cheese is so tasty and great for dairy-allergic people...and their display of beautiful flowers, orchids and plants at such reasonable price...I enjoy picking them up for my home...pretty, reasonable, and "non-fattening, no cholesterol, or fat" so it brightens up my table...then later, I plant them outside so it continues to grow.

I thank each and every one of you who have sent me Christmas card with warm messages, telling me how much you enjoy the Chatter...and for the many donation that keeps the Chatter alive and well...even with the cost of postage and printing increasing...however it is becoming more difficult to find interesting, informative articles to put in...but am continuing to try...it's amazing though how I'm always "saved" by readers who send me articles at deadline of the Chatter. I must have an angel that has been helping me with this Chatter...bless his or her heart! I am grateful!

A reminder for those who would like to attend the "Shinnen Enkai Luncheon" January 17th, Saturday at 11:30 a.m. at Paul's Kitchen, 1950 South Atlantic Blvd, Monterey Park, 91754, A registration form is on page 9 of this newsletter. I know those 40 some odd people who attended last year enjoyed the get-together last year so we urge you to come and enjoy warm fellowship with us.

May 18-20 is our Vegas trip via Nisei Charter Bus...so we have these two "get-together" dates to have "tanoshimi" (enjoyable) time...These are the two events that the Crystal City group will be having for next year. So come one come all...come join in on the fun.. Dan dan, we will not be able to go or to enjoy eating "oishii" "China-meshi"...(delicious Chinese food).

Couple of weeks ago, my son calls me up to tell me to watch the National Geographic channel...and lo and behold, what did I see but ole Heart Mountain...Our barrack faced the mountain in Heart Mountain Relocation Camp so it was really "natsukashii" (nostalgic) to see that mountain...the program was on sending the American Japanese into these camps during WW II. And there are still people who believe that it was for our protection...not the real reason of grabbing the fertile agricultural land by these big corporation like Del Monte, and other big company getting big contract from the Army to grow food during the war. Oh well, whatever...It doesn't really matter who's right because it happened that we were all evacuated and sent to ten relocation camps...

And although Crystal City was a family camp to join the parent (s) that were arrested and taken to detention camps like Missoula, MT; Bismarck, ND; Fort Sill, Oklahoma, Camp Livingston, LA, Santa Fe, NM; Lordsburg, NM; Kenedy, TX, etc...and yet, even many niseis today believe that **Crystal City was a camp for "bad people"**...I recall the niseis at JAN Museum saying this to one of my daughter when she asked about our camp. Bad people? They were the **leaders of many community, Buddhist priests, Japanese language school teacher, ministers and priests of other Japanese religion...it's understandable for "hakujins" to not understand but for fellow niseis to have this prejudice and such a judgemental attitude was shocking...hopefully, today, many know that it was not a camp for "bad people" ...but the best, cream of the crop leaders.**

Chronology of Japanese American Events (Years 1615-2003)

Cedrick M. Shimo compiled a long list of chronology of the Japanese American Events for the JAN Museum. He sent me a copy which lists many events since 1615, in which seclusion closed Japan from the Western nations. Only port of Nagasaki was kept opened to the Dutch.

Skipping down some years to 1867, which began the Emperor Meiji's restoration and the modernization of Japan. Japanese were now free to emigrate. Japan rapidly modernized and built an army and naval force patterned after the U.S. and Britain. This enabled Japan to become the only non-white nation to remain completely independent.

1868 The first group of 148 Japanese laborers sent to Hawaii was a failure because the "laborers" were "city folks" and unaccustomed to hard labor. Most were unable to honor their 3-years contract. As a result the plantation owners did not resume hiring Japanese until 1885 when the 1882 Chinese Exclusion Act dried up cheap Chinese labor. This time sturdier laborers came from the farming areas of southern Japan.

1869 The Wakamatsu Tea and Silk Colony was established in California. They were the followers who fought for the toppled Shogunate. Most fled to Hokkaido but many fled to the United States to form this colony. The colony was disbanded by 1879 because the weather was unsuitable for silk farming.

1876 The U.S. concluded a treaty with the Kingdom of Hawaii, allowing the duty free importation of sugar. As production increased, so did the demand for cheap labor.

1900 Hawaii became a U.S. territory. Contract labor was banned but laborers were now able to flock to California where wages were higher.

1905 The Yamato Colony was founded in Livingston, California. Pioneer business man Abiko purchased 3200 acres of parched desert land and sold 40 acre parcels to Japanese farmers who transformed this wasteland into a thriving colony of successful farmers.

1908 The Gentleman's Agreement ended the segregation of Japanese students, and passports were no longer issued only to non-laborers going from Hawaii to the mainland. This agreement lasted until 1924.

1908 Only married women were allowed to enter the United States which gave rise to the picture brides.

1909 In California, Japanese farmers developed undesirable desert and marshlands into fertile agricultural farmland. Student immigrants went to school and numerous Issei earned college degrees.

1920/21 A new Alien Land law was passed to plug loopholes in the 1913 law such as buying land under the names of under aged children who were American citizens by birth.

1939 War broke out in Europe with Nazi Germany. Economic sanctions were placed against Japan

1940 American cryptanalysts successfully decoded the Japanese diplomatic code so the impending attack on Pearl Harbor was known at the government's highest level. Japanese naval plans were also known by breaking the Japanese naval code which resulted in the success at Midway and subsequent battles.

1941 On November 1st the first MIS language school class was assembled in the Presidio near the Golden Gate. The majority were Nisei and Kibei students and teachers.

In November the FBI seized membership records of various Japanese organizations. This list was used to seize community leaders immediately after the Pearl Harbor attack.

Oil was embargoed. Japan, with only a few months supply of oil, attacked Pearl Harbor on December 7th.

1941/2 Community leaders were immediately rounded up by the FBI and interned in approximately 16 Dept. of Justice and army camps in the United States, Alaska and Hawaii.

110,000 to 120,000 residents living on the west coast were sent to 16 temporary assembly centers run by the army until the 10 relocation centers were completed and run by the WRA. All this was the result of President Roosevelt's signing Executive Order 9066 on February 19.

2264 South Americans of Japanese descent, 80% Peruvians, were rounded up and sent to the United States to be exchanged for Americans stranded in the Far East. 500 were exchanged. After the war those still remaining in the United States were classified as illegal immigrants. 900 were deported to Japan. Peru also, refused to take them back. 100 eventually returned to Peru. The remainder stayed in the United States.

1943 The quota for volunteers to Hawaii was for 1500 soldiers...10,000 volunteered.

1945 The War ended...

I shortened this list and just took some interesting part but I thank Cedric Shimo for his thorough work!!!

Edison Uno Among Fillmore Plaza Honorees KASHU MAINICHI

The completion of the Fillmore Jazz District's streetscape improvements will be celebrated on Saturday Dec. 6, from 4 to 5:45 p.m. with a dedication program at Gene Earl Suttle Jr. Plaza, located at Fillmore and O'Farrell streets in San Francisco. The ceremony will recognize 62 notable individuals from the Western Addition, including Japantown, who have made their mark in the arts, labor, business, politics, civil rights, medicine, religion, and other fields. The name of each honoree appears on an inlaid brick in the plaza. The Japanese American honorees are :

Michi Onuma...journalist with the Hokubaei Mainichi and Nichi Bei Times, founding member of Japanese Cultural and Community Center of Northern California.

Victor Abe...attorney and co-founder of the Nihonmachi Community Development Corp.

Kyutaro Ahiko...founder of Yamato Colony, publisher of the prewar Nichibei Shimbun

Masao Ashizawa...Owner of Soko Hardware, co-founder of Nihonmachi Community Development Corp. and Nihonmachi Merchants Association.

Steven Doi...attorney active with Nihonmachi Community Development Corp., JACL, Commonwealth Club of California

Toshi Koba...girls' program director at Japanese YWCA, social worker at Booker T. Washington Community Center.

Yori Wada...program director at Booker T. Washington Community Center, director of Buchanan YMCA, member of California Youth Authority Parole Board and UC Board of Regents, co-founder of JCCCNC.

Ichiro Kataoka...owner of prewar Aki Hotel, one of first Japanese Americans to be detained after Pearl Harbor.

Saburo Kido...attorney, co-founder and wartime national president of JACL.

Tsuyako "Sox" Kitashima...activist in redress movement for former internees, volunteer for Kimochi and other community non-profit organizations.

***Edison Uno...**developer of ethnic studies curriculum at San Francisco State University, instructor of Japanese American and Asian American studies, early leader of redress movement.

Togasaki sisters...pioneers in public health and Japanese American representation in the medical field. Yoshiye and Kazue were MDs and Teru was an RN.

I thank Susie Masuda Sasakawa for her continued support for this newsletter, which has been informative, educational and enjoyable because of her care to share articles of interest...we all know Edison Uno as our leader...and I knew him as one of the "Yell Leaders" or today's world, it's called Cheer Leader, along with Vi Nozaki and myself. Both of them were very atheletic and able to jump up high...I just had loud voice so it could be heard all over.

Anyway, it was so "oshii" (regretable) that Edison passed away so young...mah shikataganai neh.

I also was glad to see my friend and former neighbor of Heart Mountain Relocation Center, Michi Onuma as one of the honoree too...she worked at the newspaper in Heart Mountain Sentinel and is presently living in San Francisco at the age of 95...she worked at the newspaper until several years ago. So it should be nice to visit the Fillmore Plaza to see their name on the inlaid brick...That's Great!!!

Testing the Power of Mushrooms

Other mushrooms may also prove powerful in the fight against cancer. Pure extracts of exotic mushrooms such as shiitake, enoki, maitake, and oyster have shown promise in research conducted in China, Japan, and South Korea.

Studies have indicated they may be able to shrink tumors, stimulate the immune system to fight disease and reduce tumors, stimulate the immune system to fight disease and reduce side effects from radiation and chemotherapy.

Experts caution, however, that some of these studies may not have used rigorous scientific standards. In the U.S., scientists at Memorial/Sloan-Kettering Cancer Center in New York are studying the maitake mushroom, and are gearing up for tests of the mushroom's extract on breast-cancer patients.

Remember the Shiitake Juice I wrote about last year, and there's concentrated mushroom "Reishi" mushroom that's supposed to be very good too. So enjoy eating lots of mushroom, take mushroom extract pills, drink Shiitake juice. (boil 10 shiitake in 2 qt, waterm biuk diwb ti l qt., cool, drink 4 oz daily.

Books For Your Library

Years of Infamy	Michi Weglyn
Crystal City Album	Joy Nozaki Gee
My Six Years of Internment	Rev. Yoshiaki Fukuda
Adios To Tears	Seiichi Higashide
Beyond the Call of Duty	Bob Kono
The River of Time	Bob Kono
Blossoms in the Desert	Topaz High School Class of 1945

I just received *Blossoms in the Desert* book from Susie Masuda Sasagawa...a collective effort of the members of the Topaz High School, class of 1945, which recounts the experiences of their growing up and receiving their entire high school education from September 1942 to June 1945 within the confines of the Topaz Relocation Center in Utah...the high school class of '45 numbered some 254.

Their average age was 14 years old. The idea for this book was born in Washington D.C., in November of 2000, during the dedication of the National Japanese American Memorial to Patriotism during World War II. Anyone interested in purchasing this book, please contact Susie's husband Jay Sasagawa at 2268 Oberlin St., Palo Alto, CA 94306, (650) 857-0626. He's been busy packaging and sending this book.

These books are wonderful to give as gifts especially to young people so they could feel and learn how it was when we were rounded up and sent into the many camps. You and I know what it was like but many grandchildren, great grandchildren would never know or understand how it felt.

I also received a **Chronology of Japanese American Events (Years 1615 to 2003)** that Cedrick M. Shimo had compiled for the Japanese American National Museum...I was impressed by the events that took place from so early. Thank you Cedric for keeping me abreast of what's going on at the JAN Museum. As I have written to you before, when we as CCA were able to raise over \$200,000. to the JAN Museum, we were "dropped" and were never given the total donation our small camp friends were able to raise and send to the Museum, and any telephone calls or letters I wrote were totally ignored. Never an answer. So I just cannot feel "warm" or "close" to JAN people.

There were people like Karen Riley who sent her book she wrote about the Crystal City Students to the Museum, to Irene Hirano personally, Karen told me she never received acknowledgement or a simple "thank you"...so "Reigi saho ga nai no neh"...(No ethics). I am sorry that the Museum is more interested in raising \$\$ and forgetting to thank the many who have supported thus far...donations not only in money but art of calligraphies, books, etc...a little acknowledgement goes a long way.

But I thank you Cedric for keeping me informed always...this little newsletter goes all over and is read by many. So if they would like to know about the "Chronology of Japanese American Events, they will know that it's available at the JAN Museum...Have printed a short Chronology on page 2.

Truths children have learned

No matter how hard you try, you can't baptize cats.

When your mom is mad at your dad, don't let her brush your hair.

You can't trust dogs to watch your food.

You can't hide a piece of broccoli in a glass of milk.

Puppies still have bad breath even after eating a Tic-Tac.

Truths adults have learned

Raising teenagers is like trying to nail Jell-o to a tree.

Middle age is when you choose cereal for the fiber, not the toy.

If you can remain calm, you don't have all the facts.

You're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there.

You appreciate the fact that wrinkles don't hurt.

Healthful Hints

Pressure Kickers

Easy ways to beat new blood pressure guidelines

Think you're hypertension free? Not so fast. The government recently issued new blood pressure guidelines. Readings between 120/80 and 140/90, which used to be "high normal", now tag you as "prehypertensive" - meaning you're at increased risk for illnesses such as heart disease and stroke. Some simple ways to slip out of the danger zone.

Breathe Easy...*In findings presented at the American Society of Hypertension's recent annual meeting patients who didn't respond to hypertension drugs practiced slow-breathing exercises for 15 minutes a day, three to four days a week. Their systolic (top-number) readings soon fell by close to 14 points, while diastolic (bottom-number) readings fell by about nine points.*

Go for the Grape...*Men with elevated blood pressure drank 12 ounces of Concord grape juice a day in one recent study. Within 12 weeks, their top numbers fell by 5.7 points, their bottom numbers by 5.8. That's a significant drop. A five-point reduction in top numbers alone translates into a 9 percent drop in heart disease risk. (Grape juice is high in potassium and plant compounds called flavonoids, both of which are linked to lower blood pressure)*

Get Off the Couch...*A recent study found that aerobic exercise like walking, jogging, cycling, and swimming lowered top numbers by 3.8 points and bottom numbers by 2.5. Working off as little as 10 pounds can help you lower your blood pressure, according to a Tufts University study.*

Supersize Your Salad *How good are greens? In a recent British study, subjects who ate five servings of fruits and veggies per day dropped their blood pressure without any other lifestyle changes.*

10 Power Food

Peanut Butter...*combats diabetes, heart disease...improves glucose and insulin stability, protect against heart disease...good sources of fiber...nuts are loaded with amino acid arginin which may help relax blood vessels for better blood pressure control.*

Avocado... *Neutralizes heart risks...like peanut butter, avocado packs plenty of fat per serving, but it is the good unsaturated kind...it also provides vitamin C and vitamin B6 and about one third of your daily requirement of folate, a nutrient that helps neutralize excess levels of heart attack-causing homocysteine...*

Chili Peppers...*it is an effective weight-loss tool...it suppress appetite so you eat less, it also rev up metabolism, so you burn more calories even when you're not exercising. It can also relieve sinus congestion by stimulating mucous membrane secretions...a pinch of red pepper powder to soups, omelets, and sauces is very helpful.*

Watermelon...*it contains active cancer-fighting compound lycopene...40 % more than tomatoes. It may block the plaque buildup in your arteries that can lead to heart attack.. It may help to offset some of the cellular damage caused by environmental pollutants, bad diet, and even aging...which may lead to cancer, as well as Alzheimer's, Parkinson's and arthritis.*

Whole-Grain Cereal...*Protects the heart and diabetes, or to become obese. Good to have breakfast each morning, as it fills you up so you eat less throughout the day, stabilizes blood sugar, and has a higher concentration of fiber than other foods...contains vitamin C & B6 and iron, as well as folic acid and various phytochemicals that protect against all heart disease and possibly some other cancers.*

Blueberries...*this tiny fruit packs in the most antioxidant power, no fat, hefty vitamin C, and fiber.*

Apples.....*Protect lungs...more effective than other fruits and vegetables in reducing the risk of developing serious disease, including lung cancer, chronic obstructive pulmonary disease and an umbrella term for emphysema and chronic bronchitis...no fat and fiber. including a type called pectin that helps lower cholesterol levels and moderate blood sugar...also contains hefty amounts of boron, a mineral believed to boost alertness & help curb calcium losses that lead to osteoporosis.*

(Cont'd on page 6)

(10 "Power Food", cont'd from page 5)

Salmon...

Benefits the prostate and heart...contains omega-3 fatty acids, which regulates depression and other mood disorders, reduce arthritis pain, and help fight inflammation so they are good for aches and pains...may protect against Alzheimer's...also contains vitamin B12...important for nerves and blood cells.

Eggs...

fight eye disease, lower cholesterol...eggs will surprise you..did you know eating them can help prevent heart and eye disease?... "Eggs have gotten a bad rap, they're actually one of the best overall food sources available. low in saturated fats and provide a lot of important nutrients. Yolk is among the best sources of lutein, an antioxidant that may help prevent age-related macular degeneration." Cholesterol? a yolk has 213 milligrams of cholesterol--2/3 of recommended daily value--but newer research finds that it also contains phosphatidyl choline, which in lab animals decreased the absorption of dietary cholesterol contained in eggs into the bloodstream. so eating one egg each day is "unlikely" to play any role in heart disease.

Turmeric...

Fights cancer, eases pain and swelling. A spice yellow in color provides numerous health benefits. Besides helping to ease arthritis, and muscle and postoperative pain and swelling -- without the side effects of pain medications -- it may also act as a cancer fighting agent. The healing power of turmeric comes from its active ingredient curcumin. Researchers found that adding curcumin to cancer cells suppressed most of them and stripped others from spreading.

How To Stay Young

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." and the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud ...Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. be **ALIVE** while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but **NOT** to where the guilt is.
10. Tell the people you love that you love them, at every opportunity...**AND ALWAYS REMEMBER;** Life is not measured by the number of breaths we take, but by the moments that take our breath away.

If you don't send this to at least 8 people...who cares?

* * * * *

I've learned...that life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

...That money doesn't buy class.

...That it's those small daily happenings that make life so spectacular.

... That the Lord didn't do it all in one day. What makes me think I can?

...That love, inot time, heals all wounds.

...That everyone you meet deserves to be greeted with a smile.

...That life is tough, but I'm tougher.

...That when you harbor bitterness, happiness will dock elsewhere.

...That a smile is an inexpensive way to improve your looks.

Overmedicating

Your Health, AARP Bulletin

Overuse of medicines becomes significant health risk...especially for people over 50. As more people take more drugs for more conditions, adverse reactions become a serious health threat in themselves. More than 4 million older Americans take more than eight different prescription drugs, according to a report released in 2002 by the Center of Healthier Aging at Advance PCS, a company based in Irving, Texas. One in five Americans over 65 has been improperly prescribed drugs--mainly barbiturates and tranquilizers--that can impair balance and cause fatigue and mental confusion, the federal Agency for Healthcare Research and Quality reported in the Dec. 12, 2001, issue of the Journal of the American Medical Association. Even antibiotics can pose a health threat when they're overused for conditions, such as the common cold, caused by viruses that do not respond to antibiotics. Experts say that overuse has already led to the emergence of new resistant strains of bacteria.

Adverse interactions are also possible in those who take over-the-counter drugs and herbal supplements along with prescribed drugs.

Take Charge of your Medicines

Regularly consult with your doctor to determine if you really need all the drugs you're taking. Bring a list of your medicines--including over-the-counter drugs, vitamins and herbals--on every visit so that if a new drug is prescribed, you can discuss possible interactions.

Always fill your prescriptions at the same pharmacy. If you spend part of the year in another area, have your records transferred there from your home pharmacy.

Be aware that over-the-counter drugs and herbal supplements can have powerful side effects.

Heed label warnings on all medicines against using alcohol.

Ask your doctor when to start looking for side effects of a drug--some reactions occur right away, some weeks later.

With a new drug, start with the smallest possible, yet effective, dose.

A holiday reaction

L.A. Times, Health Section

Poinsettia plants can severely affect people with latex allergies.

The ornamental poinsettia plant with its red or pink petals and deep green leaves, belong to the same plant family as the Brazilian rubber tree from which latex is obtained.

Direct contact with the white, milky sap from a broken poinsettia leaf, or from pruning the plant, can trigger an allergic reaction within minutes. Symptoms can include rash, hives, sneezing, coughing, tightness in the throat and difficulty breathing; in rare instance, the reaction could be life-threatening.

Caution is recommended especially if the plants are crushed or damaged. It is advised that people with latex allergies be careful about pruning ficus plants too..

Buckwheat may help diabetics keep down levels of blood sugar

A nutty, nutrient packed grain used in making **soba noodles** and some pancakes may help diabetics control their blood sugar.

Extracts from hulled ground buckwheat groats (buckwheat kernels stripped of their inedible coatings) lowered blood sugar levels 12% to 19% among rats with Type I diabetes, compared with a placebo.

Buckwheat is rich in a chemical called chiro-inositol, which plays a role in the breakdown of sugar. With the new research, scientists have shown that this chemical is the active component responsible for buckwheat's ability to bring down levels of blood glucose.

Researchers at the University of Manitoba in Canada said their findings suggested that buckwheat could be used as a dietary supplement or functional food to help control Type I diabetes, an immune disorder in which the pancreas stops producing insulin. It also may be helpful with the more common Type 2 diabetes, in which the body may still make some insulin.

The report appears in the Dec. 3 Journal of Agricultural and Food Chemistry.

Attention to the many readers: *I personally do not try everything that is written about health or of "Unusual Household Hints" that was in the last Chatter...therefore, taking care of toenail fungus with Listerine and that it was the blue mint, and your foot turned blue, sorry but did not know it would.*

Eight Gifts You Can Give At No Cost

1. **The gift of listening...**
But you must **really** listen. No interrupting, no daydreaming, no planning your response. Just listening.
2. **The gift of affection...**
Be generous with appropriate huge, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.
3. **The gift of laughter...**
Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you."
4. **The gift of a written note...**
It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.
5. **The gift of a compliment...**
A simple and sincere, "You look great in red," "You did a super job" or "That was a wonderful meal" can make someone's day.
6. **The gift of a favor...**
Every day, go out of your way to do something kind.
7. **The gift of solitude...**
There are times when we want nothing better, than to be left alone. Be sensitive to those times and give the gift of solitude to others.
8. **The gift of a cheerful disposition...**
The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, "Hello", or "Thank You".

Arthritis Using Chopsticks? "Horse's Mouth" Rafu Shimpo

A new study conducted by the American College of Rheumatology said that chopsticks may play a role in the development of hand osteoarthritis. A Chinese physician, upon hearing about the study said, "Ridiculous." He said that he's never seen a single case of arthritis that could be linked to chopsticks. I agree...everyone that I've seen at Japanese Restaurants, ate with chopsticks...can you imagine eating sashimi or sushi with fork? Well, I don't know who did research on this but it's like the research done on strikes...

Los Angeles has had the Metropolitan Transit System on strike for almost two months...causing many daily to have to find a way to go to work, school, etc. We also have still strike at our three major markets...Ralph (Krogers), Vons (Safeway), and Albertson...and "they" concluded that strikes affects the lower income people the most..."duh"...this is a real legitimate survey? I could have told them that without having to take polls or do any real survey...so I always wonder "who" actually does these surveys and come up with "intelligent" answers.

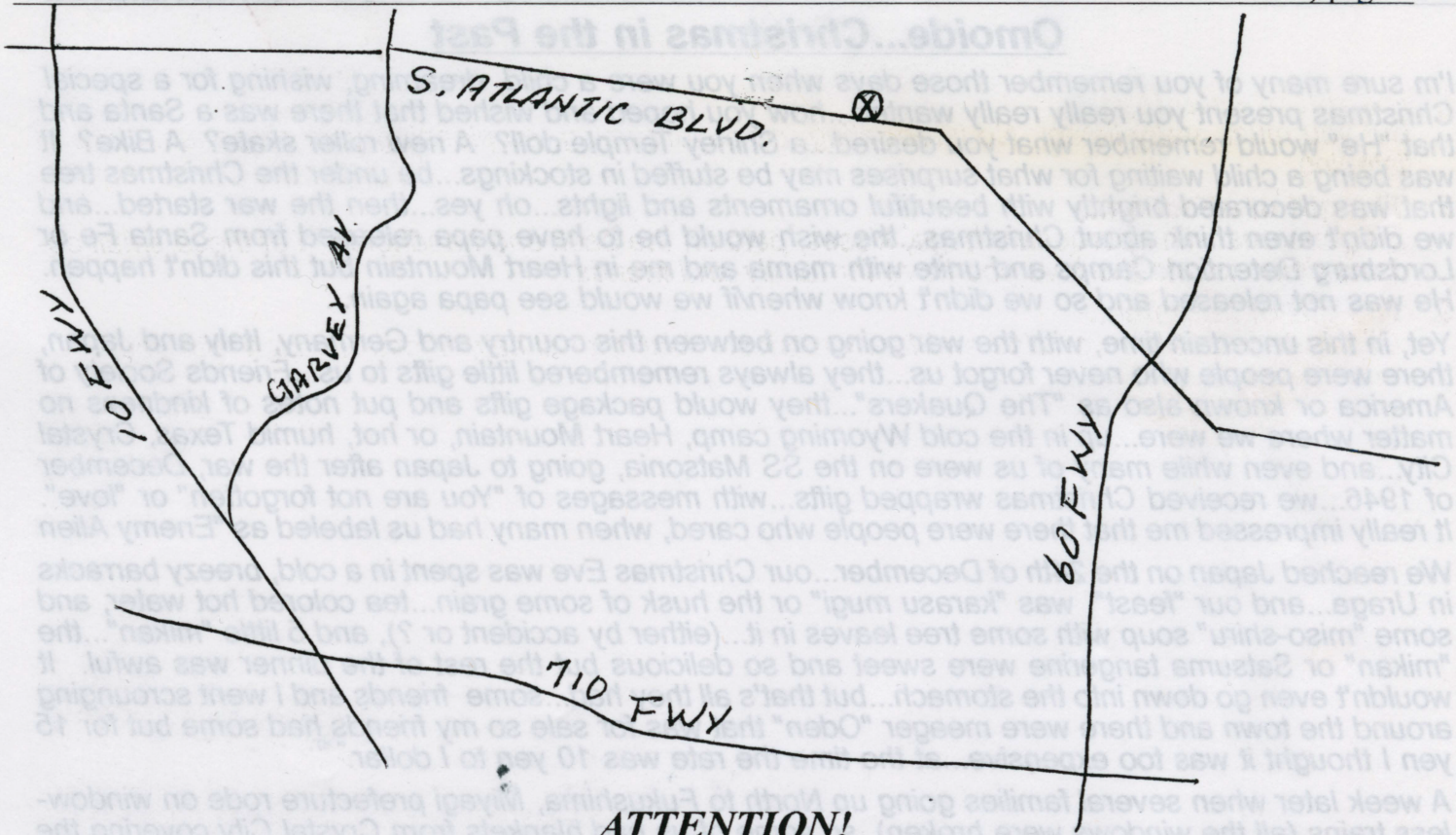
Muddled Memory?

If you forget names as soon as you hear them or can't keep a five item grocery list in your mind any more, check your blood pressure. Researchers at the University of Pittsburgh tested the working memory of people with normal blood pressure and those with high blood pressure. A brain imaging tool recorded the response in different parts of the brain during the tests.

Those with normal blood pressure had sharper recall on memory tests than the hypertensive people. They also had better blood flow to the brain, which may be key when it comes to memory, says lead researcher Richard J. Jennings, a psychologists.

As Jennings and others pursue this link further, remember that keeping your blood pressure under control will also protect your heart. And it could just mean a better memory, says Jennings.

Chewing gum is said to be helpful in keeping your memory sharp. so chew, chew, chew.
Please be careful...this is cold and flu season...it seems the flu is very virulent...dangerous one so "mina sama, ki o tsu ke te...daiji ni neh...(be careful and take care)



ATTENTION!

There will be a luncheon at Paul's Kitchen on Saturday, January 17, 2004, at 11:30 a.m...there's already some who have sent in their reservation w/\$20.00 to attend...last year, we had over 40 friends get together and had delicious lunch at the Happa Buffet in Gardena and everyone commented that they had such a nice time all together, and requested that we do this first of the year again...so, come one come all...it's one of our time to meet, chat, and "break bread" or "break rice?" So send in the registration below to Toni and let's enjoy good food with good friends. Please remember, January is just next month so ASAP, please.

Registration Form for "Shinnen Enkai" Luncheon

Saturday, January 17, 2004

**Paul's Kitchen
 1950 S. Atlantic Blvd.
 Monterey Park, CA 91754
 (323) 724-1855**

Name: _____

Phone: _____

Address: _____

How many in your party: _____

\$20.00 per person (tax/tip included)

Please send this in as soon as possible to:

Toni Tomita

S. San Gabriel, CA 91770

Omoide...Christmas in the Past

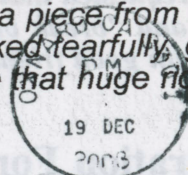
I'm sure many of you remember those days when you were a child, dreaming, wishing for a special Christmas present you really really wanted...how you hoped and wished that there was a Santa and that "He" would remember what you desired...a Shirley Temple doll? A new roller skate? A Bike? It was being a child waiting for what surprises may be stuffed in stockings...be under the Christmas tree that was decorated brightly with beautiful ornaments and lights...oh yes...then the war started...and we didn't even think about Christmas...the wish would be to have papa released from Santa Fe or Lordsburg Detention Camps and unite with mama and me in Heart Mountain but this didn't happen. He was not released and so we didn't know when/if we would see papa again...

Yet, in this uncertain time, with the war going on between this country and Germany, Italy and Japan, there were people who never forgot us...they always remembered little gifts to us...Friends Society of America or known also as "The Quakers"...they would package gifts and put notes of kindness no matter where we were...up in the cold Wyoming camp, Heart Mountain, or hot, humid Texas, Crystal City...and even while many of us were on the SS Matsonia, going to Japan after the war, December of 1946...we received Christmas wrapped gifts...with messages of "You are not forgotten" or "love". It really impressed me that there were people who cared, when many had us labeled as "Enemy Alien

We reached Japan on the 24th of December...our Christmas Eve was spent in a cold, breezy barracks in Uraga...and our "feast" was "karasu mugi" or the husk of some grain...tea colored hot water, and some "miso-shiru" soup with some tree leaves in it...(either by accident or ?), and 5 little "mikan"...the "mikan" or Satsuma tangerine were sweet and so delicious but the rest of the dinner was awful. It wouldn't even go down into the stomach...but that's all they had...some friends and I went scrounging around the town and there were meager "Oden" that was for sale so my friends had some but for 15 yen I thought it was too expensive...at the time the rate was 10 yen to 1 dollar.

A week later when several families going up North to Fukushima, Miyagi prefecture rode on windowless trains (all the windows were broken), so some of us had blankets from Crystal City covering the windows to keep the cold wintry wind out...and this Japanese man sitting across from my mother took out a huge "Haku-mai onigiri, wrapped in nori"...(white rice ball wrapped in nori seaweed)...and mom was so surprised she commented oh how delicious it looks...and he offered one to mom, and mom gave him couple of oranges we had from the ship to give to him...he was so happy to receive orange from America, and mom treasured the big "Onigiri"...she broke a piece from the onigiri and passed it around to all 21 of us from Crystal City...and I recall how I choked tearfully, grateful for that one bite. It was the most delicious rice I had ever eaten...I could still see that huge rice ball, wrapped in nori.

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