

Obon...Tanabata...SummerAlmost over...

For those of you who have been working at the Obon Festival... "yare yare..you can relax" It's always so nice (for those of us who aren't working at these Obon Festivals, especially making sushi, teriyakis, udon, manjus, etc. etc)...it's a big treat to go and pick up great food...not having to cook for the day. Some of you, I'm sure, do the Bon Odori...dancing in memory of our many passed family and friends...or as written "Dance of rejoicing for the Souls that have been liberated from their sufferings in the Buddhist Hells into a state of celestial bliss" (*We Japanese*).

We have many Buddhist Church-Temples to join in, in Southern California, so it's always wondering which one I will join in...one I really like to support is the Oxnard Buddhist Temple as it's in Ventura, close by for me and it is a small community group that I like to join in...there are many Hispanics, Caucasians besides the Nikkei group who are in the Bon Odori and they are all good...there are few Hispanics who are also in the Taiko group, so the outlying community people enjoy Obon in Oxnard.

It was great to see Sid and Yukie Okazaki there....their granddaughter was doing Odori, Japanese dance under an Azuma teacher...and I also had a granddaughter doing the Taiko so we grandparents are very proud of our grandchildren performing...as I'm sure many of you do with not only dance or drum but sports of all kind....Used to call parents who dotes on children, "Oya baka chan rin"...so do we call ourselves now "Ojii-chan Obaa-chan baka chan rin"?...It's always so good to see fellow CC friends here and there...that ole "Natsukashii" (warm nostalgic) feeling which always fills my heart...

Anyway, used to go to WLA, Venice at times and Gardena to support and enjoy great food but driving, finding parking space has become quite an effort...(Toshi da neh)(Must be the age)...Wanted to go to Vegas Obon but Jackie Imai told me the bus filled up fast so there were no more seats available. So that's my Obon for this year...it was very nice...

The Tanabata Matsuri is something else...not really celebrated here in America but In Sendai, they really go all out in making all those beautiful paper decoration around the main street, "Ichi bancho"...colorful and lovely...it's the Star Festival or used to be called "Hoshi Matsuri". The Milky Way is the "Amanogawa" where once a year the two lovers meet...on July 7th...The legend back of this meeting once a year is that the celestial princess, daughter of the celestial king, a most skillful weaver and the embodiment of industry, while engaged in weaving cloth for the king's garments, fell in love with a handsome lad, a cowherd, and as a reward for her diligent industry the king allowed them to marry. But so much in love were they that the princess gradually neglected her weaving and the herder allowed his cows to stray, which so exasperated the king that he finally separated the couple forcing them to remain on opposite sides of the Milky Way, and permitting them to approach each other only once a year.

But there is no bridge over the Milky Way and the princess, on her first visit, wept so bitterly at the impossibility of meeting her husband that she roused the sympathy of a *Kasasagi* (*magpie*) who assured her that a bridge would be contrived for her. This was done, the magpies with wings spread forming a bridge on which the princess crossed. But, further says the legend, if the eve of July 7 is rainy the magpies will not form the bridge and the celestial lovers must wait another year before meeting. The festival is observed in a spirit of joy.

The Right Attitude?

If we could all - only have this attitude!!

We all need to practice this from moment to moment.

The 92-years-old, petite well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved today. Her husband of 70 years recently passed away making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room...just wait." "That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time." "Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it." "It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do."

"Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away, just for this time in my life. Old age is like a bank account, you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my memory bank. I am still depositing."

Remember the five simple rules to be happy:

1. *Free your heart from hatred*
2. *Free your mind from worries.*
3. *Live simply.*
4. *Give more.*
5. *Expect less.*

A Good Friend...is like a Good Bra!

They are...Hard to find

...Supportive

...Comfortable

...Always Lifts you up

...Never Lets you down or leaves you hanging

...Makes you look better

...And always close to your heart!!!

Peace comes within the souls of men

When they realize their oneness with the universe.

Black Elk

"Senso no Okage de" (Due or Thanks to the War)

How it must sound strange to be grateful due to the war...having my father arrested, or being put into a barbed wired, watch tower w/soldiers camp but like Yamashita Sensei had taught me that "Jinsei wa Ku de aru"...Life is one of sorrows...that despite our being in a difficult, horrible situation and being separated for unknown time, that there was a wonderful place like Crystal City where we met and made many lifetime friends...so I did agree that that was true...so life can be very difficult and sorrowful, however, there are moments of happiness and joy.

I'd like to write about couple of friends I met that were/are outstanding because of the war...one was my neighbor in Heart Mountain Relocation Camp, Michi Oka Onuma, a community activist and journalist who worked at a Japanese American internment camp newspaper and edited the English sections of two Japanese American newspapers in San Francisco, the Nichibei Mainichi and the Hokubei Mainichi, died May 15 of natural causes. She was 96.

"She helped open the Japanese Cultural and Community Center of Northern California and worked for the San Francisco Redevelopment Agency to help Japanese-speaking residents understand the redevelopment of Japantown. And she did it all as a single parent, at a time when women rarely divorced.

"Her involvement in the community was incredible," said Chris Hirano, the Japanese Cultural and Community Center's director of community development. "Through her efforts and others, we have a facility that couldn't ever be taken from the community.

Mrs. Onuma grew up in San Francisco, graduating from the High School of Commerce and U.C. Berkeley, where she started a Japanese American alumnae association. She traveled to Japan in 1935, where she married Gakuro Onuma and had two children, Rumiko and Taiki, who I "baby-sat" in Heart Mountain...they were 4 and 2 years old then.

It was Mrs. Onuma's decision to travel back to the United States with her children to visit her parents that got her a spot on the last boat to leave for America before Japan's bombing of Pearl Harbor. She divorced her husband several years later.

Mrs. Onuma and her extended family were in Pomona Assembly Center then were moved to Heart Mountain Relocation Camp in Wyoming, where she worked on the camp newspaper, "The Sentinel".

The British government's demand for anti-Japanese propaganda allowed for the family's release and move to Denver. Mrs. Onuma's father, Shigeki Oka, a printer, was hired to print anti-Japanese propaganda to drop over Japanese troops.

Once the family returned to the Bay Area, her father started a Japantown-based newspaper, Shin Shin Shinbun, the Progressive News and Press. Mrs. Onuma served as editor of the paper's English section. The paper was later sold, and is still published today as the Hokubei Mainichi.

In the mid-1970s, she became English editor of Nichi Bei Times, and stayed with the paper until 1997. "She lived a really full life and never really retired."

In addition to making the motion to create the Japanese Cultural and Community Center of Northern California more than 30 years ago, Mrs. Onuma helped save the former Japanese YWCA building on Sutter Street, which the YWCA wanted to sell in 1996.

Although Mrs. Onuma had been ailing from recurrence of colon cancer and the effects of surgery, she was still determined to help the Japanese American community fight for the YWCA building...it was only to be held in trust for the wartime... (cont'd on page 4)

(Senso no Okage de), Cont'd from page 3)

She fought the tough battle but fight she did and the building is now Nihonmachi Little Friends, a day care center housed in the building. She knew many many people around the Japan Center that when I visited her and we walked around the many stores, she was greeted by so many of the people there...it was like walking with a celebrity, which she was. I knew her for only about ten months...not even a year, however, I was like her little sister, baby-sitting for her two children and above all, she taught me how to play poker, mah jong, bridge, monopoly, and play we did, every night in Heart Mountain...what else do you do in camp? She was one of my mentor, dear friend and she accepted not only me but my whole family like one of hers.

Yes, "Jinsei wa Ku de aru"...life may be one of sorrow however, there's always a sparkle of light in the darkness or a rainbow after the gray skies and rain...and I still enjoy her children Rumiko Ricki Miyahara and her husband Hiro and their three children, Robin, Randy and Merin...and her son Taiki and his wife Robyn...so life goes on with wonderful warm memories and lifetime friendship...and I am fortunate and grateful.

So who would be the second person that I admire...someone I met in Crystal City...she has shown that her inner strength has kept her alive and well for over six long years since she was diagnosed as having Lateral Anterior Sclerosis or "Lou Gehrig's Disease" I know that from the beginning I've requested she "fight hard" and keep her inner spirit strong and alive...well, it's very very strong as she is still doing quite well today.

Sachi Sasaki Maehara and I drove to Las Vegas few months ago to visit with Shiz Ochiai Kato and her husband Jimmy and her caregiver Carol Oshiro...knowing that it was quite a few years since Sachi and I saw Shiz in Vegas (it was 4 years since we last saw her), I expected to see someone in really terrible condition...as we saw her in a wheel chair then as now, but saw her not worse but looked even better than four years ago. It was so good to see her once again, but to see her looking so well it was incredible...I know her faith and her spirit kept her as well as she looked...and I received a telephone call last month that they'll be back at Vegas next December so Sachi and I will be visiting her then...this is not only remarkable but extraordinary!!! a miracle!!!

"Yo gambatte iru neh Shiz....Appare Appare!!"...(Great Fight, Shiz, bravo, bravo) So I'm very grateful that she has such faith and inner strength...I guess it used to be called by our Issei parents as having "Yamato Damashii"...it's great!!!

So I agree with Sensei, (teacher), Life may be one of sorrow as the Buddha had taught, but there are happiness and joy in between...for I met two wonderful friends (actually met more than two)that I wouldnever have, if it were not for the war and being incarcerated.

I also know of few other brave souls who have fought and are continuing to fight for their lives...the Kaneko brothers...Mas had couple of major surgeries in the past few years yet his desire to go back deep sea fishing had kept him alive and well today. Aki also had major physical problem recently and yet with the continued support of Mas and his sister May Hamano improved and doing quite well. and they both continues to fish...

That "fighting spirit"...that very inner **desire to live...is the "magic"** that pulls the body to overcome the obstacle of those who were considered having a difficult or impossible condition...like Lance Armstrong...who won his 6th "Tour de France" bicycle race.

Yes, as Sensei said, the Buddhism teaches that one is born of sorrow...that life is difficult, but we can all find that "light"...moments of happiness...enjoyment...like rainbows come right after rain...I'm sure all of our parents, the Isseis faced so much difficulties...yet they stayed and gave us Niseis our citizenship in a country that was so foreign to them and denied them everything...but they made it...for us and our children...Kansha, kansha.

Letters to the Editor

*I thank each and every one who takes the time to write words of appreciation for putting this newsletter together, some who don't want their name printed, those who may jot down a short note with donation to keep this circulating...I know it's not easy to sit down to write, and your donations are keeping the Chatter alive, so thank you thank you and **thank you very much.***

To: Sumi Thank you very much for sending me Crystal City Chatter. I enjoy reading every article. This newsletter is the only means of information concerning Crystal City members. I do not know many people but we were all in the same situation.

I'm enclosing \$-----. Please make use to cover expense. Aloha, Nancy Nagai
Thank you Nancy...you must have been a young child in Crystal City...for a camp, it was a very warm friendly place...being a smaller camp than the relocation camp with same kind of situation where one or more parents were arrested and separated from families. Take care and stay well...aloha... sumi

I'm very sorry to have ignored you and the Chatter for such a long time. Really enjoy reading the health tips, and happy to read everyone is doing well, but also saddened to learn of some friends passing away.

Enclosed is a small contribution to help with some of the expenses. You do not have to acknowledge this. I appreciate all of your efforts you do in the Chatter.

Hope you are in the best of health. Take care. Sincerely, Bob Tsubota
Thank you Bob for letting me know that you enjoy the health tips. We Niseis are now having to take care of our health more than ever so am always aware of helpful hints. Thank you for the donation. Really appreciate it. sumi

Dear Sumi, Thank you for providing an informative, educational, amusing newsletter for us to enjoy. I look forward to each issue.

Please find enclosed a small contribution toward expenses. Best wishes for good health and an enjoyable summer. Sincerely, Kay Keiko Grantham

Dear Kay, Thank you for your beautiful card with nice thoughts...it's exactly what I write this newsletter for...informative, educational, amusing...and no contribution is small...It does cost \$\$\$ to write, have copied at Kinkos, and seal, label, stamp and send them out. Hoping your summer is enjoyable, although I must say our weather has been wierd. Take care and stay well.

Dear Sumi -- Your Chatter was very interesting and fun to read - thanks for the great job you're doing. It seems to be a good contact with former Crystal City-ites. You also do this on your own and is very much appreciated. This is just a small token but maybe it'll buy a few postage stamps. Love, Ty and Fumi Nakamura

You are aware that if you take a used printer cartridge to Office Depot, they will give you a free package of paper?

Dear Fumi, Thanks for your nice letter...your handwriting is always so beautiful, and the donation will help with putting these Chatters out. and Thank you for telling me about Office Depot...will try it next time. Whenever we get together, whether it's for luncheons or going to Vegas, I make it a point to sit next to someone I don't know or know too well, and try to find out about their experience in Crystal City, which is always not only interesting but enlightening...in fact, I met a couple in Vegas couple of months ago and found out that the wife was in Crystal City too...Sachi Maehara (Sasaki) and I were surprised and we asked what area she lived in, etc. etc. Really a small world (Cont'd on page 6)

(Cont'd from page 5, Letters to the Editor)

You never know where or when you'll meet someone from our camp... Thank you Ty and Fumi for your continued support and donation to this little paper. Take care neh.

Dear Sumi, Again, want to say had a great time in Vegas with all of you. Looking forward to the next outing there next year in May, hopefully. The girls and I are planning to go in May along with Leslie's daughter who will turn 21 - so like I say, hopefully, it will be around the same time.

In the Chatter the article regarding the "no no" boys, my husband who was from Maui and never had gone into camp used to say "those guys were the brave ones since they had to withstand so much hostility etc." So he used to stick up for them for their courage and all that. I guess when you look at it that way, there's two sides to a coin -

Am enclosing a small check for stamps, etc., and also in memory of our mother, **Toshiko Kawashima**, who just passed this morning while in Harmony Nursing Home under Hospice care. She was 96 years young and has waited a long time for this moment, and also for my husband **Ray**, who passed March of this year "Sabishii".

Felt like I was getting "heartburn" last nite, so I had a banana - thanks for all the tips and stuff you keep adding to the Chatter. June Maeda

Dear June, It sure was great to see you in Vegas with your two thoughtful daughters...how "Oya koko" to have you come together for the CC Get-together...it was wonderful to meet your girls...and that you'll be bringing your granddaughter next year will be extra special neh. It will be again in the third week of May...actually May 17 to 19 so will be looking for you then...

I am so very very sorry to hear of your losses...first your husband in March, then your mother in June...It must be very very "sabishii" (lonely) now...really words are inadequate to express such double dose of sorrow. But stay well...life goes on no matter what so one foot in front of the other, one day at a time. Please take care of yourself neh. See you next year with your girls.

Dear Sumi, Hi there! I can't believe half of the year has gone by already. I can't tell you how much I enjoy and appreciate the CC Chatter. It's great to find out how every body from CC is doing. I'm glad that everyone had a great time in Las Vegas and do appreciate all the health tips that you include in the Chatter.

Thanks to all of you who works on the Chatter and for the association. Enclosed is a small check to help toward expenses. Take care. Chiyo Masumoto

Dear Chiyo, Thank you always for supporting the Chatter with your donatiion and kind words. See why I keep it up...just feed my ego and the Chatter fund...both absolutely necessary, ha ha. Hoping you're well...did you visit the Orange County Fair in Costa Mesa that your brother Gary Hayakawa always work hard with his group of workers this year? Used to go when Kim was alive with Jackie Imai...she really enjoyed it a lot. It's always so hot and dusty but thank goodness they have great snacks and exhibits. Take care neh...

Dear Sumi, I've enclosed a check for a small amount to help defray some of your expenses in putting out "The Crystal City Chatter". Thank you. Sincerely, Yoshio Ohmayer
Dear Yoshio-san, there's no such thing as "small amount"...it adds up to pay for Chatter circulation...really appreciate it and thank you very much.

Sumi, Thank you for the "CC Chatter" Enjoy it very much. Lynn Hori
Thanks Lynn for your continued support and donation... (Cont'd on page 8)

(Cont'd from page 6, Letters to the Editor)

Hi Sumi, Keep up the good work in publishing the CC Chatter. I see some of the old Crystal City alumni at the Ikoi no Kai Senior lunch program such as Grace Sumi Tambara Nishino, Etsu Ichikawa Osaki. We lost Mary Okazaki last year.

I was reading your last newsletter about Hiromi Asano Jones. I did some research from my father's Crystal City Address book and from the Freedom of Information Privacy Act (FOI/PA). Some of the information I got Hiromi may already know:

Father.....Kakusho Asano (39 years old) at Crystal City from Ehime-ken, Kita-Uma-gun

Mother....Ryuko or Takako

Yoshi Fuji mura

Brother...Yoshikatsu

Brother...Fumitaka

Family of five...Address T-8-A

from Kohala, Hawaii.

Father's occupation is listed, as a Minister (doesn't mention what sect)

In Tetsuden Kashima's book "Judgement Without Trial", page 86

"The 'Voluntary' removal to mainland of Japanese from Hawaii was sent to four camps.

Jerome, ARkansas; Topaz, Utah,; Minodoka, Idaho; Tule Lake, California.

From my Father's papers; I did not see the name "Asano" on the sailing list for the Grips-holm departing August 30, 1943 from Santa Fe, New Mexico to Jersey City, New Jersey.

There is a possibility that Mr. Asano went from Santa Fe to Crystal City and the family joined him there.

I could not find the shipping orders of our families from Ellis Island to Crystal City but there was a receiving order. Besides the ones you mentioned Aoki (3), Kanogawa (5), Matsudo (4), Matsushima (4), Utsushigawa (3), and Fukuba (2). My father was at Ellis Island on August 30, 1943 and interned at Crystal City from September 7, 1943. I come up with 21 people.

The Fukuba's were from Watsonville, California. Mr. Tosuke Fukuba was 63 years old. His wife's name was Kikuno. Their address was 0=66-4. They were originally from Hiroshima, Japan.

I suggest Hiromi contact the Freedom of Information/Privacy Act, National ARchives, Washington, D.C. 20409 NNRR phone (202) 501-5170. If she asks for her father and mother's file they will send it to her. There is a charge for copying the information. It has been almost 10 years since I got my father and mother's file so things may have changed but it is worth a try. This way Hiromi can find out what camps they went to on the mainland.

This is not great letter writing but I hope this will help Hiromi. Cordially, Yoji Matsushima

Dear Yoji, My goodness, you do have lots of information and have kept up with looking into so many sources for Hiromi-san...thank you very very much...She was able to contact Mrs. Ella Ohta Tomita and visit with her couple of months ago in Honolulu and Ella was able to fill in lots of the blanks that Hiromi-san had...as Ella's family traveled with Asano family to the mainland and was very helpful. I'm sure Hiromi-san was grateful to Ella for all the information that she was able to give her. Thank you Yoji...I'm glad you filled in my blank space for I thought there were 21 that went to CC from Ellis Island but didn't know the couple Mr. and Mrs. Fukuba...again, thank you for the donation too.

Hi Sumi, The traffic at the Museum is really booming. Students from the L.A. area come by the busloads every day. Added to that is the current 9/11 exhibit which is really pulling in the crowd - most of whom never knew about JANM. The local media (press & TV) really publicized it. It was an honor that the Smithsonian chose (Cont'd on page 8)

(Cont'd from page 7, Letters to the Editor)

JANM for their California showing. It certainly is helping Little Tokyo. I'm on the Friday docent team and do what little I can.

For the big Arkansas 4 day exhibit and symposium I've been asked to be on one of the panels titled "Military Experience in Different Forms." Isn't that a nice way to describe the 1800th! It's to be held in September and I'll continue to push the protester/resister experience. I heard that the recent Tule Lake reunion was a super affair and the so-called disloyals finally had their day.

Ever since retirement I've been a health kick and subscribe to a jillion health newsletters so your tidbits in the Chatter is like another health newsletter. Thanks, and I'm sure all your readers are benefitting. After all I'm sure your readers are in their 70's and 80's. I'll be 85 in a couple of months and still able to hack away on the golf course. I play with a group all in their 80's and we call ourselves the "Hyoro hyoro Ojiichan Obaachan Renchu!" (Wobble wobble gran'pa and gran'ma group).

Well enough chatter for today. Take care.

Cedric Shimo

Dear Cedric, I commend you and the rest of the JANM docents for helping many who visits the museum your time, your knowledge, and help you give to those visiting the Museum...am glad that the recent 9/11 exhibit is drawing a crowd to the museum...it is quite an exhibit and honor to have it at our museum.

*Also am grateful for taking time to acknowledge the Crystal City donations but I think there's **misunderstanding** when I wanted the **total amount of donation from Crystal City group**...they have acknowledge to each and everyone who donated, **all I asked was for the total amount** but the acknowledgement they did not make was for the first edition of the dissertation book that Karen Riley sent and I gave to Irene Hirano...but that was a long long time ago and Karen doesn't even respond now as to if she ever got it or not so **please let's let it all go**. I'm not holding anyone any bad feeling...that's water under the bridge and all in all our Crystal City Internment Camp did fantastic job of donating to the museum when we requested many many moons ago. so thanks but no more neh...I appreciate your trying to help but everything is okay...no hard feelings. Take care...glad you enjoy health hints...we need every bit of it now.*

Dear Sumi, Belated thanks for C.C. Chatter and providing the fun-fill Las Vegas trip. We appreciate your good spirit in getting people together. Love, Tilly & Jimmy Hatanaka Really appreciate the gift you sent me...also...according to Toni, you're both signed up first, for the Las Vegas trip next year so see you there again...

Dear Sumi, I am very sad at having to tell you that my father passed away on June 25th, 2004. Everything happened so quickly. We were not prepared for his health to fail so rapidly. I apologize for taking so long to notify you of his death. I found a copy of the Crystal City Chatter where he left a note that should anything happen to him, he wanted us to be sure to let you know. Thank you for all the work you do regarding the Crystal City group. I know my mom and dad both appreciated the opportunity to be a part of this reunited group. And they gained much (and so did my brother and I) from their trips, especially the one to my mom's home town of Trujillo, Peru. Your work is very worthwhile.

Take care and God bless.

Sincerely,

Linda Eddy

Dear Linda,

I'm very very sorry to hear that your father John Amerson passed away...he was so very faithful to Crystal City and came to many of the picnics and reunions...he was so lonely when your mother Teresa passed away earlier. Have lit candle and prayer for him.

Fibromyalgia Syndrome:

When You're Tired & Hurt All Over & Don't Know Why

The patient goes from doctor to doctor, looking for an answer to her debilitating pain, unexplained fatigue, morning stiffness, depression and disturbed sleep. Finally, after seeing the twelfth doctor, her condition gets a name... **Fibromyalgia**, a condition virtually unheard of 25 years ago. Until recently, doctors were puzzled by this mysterious illness because objective, physiologic evidence from x-rays, blood tests and other diagnostic screenings looked normal. Like other similar ailments, including chronic fatigue syndrome and multiple chemical sensitivity, fibromyalgia was not taken seriously by many medical experts, who believed its origins were emotional or psychological rather than physical.

Now, however, fibromyalgia syndrome (FMS) has officially been classified as a soft tissue, non-articular rheumatic syndrome with symptoms of chronic aches, pains and stiffness with trigger points or specific sites of exaggerated tenderness. Diagnosis is based on specific site "tender points" which are assessed by a variety of techniques. The American College of Rheumatology has developed the following criteria for assessment of fibromyalgia patients:

- * Diffused musculoskeletal pain for at least three months.
- * Stiffness that is worse in the morning.
- * Tenderness to palpation on at least 11 of the 18 tender points.
- * Sleep disturbances.
- * Fatigue and/or anxiety.
- * Depression
- * GI disturbances.
- * Subjective soft tissue disturbances.
- * Cardiovascular complaints (dizziness, palpitations).

Tender points occur symmetrically on both sides of the body. The onset of FMS may be gradual or very sudden. Symptoms may appear suddenly after an illness or a traumatic or stressful episode.

TX recommendation: Malic acid for the chronic muscle soreness and fatigue experienced. Magnesium hydroxide report a reduction in both muscle pain and fatigue. Patients reported a significant reduction in pain and tenderness within 48 hours with no negative side effects.

Fibromyalgia patients have more pain and Chronic Fatigue Symptom patients more fatigue, and are more depressed.

***Treating CFS patients, "milking the lymph glands through soft tissue manipulation...especially from cervical area, under the arms, upper body and having patients take glandular supplements and vitamins, drinking water to eliminate the toxins from the lymph glands...was very effective. Patients improvement was great, and got well within a month.*

Rest is imperative!!!

Protect That Green Thumb

Gardening is great for your health -- unless you injure yourself in the process. Tetanus bacteria live in soil, making yard injuries especially dangerous.

Precautions: Scratches & scrapes: Protect your hands with leather gloves, and wear long-sleeved shirts and slacks around all thorned plants..

Splinters: Wooden support stakes and broken tool handles can pierce skin. Consider bamboo stakes, and replace worn equipment.

Puncture wounds: Rakes, nails and fence wire pose hazards to even sneakered feet. Always wear work boots or shoes with hard soles.

Crackpot Friends and Relatives

A water bearer in China had two large pots, each hung on the ends of a pole which he carried across his neck. One pot had a crack in it, while the other pot was perfect and always delivered a full portion of water.

At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream..."I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path. Every day while we walked back, you've watered them. For two years, I have been able to pick thee beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Moral: Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them.

Obituary: **Our deepest and heartfelt condolences to:** June Maeda and her family for the loss of her husband and their father, **Ray Maeda**, and for the loss of her mother **Mrs. Toshiko Kawashima.**

Linda Eddy and her family and her brother for the loss of their father, **John Amerson.**

sumi shimatsu
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