

Hi there friends... Spring has sprung, our clocks also sprung forward one hour as it's Day light Saving Time once again... and the news have been constant about Terri Shaivo and removing the feeding tube and allowing her to die in peace (?); then it was the attorney Johnny Cochran, no time for all the deaths and "rest in peace", as one of the most widely traveled and known Pope, John Paul II passed away so now the media is norhing but his passing. Poor Prince Charles had to postpone his wedding to Camella to another day as the Pope's funeral took his day of celebration...my oh my...the medias are having a field day with so much news...until now it was Martha Stewart coming out of "Camp Cupcake", then Michael Jackson, and his trial in Santa Maria...as news of the second big earthquake shook Indonesia but fortunately didn't create another Tsunami...my my my...we haven't lacked in news have we?

Fortunately, we Southern Californians did not break the record for the most rain...we came close to it...(second)...and really didn't have to break the record. So many houses slipping and sliding here and there...yet "they" say, we are not out of drought yet...really? That was a lot of rain and the snow is yet to thaw and run off into many reservoirs.... The last time it rained so much was back in 1879, and because of all the rain, Death Valley bloomed so much wild flowers that the "Painted Lady" butterflies flew up to Oregon in record numbers, laying eggs on the way so in another month, more butterflies will be flying up to Oregon...so life goes on for wildflowers in the desert and butterflies to Oregon.

Those Amazing Isseis

I'm always amazed at the Isseis and how long and well they lived...today, we Niseis and Saneis are counting calories, not frying, thinking about cholesterol and high blood pressure, lower salt, using equals, light shoyu, genmai rice...brown everything from rice to multi-grain bread...no white bread so Wonder bread and Weber bread are things of the past...using grapeseed oil, or safflower oil or genmai oil...using soy milk instead of dairy milk...I know that many of our farming friends cooked with bacon grease, stir frying vegetables that they grew with bacon, pork or salt pork...that was the "okazu" (side dish) that they had with "gohan" (rice) and it was white rice...not "genmai" or brown rice.

They ate lots of "tsukemono" (vegetable pickled in salt), salted fish, fried tempuras...and they lived healthily and were strong. They didn't think about the things we worry about today, yet lived well with probably all the seaweeds, (nori and konbu), fish, etc...even the shoyu are now "light"...and they used "aji-no-moto" or monosodium glutamate which many are allergic to today...not going to gym or working out here and there...

However, we Japanese people have been eating the right food from the very beginning. Soybean products...tofu, miso, and lately, soy milk.; green tea so good for us all, fresh fish,(and now they put the word "wild" on the package so you know they are not farm grown fishes) Shiitake mushrooms, seaweeds, and now "Natto"...although I doubt that many people would like "natto" unless your family enjoyed having it with their "gohan". from childhood as it's not a taste that can be aquired easily. and the capsules doesn't have lasting enzyme to really "melt down" the fat in the arteries.

The Isseis never counted calories nor did they really gain as much weight as the many Americans today...and they ate white rice every day...some from morning till night...they ate white bread, and used white flours for baking, and many did not gain that much weight...none really to the point of "gastro surgery"...many worked too hard in the fields from morning till night...or gardening all day...they just worked hard and ate everything...lived healthy and long. Amazing neh...and we're supposed to be smarter, having more education than they did...none worked out at the workout clubs or gyms. Just work

World War II Civilian Internment Camp

Crystal City, Texas U.S.A.

I recently received a letter from Hermann Moehrbach, ex-Crystal City-ite with an article with the title above. It described our camp with so-called "aerial photograph taken circa 1945-46...It also described "a monument that was erected with two errors: One which refers to the camp as a "Concentration Camp", and the other error of omission is that there is no mention in the inscription of the Americans of European ancestry, namely persons of German and Italian descent who were also interned in this camp; nor does it mention that Hispanics from the Latin American Republics who were interned in the Crystal City Internment Camp."

"Identifying the Crystal City Internment Camp as Concentration camp is inaccurate and unfair. The Crystal City camp was not a place of extermination or torture -- deeds associated with a concentration camp. Labeling the Crystal City camp as a "concentration camp" is to do a disservice to the women and men of the Service (Immigration and Naturalization Service), the U.S. Border Patrol, the State of Texas and Federal Departments of Education, who dedicated themselves to the health, welfare, education, and morale of the internees. The term "concentration camp" does not connote a place where people graduated from high school and attended the College of Pharmacy at Texas University. The term "concentration camp" does not fit a camp whose high school students developed and published their school paper, formed football teams and pep squads; elected a Student Council, organized a Service Club; held Proms; and designed and produced **The Roundup**, the school's annual. The term "concentration camp" is not a fair descriptor for a camp whose high school had two seniors enter Texa University, a post-graduate enter Wayne University, and who had three of its seniors accepted by the University of Texas -- all during their period of incarceration? You be the judge."

Well, I guess I have to explain again...that the members of the Crystal City Association was not consulted as to the wordings of this monument. They were asked to raise money towards this monument after the design and wordings were set by Dr. Izumi Taniguchi and his father. Then and only then did they realize and got enough donattons to put this monument up..... I've heard so much about this improper word of "concentration camp" and the omission of the Germans and Italians and the Peruvian-Japanese...and will once again explain it that weCA members did not put this monument up nor put in the words of "Concentration Camp"...that there was omission was not done purposely. We did not know. It's as plain as that. I know that another plaque was put up with proper words and inclusions of the Germans, Italians and the Peruvian-Japanese when they had their reunion on November 8-10 in the year 2002.

Mrs. Cunz didn't like the word "concentration" and I felt it was wrong as being a student of Miss Goldsmith-Moore. Semantics is so important...and as the Relocation center-camps use the words of "concentration camp, and internment camp", they are relocation camps which was under the War Relocation Authority, and our camp was Internment camp under the Justice Department...but in order to emphasize the barbed wire, barracks and guard tower being like a prisoner, most Niseis refer to those relocation camps as Internment Camp and/or concentration camps...so all I can do is explain to all of you that it was not intentionally written on the monument to make it sound like those concentration camps in Germany during WWII...I doubt that our friend Izzie Taniguchi thought that it would cause all this commotion. I hope many who felt the words on the monument in Texas as being in error now understand that it was an honest mistake. Nothing was done intentionally to omit or use wrong words. Let's hope this is the end of my having to explain it!!!

Story of Manzanar Rubber Project

Contribution to the U.S. war effort "forgotten"...is told by Frank and Glenn Kageyama...Kageyama, 88 of Lomita, was a 25 year-old gardener back in 1942 when he, his four younger sisters and a community of Japanese Americans were put on a train and imprisoned at Manzanar. Shortly after, he and Dr. Robert Emerson, a Cal Tech professor of Plant Physiology, would meet and work together on the Manzanar Guayule Rubber Project -- a project Emerson began because he was outraged that Japanese Americans were evacuated, and wanted to give them an opportunity to assist with the American war effort.

Dr. Emerson, a devout Quaker, had worked with a number of brilliant Japanese American researchers at CalTech before the war. Many he considered friends, and he knew them all to be loyal Americans.

"Professor Emerson wanted to make use of the brain power that was available," said Kageyama. "So he started the guayule project at Manzanar. This would be a way for Japanese Americans to prove their loyalty by helping out with the war effort." Because of this kindness, Kageyama and his son Dr. Glenn had made it their mission to honor Dr. Emerson by telling his story, and the story of how a group of Japanese Americans contributed to the war effort from behind barbed wires.

The story they tell is a mixture of both triumph and heartbreak. When Japanese forces took control of Southeast Asia and its supply of the Hevea rubber tree, the U.S. needed a new source of rubber which was essential to the war effort. "Rubber was needed for gaskets, airplane and truck tires, belt-driven machines, and was used to line the interior of airplane fuel tanks to prevent leakage when hit by bullets." said Dr. Kageyama.

With its usual source of rubber cut off, the U.S. Congress provided \$37 million to support 1,000 scientists and technicians of the Emergency Rubber Project out of Salinas, who planted the rubber-yielding guayule plant on 32,000 acres of land. A separate and much smaller project was organized by Dr. Emerson at Manzanar.

Led by Dr. Morganlander, Shimpei Nishimura, a U.C. Berkeley nuclear physicist in the late 1930s, the project was carried out behind barbed wire by fewer than 40 Issei and Nisei chemists, horticulturalists, machinists, nurserymen and gardeners on five acres of desert land. Frank Kageyama wasn't a scientist or a chemist, nor did he have a fancy degree. He was, however, a devoted family man, who gave up a scholarship to UC Davis and dropped out of high school to support himself and his four sisters after his mother died, and his step-father took off to Japan, leaving all his debts with Frank and the family. (one of the sister is Mary Nomura, the "Songbird of Manzanar")

Rather than have the County separate himself and his sisters in foster homes, Frank kept the family together by working as a gardener...At Manzanar, Kageyama no longer had to worry about putting food on the table, but having nothing to do, he heard about the guayule project...a high school dropout with little horticultural background, he lied and told organizers he once assisted on a project that developed a double petunia. He was in.

Without Dr. Emerson, the project would have never happened. Emerson begged the government-run Salinas group for plants, but was given only waste clippings. So he went to a Quaker friend to obtain a few rubber-producing plants. With Dr. Emerson's support, the Manzanar Guayule Project went on to achieve the following from 1942 to 1945:

- Developed techniques to grow guayule from waste cuttings.
- Developed an accelerated seed germination procedure.
- Developed a faster and more efficient rubber extraction procedure using a Jordan-type mill designed by Dr. Kimura, a mechanical engineer.
- Developed a plant with 2.3 times higher yield rubber.]
- Extracted resins to produce a much higher quality of rubber than that produced by the Salinas group, and surpassed that of rubber from the Hevea rubber tree.

But the Manzanar Group's success did not last long. The Salinas group, after learning about what was happening at Manzanar, shut down the project by cutting off its water and power. Meanwhile, the Salinas group proceeded to copy the Jordan-type mill invented by Japanese Americans, which was the key to the Manzanar group's success. They then took credit for the accomplishments of the Manzanar group.

When U.S. government officials were invited to Salinas to celebrate the 'accomplishments' of the Emergency Rubber Project, not one Japanese American was invited to share in (Cont'd on page 4)

("Manzanar Rubber Project", cont'd from page 3)

that celebration," said Dr. Kageyama. "Dr. Emerson was very upset about this."...However, in what Japanese people might say "bachi ga ataru", the Salinas project -- all 32,000 acres of guayule plants -- was ultimately plowed under by the U.S. government under pressure from U.S. oil companies, which produced its own synthetic rubber products. After the war, with the renewed availability of Hevea rubber from Southeast Asia, there was no longer a need for guayule rubber.

In the end, Dr. Emerson's goal of providing a way for Japanese Americans to prove their loyalty was not completely fulfilled, at least to his satisfaction. But a contribution -- whether recognized or not -- was made nonetheless.

"It's information that has been suppressed by the U.S. government, the Japanese Americans were not given their due credit."...and in an interesting twist of fate, guayule rubber has recently seen a renewed interest in the marketplace, according to the U.S. Water Conservation Laboratory, almost 10 percent of the population is allergic to Hevea latex, causing symptoms ranging from rashes to anaphylactic shock and death.

At least one company is now interested in growing and processing guayule for latex to make natural, non-allergic medical products. "the realization of guayule as a commercial crop may finally become a reality."...and the information and technology discovered about guayule rubber by Japanese Americans some 60 years ago at Manzanar will be continue to be shared by a father and his son, all because one man's vision, and kindness extended..."that's why we want to tell Dr. Emerson's story". said Frank Kageyama.

What made this story interesting for me is that Frank Kageyama and his sisters lived next door to my husband's family on Western Avenue...we knew how "kanshin" Frank was in quitting high school to keep his family together...and that his sister Mary was the "Songbird of Manzanar". and knew his sister May who was/is the receptionist at Dr. Mits Inouye and Dr. Nishizawa in W.C.A., and knew the youngest sister Tilly...and to hear of "Shimpei Nishimura" was a "blast from the past"...as our family knew the Nishimura family who ran a big nursery in Pasadena/South Pasadena...on Fair Oaks Blvd. (I believe) and seeing Shimpei-san with bunsen burner in a corner of their hothouse at the nursery..."mukashi mukashi oo mukashi" (long, long ago). It doesn't surprise me a bit that the Salinas group didn't give credit to the Niseis in Manzanar...when have bunch of Hakujins given credit to anyone else except themselves...even farming and creating "salad bowl". removing lots of rocks and having crops in Imperial Valley...every green farms were tilled by the hard working Isseis...yet, they continued to work hard not given any credit etc.

Toru Bill Nishimura...A Renunciant With No Regrets

Our friend Bill Nishimura who always thoughtfully sends me pictures of Santa Fe Monument Ceremony couple of years ago, and pictures of Tule Lake...sent me a newspaper **Nikkei West** with a biography about him...I did not know that he was a renunciant or of him at all but meeting him and receiving snapshots and letters from him, I began to "know" him. The Gardena "girls" Tomo Mizukami, Akemi Yasuda and Jackie Imai tell me he's always taking pictures for the Gardena Buddhist Church.

In this article he explains how he became a renunciant because the United States Government took his rights away, FBI arresting his father in Lawndale, Calif. and was sent to Poston III, in Arizona...when the Army asked if he wanted to join the MIS (Military Intelligence Service)...he told them that he had no intentions of helping the United States because his rights were taken away. (5,589 Nisei and Kibei renounced their United States citizenship)

In 1943 the controversial loyalty questionnaire came out and he answered "no" to question 27 and left blank question 28, which asked "will you swear unqualified allegiance to the United States of America and faithfully defend the United States from any and all attack by foreign or domestic forces, and forswear any form of allegiance to the Japanese Emperor, or any other foreign government, power, or organization?" The government responded by reuniting Nishimura with his father."They wanted me to answer question 28 so they sent my dad to Poston."Then the administration called me in and said, 'now, Bill, are you willing to answer that 28 question?' I still said not until my rights were restored."

They were sent to Tule Lake, which had been converted in 1943 from a WRA camp to a segregation center to imprison alleged disloyals. Rumors started circulating in Dec. 1944 that all the camps would soon close and the Isseis would be deported while their American-born children would be detained and drafted into the Army, thus splitting the family. Others feared restarting their lives from scratch while a war still raged on and newspapers printed stories of whites intimidating (Cont'd on page 5)

("Toru Bill Nishimura" ..Cont'd from page 4)

and even shooting at Japanese Americans trying to resettle on the West Coast...meanwhile Bill was sent to the Santa Fe Detention Camp in January 1945. Nishimura expected to be deported to Japan from Santa Fe but late in 1945, the government made a surprising announcement. "The government told us we were not being deported. If you wish to stay, you may do so but we're also not stopping you from going to Japan."

When Nishimura heard that, his heart changed 180 degrees because it felt like the United States still had a warm heart. I received another chance to stay and that gave me a great deal of respect towards the United States.

Nishimura was held at Santa Fe until April 1946 and then transferred to the Crystal City Internment Camp in Texas. He would not be released until June 1947.

More recently, Nishimura was one of many renunciants who assisted as a historical consultant on the production of "From a Silk Cocoon", a documentary on renunciants Haru and Shizuko Mitsui Ina. Premier was on February 19 at the Crest Theater.

Thank you very much Bill for sending me this interesting newspaper. I myself had little idea about the many renunciant nsets and kibets...and how many from Tule Lake were sent to Crystal City Internment Camp after many of us left the camp December of 1945...those from Hawaii returned to the islands, and many of us whose parents signed up to go to Japan sailed from Seattle. I know there were two or three ships from Tule Lake...we were the only one ship load from Crystal City.

Senior Citizens are Nation's Leading Carrier of Aids!

Hearing Aids

Band Aids

Roll-Aids

Walking Aids

Medical Aids

Government Aids

Most of all, Monetary aid to their children and grandchildren!!!

Dishing Rice

Consumer Report, Jan.05

There are more than 40,000 varieties of rice in the world -- in shades of red, blue, and purple in addition to the usual white and brown. Ounce for ounce, all have similar calorie and carb counts, but they differ in other ways. Here, a primer on the distinctions, including the answer to the question asked by fans of Japanese food: Why doesn't sushi rice fall apart?

Long grain: Longer than others, it has a high proportion of the water-soluble starch amylose, which tends to make grains cook up dry, fluffy, and separate. Especially good for curries, pilaf, and salads

Medium, short grain: Both are tender and moist when cooked. They have lot of amylopectin, a sticky starch that doesn't wash off in water. Best suited for desserts and sushi, and explains why sushi rice stays together.

Brown: After harvesting, the inedible outer hull is removed, but the rice germ and bran are left, lending color and crunch as well as fat, vitamins, minerals and fiber. When the brown rice is boiled, the bran layer protects the underlying white rice, adding about 15 to 20 minutes to cooking time.

White: What remains when brown rice is further milled to remove bran and germ. The process removes nutrients, too. To compensate, iron, niacin, and thiamin are sprayed on most rice grown or processed in the U.S. Don't rinse white rice before cooking; you could wash away those nutrients.

Converted (parboiled): Subjected to pressurized steam before it's milled. That process saves most nutrients and results in extra-fluffy rice with separate grains.

Instant (precooked): Completely cooked and dried after milling, so you just let it sit in boiling water for a few minutes.

Aromatic: Indigenous to Asia but grown in the U.S. as well, these rices tend to have distinct nutty, floral, popcorn-like, or sweet flavors. Their grains elongate and curl when cooked. Top-selling aromatics include basmati, wehani, and jasmine.

Wild: Not rice, but the seed of another aquatic grass native to North America. Contains more protein than either brown or white rice

Letters to the Editor

Dear Sumi, "Akemashite omedeto gozaimasu" (Happy New Year)...we just want to express our sincere appreciation for your hard work and for sending us the wonderful "CC Chatter". We enjoy receiving your article about health and find them very educational. I am enclosing a check...it is not much but we hope you can use it toward postage costs. My best to you for good health and much happiness. Thank you again.

Sincerely, Atsumi Ogawa

Thank you very much Atsumi-san for your kind note and donation. It will certainly be a big help in paying for the postage and for getting the Chatter printed at Kinko's. Thank you for your thoughts for my good health and happiness...I do work at keeping this body in good health and create whatever happiness and joy in my daily life. I am blessed and am grateful every day from early morning meditation and thank God for another wonderful day.

To: Sumi Shimatsu, Crystal City Chatter:

I have an affinity with Japanese Peruvians as we were detained together in the Crystal City Internment Camp and afterwards having maintained my friendship with them in San Francisco and the Bay Area. So I went to Lima, Peru this past January for a nephew's wedding and reception to a Japanese Peruvian woman with other interests also in mind. How have they been able to preserve and maintain their Japanese culture and identity as compared to Japanese Americans in San Francisco or Hawaii? I found out that half of the Japanese Peruvians originally migrated from Okinawa Prefecture. I went to a New Year's celebration at an Okinawa Kenjin Kai recreational/social community complex which had a recreation building which had a floor larger than a basketball gym, an olympic size swimming pool and a soccer stadium.

This was the smaller of two such sport complexes the Okinawan Japanese Peruvians have. They have a monthly dues system to finance these properties and their sports programs. I don't think we have anything similar. There was entertainment at this New Year's celebration with the Master of Ceremony speaking in both Spanish and Japanese but the program was all Japanese except for one Peruvian modern dance. If you were to block out the Spanish being spoken, you would think that you were at a Japanese American community activity. There must've been several hundred in attendance and they look like us and act like us. I even got into a group photo of those born in the year of the Rooster on the front page of the "Peru Shimpo."

Peru being a Latin American country I found without too much surprise that over 90%, so I was told, of the Japanese Peruvians were Roman Catholics. The other religions which have made some headway were named as "Seicho No Ie, Soka Gakkai and Mahikari". Their intermarriage rate appears to be less than half of that of the Japanese Americans. The economics in Peru doesn't sound too good as many Japanese Peruvians leave Peru to find work. (It is estimated that there are 100,000 to 80,000 Japanese Peruvians with 15,000 of them having gone to Japan to seek work.)

The Okinawan Kenjin Kai New Year's party showed to me that they have done a good job in preserving their Japanese identity and heritage while maintaining a viable and relevant community. Again, I wonder how WW II impacted Nikkei in Peru, Hawaii and California and why we reacted differently.

Enclosed is a check for the Crystal City Chatter. Keep up the good work. I enjoy reading each issue.

Sincerely, Nobusuke Fukuda

Thank you very much for your interesting letter...it must've been a wonderful trip to Peru...I'm sure that your nephew and his bride were grateful for your presence... (continued on page 8)

How to Live Longer

The more doctors learn about longevity, the more they appreciate the role lifestyle plays in health. Research indicates as much as 70 percent of longevity may be attributed to lifestyle factors -- not genes. What can we do to improve our odds? Here's what a number of medical experts say on the subject:

Beat heart disease: Help your body ward off heart disease, the No. 1 killer of men and women.

1. **Get your cholesterol tested:** If you haven't in the past five years. Your total cholesterol should be less than 200 mg/dl.
2. **Limit fat** to no more than 30 percent of calories.
3. **Get your blood pressure checked** at least every two years.
4. **If you take the pill, are over 35 and smoke**, talk to your doctor about switching contraceptive...**(Actually, stop smoking!)**
5. **Post a chart illustrating emergency procedures:** like CPR, Heimlich maneuver - on the refrigerator.

Fight Cancer: Your genes and the environment play a part in overall cancer risk, but health habits helps.

6. **If you smoke, quit.** Smoking is a leading cause of heart disease and cancer.
7. **Check for cervical cancer.** Women over 18 should have yearly Pap test and pelvic exam
8. **Women should get breast exams.** every three years
9. **Women should perform breast self-examination** regularly.
10. **If you're a woman 40 or older**, have yearly mammogram.
11. **At menopause, women at high risk of uterine cancer** should have sample of endometrial tissue examined for dysplasia (irregular cell growth)
12. **To screen for colon and rectal cancer**, people 50 and older undergo exam.
13. **Men 50 and older should undergo prostate-specific antigen**, screen for prostate cancer.
14. **Find out the types of cancer in your family and tell your physician.**
15. **If you're a woman who drinks at all, have no more than one drink daily.**

Defeat diabetes:

16. **Don't gain weight.** Most people who develop Type 2 diabetes are obese.
17. **After age 45, have a fasting blood glucose test at least every 3 years.**

Protect your bones:

18. **Postmenopausal women should have bone mineral density tests. (BMD)**
19. **If you're postmenopausal and your bone mass is low**, talk to Dr. hormone replacement.

Boost brain power:

20. **Take part in a wide range of activities**, to improve connection among nerve cells in brain
21. **Tackle routine mental tasks** (like balancing the checkbook) in your head instead of calculator
22. **Eat foods high in the antioxidant vitamins**, such as C, E and beta-carotene.

Shun the sun:

23. **Before going outside**, apply a sunscreen with a sun protection factor SPF of at least 15.
24. **Wear sunglasses that block 99 to 100 percent of UVA and UVB light**, protect eyes.
25. **As you check your moles once a year in the mirror, remember the ABCD of melanoma** (Asymmetrical, Borders, Color, Diameter...changes, color. larger.

Recharge your diet:

26. **Cut back on polyunsaturated fat**, like corn and safflower oils.
27. **Get more fiber in your diet**, via grains, legume, vegetables and fruits to combat hi cholesterol
28. **Eat a varied diet**, to get all the vitamins and inerals you need.
29. **Eat more soy foods.** it reduce your risk of heart disease, risk of heart disease, cancer.
30. **Those ages 19 to 50 should take 1,000 mg of calcium daily. 1,200 after 50.**
31. **Take multivitamin that contains 400 mcg of folic acid and vitamin E 400 iu d-alpha**

tocopherol

Minimum Stress:

32. **Work to keep friends you have but make new ones, too.** Social contact important.
33. **Be spiritual...**Health benefit from spiritual activities
34. **Help others.** Don't just donate money...get involved.
35. **Don't skimp on sleep.** Rest and good sleep is very important.
37. **Don't stay in a job you hate.** Studies show risk from hating job.
38. **Pace yourself.** Don't do too many things at once. Learn to prioritize your activities.

Stay Young: To maintain youthful stamina and energy, exercise...attitude...enjoy...laugh often...**Live stretch , stay young in mind, body and spirit!!!**

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

Dear Sumi, Thank you so much for the Crystal City Chatter which I enjoy immensely. I am out on the east coast isolated from all of you, I especially enjoy reading about friends I knew in CC back in 1945.

Through the Washington DC JACL chapter, I have made many Nikkei friends here. I am active in the Speakers Bureau where I talk to middle and high school students regarding Internment. As I age, I seem to be more aware of our unique past, and I might add, historical experiences.

I have been invited to speak to the JACL New York chapter about my years in Japan. Along this line, there is much interest on how we fared. Has there been any study or survey done on the people of Crystal City who went to Japan?

The Smithsonian in Washington DC is refurbishing the path breaking exhibition "A More Union: Japanese Americans and the Constitution" to be re-opened in 2007. There is strong public interest in the ordeals of the Japanese Americans.

I know you have a busy agenda, but would appreciate hearing from you.

With warmest regards, Kiyoo Ito Kariya

PS: Please accept enclosed check for operating expense.

Dear Kiyoo, My my, it's been a long time since we worked together in Sendai Military Government neh...now you're across the country in East Coast and I'm out here in the West Coast. Glad you're informing and educating the many students to let them know of our incarceration. I've done quite a few out here in middle and high schools...it is important to let fellow Americans know what happened to many of us and our families...thank you for your donation and for your letter...keep up the good work!!! Lots of CC Niseis worked at Haneda. I don't know of any survey done. Take care and stay well. Always, sumi

Dear Sumi, Thank you so much for continuing to publish the Crystal City Chatter. It keeps us abreast of the news of old acquaintances in that special internment camp that existed some 60 years ago "deep in the heart of Texas."

This morning I had the opportunity to talk to social studies class of high school seniors at Chief Sealth High here in Seattle about the WWII internment camps. I've volunteered some time to talk to several such groups through the World Affairs Council.

I talked about Crystal City and showed my map to the students I used "The Roundup" album to show them what it was like at Federal High.

In light of "9-11" there is currently public mistrust and suspicion towards anyone who looks Arab or Mid-Easterner. There has already been an instance of harrassment of a Muslim family here in Seattle by government agents.

Is history repeating itself? I wanted the students to learn from past history so that the same mistakes that tragically affected people of Japanese ancestry would not befall another minority group. Each new generation needs to be told.

The student response has been positive. There's quite a bit of interest among both teachers and administrators, too. I'll be talking to a larger audience of students later on.

We're going to Las Vegas in May; however we'll miss the CC tour group by one week. I would have liked to see again the old friends from camp but our plans were already set. Perhaps another time.

Warmest regards, Sat Ichikawa

p.s. Here's a token sum to help pay postage for mailing out the newsletter.

Dear Sat, I too, along with others have been talking to students of middle and high school. I know it is very important to continue to inform and educate (Cont'd on page 9)

Don't Swallow Your Pills With...

You may be tempted to take your daily pills with a sip of juice, coffee, even a beer. Pharmacist Mary Euter explains why **water is a safer bet**:

Grapefruit juice: It may inhibit enzymes that help metabolize certain pills, including some heart drugs, antidepressants and antifungals. That can make them less effective and worsen side effects.

Coffee, tea, cola: Consuming caffeine regularly while using certain asthma drugs may increase side effects. Caffeine can irritate the stomach, so avoid with NSAIDs such as ibuprofen.

Milk: Calcium prevents absorption of some antibiotics.

Alcohol: You risk liver damage if you drink regularly and use acetaminophen. Alcohol can diminish the effects of antidepressants and worsen side effects of other drugs.

Cranberry juice: Reports suggest drinking it while on warfarin, an anticoagulant, may increase bleeding.

Fiber drinks: Fiber can bind with many drugs, decreasing effectiveness.

* * * * *
The smallest deed is greater than the grandest intention.

My mother always used to say, "The older you get, the better you get. Unless you're a banana"

"Sitting quietly, doing nothing,

Spring comes, and the grass grows by itself."

"When walking, just walk

When sitting, just sit.

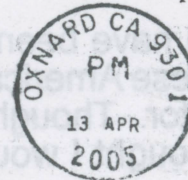
Above all, don't wobble!"

The Gospel According to Zen

sumi shimatsu

Crystal City Chatter

Camarillo, CA 93010



TAD & SATOMI ISHIDA

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