

**Bye Bye Summertime**

Summer is almost gone...no more Obon, no beach party, school for many children again, but we will still have hot weather for awhile yet...so don't put away your fans, shorts and cold drinks...daylight saving time will still be in effect till end of October...it's been extended one week in October and begins three weeks earlier in April next year...so...I realize that while my children are busy getting their children ready for school, I will still be reading books, magazines, newspapers, watching the latest news on CNN, whatever, as there's no getting anyone ready for school here in my home...those days are over and yet there's things to do everyday neh.

I'm sure all of you who work for your churches and temples for bazaar, obon, are glad that that's over for another year...and I'm sure it's getting more and more difficult to do all the cooking and cleaning neh... "Kanshin, kanshin" (How commendable!) and I know it's exhausting now as many of the churches and temples don't have the younger group to take over what the Isseis and Niseis have been doing. I've noticed this at Oxnard Buddhist Temple...that there really isn't too many younger niseis and sanseis to work at the sushi, udon booths and the teriyaki chicken barbeque booths where the older men are still manning. It's great to see the many Bon-Odori dancers out there but not many younger people in the food booths.

It's been a very strange weather all over...there's been hot weather but some of the desert and southern areas have had flashfloods here and there...and many of you in other parts of this country have had hot weather too neh...and many back East had those humid heat so it must've been uncomfortable. So, the autumn weather may be good news to you...

And in order to keep my "gray matter" (brain) in good condition, Mas Kaneko has been graciously supplying me with fresh albacore...so I've been enjoying plentiful fresh sashimi...so this brain will be able to function for the Chatter yet. Thanks Mas...yet when I see how exhausted you are after reeling in 12-17 albacores, I almost feel sorry for you but I'm sure you enjoy it so much that it's a waste to feel sorry for you neh...keep reeling them in...

Then again, we've had sad news of our CC friends...Rosie Taniguchi Fujii lost her mother at the age of 96 and was cooking, baking apple pies, etc. etc. even at her age...I don't remember when I last baked apple pie but it's "erai" (difficult)...for me anyway...so my condolences to Rosie... Her mom won 1st place in their local Apple Blossom Festival with her apple pie some years back...and kept busy all the time...she says now she's the only one left in the Taniguchi family except for cousins. Her aunt, Shigeko Taniguchi (Mary's mom) also passed away last Sept. as many of our Isseis are leaving us...well, Rosie, hang in there and "naga-iki shite neh" (live long) like your mom.

Another tragedy was that Toni Tomita's daughter Dana who married another fellow CC-ite, Kazuya and Fusako Ichikawa's son, Russell collapsed and died while playing basketball...the two met at our CC Reunion in Monterey way back in 1993, and have a three years old son Ethan. It is such a tragedy to have someone in their prime of life die so suddenly...but knowing Dana's family, the Ichikawa's and the Takeuchis, she will have great support...our prayers are with you Dana.

Early July, Maru Okazaki Hiratzka flew down from Oakland and visited the Japanese American Historical Museum then joined Yae Kanogawa Aihara, myself and Toki Tanimoto's son Dennis and Yukie Okazaki for "Ohaka Mairi" at Evergreen Cemetary where we met Toki's brother Ron Tatsuro Tanimoto. I'm sure Toki was "happy" to have us all go visit her with lovely flowers from Haru's Florist...Maru doesn't change at all...nor does Yae...they look great...even though they're few years older than me. Gotta find out their secret...Toki was probably saying "Oooooii, dokai"...

Meanwhile, the Gardena Obon Festival just finished so Tomo Mizukami, Akemi Yasuda and Jackie Imai are exhausted and glad that it's over!!! so I know many are going by bus to Las Vegas Obon Festival...and that's the last of the Obon this year...so until next year, they can get their well deserved rest...

And Thankfully the Discover landed safely...I'm sure everyone was holding their breath until the space shuttle landed at Edwards Air Base...they fly right over us so I hear the "Boom Boom" right over our house...causing our dog Beau to bark...Nissin Food developed Instant Noodle that was edible in space. So Soichi Noguchi had "Space Ramen"...and other Japanese food up there...I wonder if he had "Ochazuke" too? Would be nice neh...well "anshin shimashita"...(am relieved). Kare-rice was greatly enjoyed by Mr. Noguchi. according to the interview he gave on CNN. (Cont'd on page 2)

(Cont'd from Front Page)

Another sad news was that Helen Kamatani Sheriff passed away around June. Her son Frank just wrote that he would like to still receive the Chatter as he wanted to keep learning more about his mother's experience in camp...so I will start writing a little about our life in Crystal City for there are those who never were in camp, or never in an internment camp so they all let me know how much they learn about Crystal City by the stories I write about our camp...so please be patient with me when I write about some of the interesting life we lead in Crystal City. Helen was so friendly and fun loving gal...as I recall. Toshi, her older sister was responsible, taking care of her younger sisters. Helen and Nancy. again, like so many youngsters, Nancy was a little girl. Toshi baked delicious cookies and cakes, and I recall one evening when Chonda (Chieko Honda) Toshi and I went to the movies while Toki Tanimoto, Yae Aoki, Yae Kanogawa and Maru Okazaki went to their "Kenkyukai" that either Dr. Mori held in the evening or Rev. Yamashita's, Toshi made the most delicious tamales, all wrapped in small cotton squares (no corn husks were available) and a bottle of water...it was the best tamales I ever ate. I don't even remember the movie we saw but the tamales were unforgettable. Last year, Helen joined us for the Vegas trip with her sister Toshi and niece Karen. It was great!

As I'm writing this, another very dear friend, one of the Six Inseparables, Yae Aoki Suyenobu also passed away. How sad, our dear friends are leaving us and going to the 'other side'...I guess one day, there'll be reunion on the other side with family and friends...but please don't rush to get there. Stick around a while longer or I won't have readers to the Chatter and it will become "sabishii" (lonely) and well, then I really won't have a job of putting out this newsletter neh.

How very sad to see what Hurricane Katrina has done to Louisiana, Mississippi and Alabama. Mother Nature is really stirring up typhoon in Japan, earthquake in Japan, Hurricane out here, and in China as well as Okinawa...and wildfires in Arizona, Nevada, Wyoming, Montana, and of course, California...all it takes is fireworks, carelessness, and sometime lightening or accidents.

The help they're getting is shameful...they knew Katrina was coming...they had forewarning, but the so-called FEMA, Red Cross, Salvation Army help they were supposed to get were not there so the tragedy became even greater...what "Haji" (shame)..

Just when I thought that we had enough sad news, I received a letter from George Okabe yesterday that Kanji Nishijima's wife Shizue passed away...I'm very sorry to hear that Kanji...and Jane Komure. Take care and stay well okay?

Enuff is enuff...please no more sad news...it's bad enough watching the result of Hurricane Katrina and the damages beyond belief, and their living conditions...

And I'm sure that Martha Stewart is glad to have her ankle cuff removed at the end of August...and that's a good thing.

Remember when we felt the "tail end" of a hurricane in Crystal City? 3-4 days before the wind and rain hit us, the butterflies and moths were flying so thick above that we couldn't see the sun, and one didn't dare open their mouth or you would get mouthfull of butterflies...it got so quiet and then the wind and rain came...I was in Miss Goldsmith's English class (aka Mrs. Moore),...I was so scared as whatever tree we had were horizontal and roofs blew off some houses...I didn't know if I was going to be able to go home...The wind and rain in Heart Mountain, Wyoming, and Crystal City, Texas were so powerful and very scary...the hails were at times big as a golf balls. Being a city girl from Los Angeles, I never experienced such storm!

I also was surprised and suffered from Western songs as being a city girl, I was used to the ten most popular songs on "Hit Parade", not the Western songs they played on the radios out there. So it was such a pleasure to listen to Toshi Kamatani and Miyo Takeuchi sing all the popular Japanese songs such as "Aizen Katsura" songs...as did my dear friend Shiz Ochiai...ahhhh sweet memories. At times we had amateur entertainment program...I recall the young girl scouts doing "Sakura Sakura" dance which Mr. Okazaki taught...and they also dressed like the "Ohina san" display...the Girls' Day dolls. I remember how they looked so cute all dressed like those at Girls' Day display.

All the sports that the young niseis played under the names of North Star, Nippon, and others that I cannot recall...(senior moment)...although the girls' teams, we had the "Model T" besides the North Star tool...we enjoyed softball, as well as basketball...and once there were football that some of our Niseis played, against the outside high schoolers...and according to Akio Sawada who played football and remembered that Yosh Yasuda coached the team...Akio was very small so he was the center and said that he was told that as all the fellows went left, he go to the right w/football...and won!!!

## **Congratulations to the '42, '43, '44. '45 Graduates!**

A special graduation for the many niseis who never had graduation ceremony due to WW II, had a special graduation ceremony at the Los Angeles Trade Technical College for those niseis who are from Southern California...The Los Angeles County Committee, composed of educational and community leaders and organizations presented retroactive diplomas to more than 100 Nisei who applied to participate. It was sponsored by Assembly member Sally Lieber, as state law, AB 781, which authorized any high school district, unified school district or county office of education to retroactively issue high school diplomas to any person of Japanese ancestry whose high school education was interrupted due to forced removal and incarceration from California during WW II.

Toni Tomita helped at the graduation, reading off names as they came up in their cap and gown, to accept their diplomas, 60 years later...**HURRAY, HURRAY, HURRAY!!!** From our Crystal City group, Haru and Midori Inaba received their diplomas, Ed Ikemiya, and Miyo and Tak Takeuchi...**BANZAI111**

It must have felt wonderful!!! I know that there were more that should have applied but somehow they didn't...I'm sure Yae Aoki Suyenobu should have, along with Teddy and Tomo Mizukami...there must be more but being "enryo bukai", I know that you didn't really feel like it...

But to those who did attend and receive their diplomas and was able to wear 'cap and gown', it must have felt wonderful...well worth waiting for, neh. so, again **Congratulations to you all!!!**

**I have been given the "green light" to tell you what heroic measure it was for Miyo Eshita to attend** this graduation...last year, she had surgery to take care of aneurysm...and it took a lot out of her to recuperate from that...then, they found ovarian cancer so she went through another surgery in April and had to undergo three Chemo treatment...and this was also a big surgery that took a lot of energy and she wanted so much to attend this graduation that she worked hard at getting well enough to go and her doctor worked hard to get her strong and well enough to attend...so just before she was to attend this ceremony, the doctor gave her blood transfusion to strengthen her...so she told her sister Toni, "I'm ready now because I 'gassed up'"...so she was there to wear her cap and gown and get her diploma...she still has another challenge as when she regains more strength, she will have another surgery to remove the colon cancer...so she was in her cap and gown and on a wheel chair getting her long awaited diploma. **GAMBARE MIYO...**you done good!.. I'll be fighting with you in spirit and prayers and thoughts all the way!!!

I also received a telephone call from her brother Tak who also received his diploma, that it was very memorable ceremony and that he was really happy to receive it with his family cheering him on. I'm so glad that you were there too...I'm sure Joan and Joyce cheered loudly!!!

Also got a note from Haru Inaba Kuromiya who also attended this special ceremony, "The graduation ceremony was great fun! I thought I might see more C.C. graduates. I wish I could have stayed to visit with everyone, at least to tell Toni what a super job she did."

I'm sure there were many CC friends who could have joined in but perhaps they didn't feel it was so important to them or that it didn't feel up to it, whatever, I'm glad it meant a lot to you and your sister Midori and that you had fun. Toni is amazing person...she undertakes lots of work and is so organized and dedicated...whatever she undertakes, she does it great! That's why I'm so grateful that she's still one of the leaders of the Crystal City Association...we are very fortunate to have her continued input and leadership!

### **Kimchi Could Cure Bird Flu**

An extract of South Korea's famed spicy fermented cabbage dish known as kimchi could cure bird flu and other chicken diseases, scientists said. Researchers at Seoul National University said chickens infected with the deadly bird flu virus began recovering a week after they were fed with fermented bacilli extracted from kimchi. The experiment has yet to be scientifically proven but is said that kimchi did appear to have a curative effect.

Chickens fed with a cultured fluid of fermented bacilli extracted from kimchi were recovering rapidly from bird flu and other disease...only four of the 26 chickens used for their experiment died within four days.

I know that it has helped with cold and flu, probably with the amount of garlic and chili pepper that \ kimchees are made from...and it's really powerful...In Hawaii, had Kimchee fried rice at Kapiolani Coffee Shop...it was sooooo good...not even hot but it made the fried rice very tasty and the amount they served us was enough to take 'home' to our hotel room for snack...

## Health Hints

### Garlic may help control cholesterol

Though it's been dubbed the stinking rose, garlic (*Allium sativum*) is actually related to the lily. Its bulbs have been used since antiquity to flavor foods and treat a variety of ills, including tuberculosis and scorpion stings. When the bulb's cells are crushed, they produce allicin, an unstable compound with antibiotic activity. Researchers suspect that allicin triggers the production of other medically active compounds, and they're investigating it and related garlic substances for their possible ability to reduce cholesterol and treat cancer.

Garlic and garlic supplements are taken in efforts to lower cholesterol and blood pressure, prevent hardening of the arteries, and fend off heart disease and cancer. People also use garlic products as all-purpose immune boosters.

Take 1 to 3 cloves or up to 900 milligrams in supplement form per day. Garlic supplements are sold as capsules, tablets, aged garlic extract, garlic essential oil and crushed raw garlic, among other forms. (*Kyolic is good example*) Because cooking, heating or drying garlic reduces its concentration of active compounds, look for supplements not prepared in these ways.

**Precautions:** Garlic is well-known for its ability to cause heartburn, gas, bad breath and body odor. In large doses, raw garlic can hamper the blood's ability to clot, so people on blood-thinning medications and those going into surgery should avoid it. The products can also speed up metabolism of certain prescription medications, particularly drugs used to treat HIV, so check with your doctor to avoid potentially harmful drug interactions.

Garlic has demonstrated impressive antiviral and antibacterial abilities in the lab. In humans, a few studies suggest that it may help prevent malaria and some types of cancer, including stomach and colon cancer. Evidence from the latest human research shows garlic might help prevent hardening of the arteries, or atherosclerosis, by relaxing and widening blood vessels. It has also been shown to lower cholesterol and blood lipid levels -- but the effects can be small and are maintained only as long as the garlic or supplements are being consumed. Evidence from human studies on heart disease and blood pressure is less conclusive. Support for claims about garlic's immune-boosting abilities comes largely from lab studies, and so far hasn't been supported by evidence from clinical trials.

### 19 Weight Loss Tips

**Start with Soup:** This Japanese tradition is one of the best weight-loss strategies...because eating broth-based vegetable kind before your entree fills you up so you eat less during the meal.

**Make lunch your main meal:** because our digestive 'fire', called agni, is strongest between 10 a.m. and 2 p.m. so we digest more efficiently.

**Think quality, not quantity:** Opt for high-quality meats, fish, produce, dairy, even desserts instead of bland diet foods many Americans are doing today.

**Mix up the flavors:** Mix up the sweet, sour, salty, bitter, pungent and astringent flavors to satisfy meal that won't leave you craving junk food later.

**Go for color:** Color makes food more attractive, helps bulk up the meals without a lot of calories.

**Drizzle on the healthy oils:** Healthy fats like olive oil, canola oil, make vegetables tastier so you're likely to eat more of them.

**When you're eating, just eat:** No other culture multi-tasks meals the way Americans do with TV dinners, fast-food drive-throughs and grab-'n-go food designed to be eaten fast.

**Enjoy regular meals:** Studies show that breakfast-eaters are slimmer than skippers...skipping does not cut calories but evoke a primal "fear of hunger response."

**Stop eating before you're full:** Eating about 80 percent full, doesn't stretch the stomach and feel full and uncomfortable.

**Chow down only when you're hungry:** Americans eat for all sorts of reasons besides hunger, especially when they feel boredom, loneliness, stress or fear.

**Dine with others:** Camaraderie make meal more enjoyable and is slimming. (Cont'd on page 7)

## Letters to the Editor

Dear Sumi, Thank you for your fine work with the Crystal City Chatter. After reading the last issue about outstanding teachers, I was inspired to add my piece about Araki Sensei. Am enclosing a small donation to help defray expenses. Best wishes and keep up the good work.

Sincerely, Etsuko Ichikawa Osaki...

**Araki Sensei:** Looking back many years ago to my days in Crystal City, specifically to my Japanese class, I remember with fond memories the time spent under the tutelage of Araki Sensei. He was a great teacher, a disciplinarian with a good sense of humor and a great story teller. I believe I was in the 6th grade in Japanese school, attending a few hours after American school.

Almost everyday he would read a chapter or so from Miyamoto Musashi, the famous swordsman. And he would usually stop at some exciting place where we would be hanging on listening with much anticipation.

I believe we went to school Saturday mornings. On a nice day he would take us outside to play base ball.

I sat in the back of the room and my good friend, Ruby Yamamoto Akiyoshi, sat in front of me. Often we would send silly notes to each other during class. One time we were caught. I had a streak of the rebel in me and one time I protested when he claimed that hakujuin students tended to lack discipline. I was the only one in class to protest saying that he was being prejudiced. Some time later he was over at our house visiting my father and I am sure that it was because of my behavior in class. My father never mentioned it to me.

Thanks to him, I was able to keep up with my Japanese during the war. Other friends my age who were in other camps did not have the opportunity. Our class was very close knit. Most of my classmates were also classmates at the American school. Some of them were Kazue Mitsuhashi, Sachi Fukushima, Chiyoko Imamura, Chiyoko Hayakawa, Yoshiko Hori, Janet Inouye and Mabel Higashi who no longer is with us. I'm sure they will all agree with me regarding our highly esteemed teacher, Araki Sensei.

*Thank you very much for sharing your memory of Crystal City and some of our outstanding teachers...there are many CC-ites who were so young that they enjoy reading about the camp that they were in but were too young to know. so your story is greatly appreciated...I know I loved Yamashita-Sensei as he had stories to tell and had great sense of humor and to top it off, he understood us niseis. I know that the teachers who were Buddhist priests from Hawaii thought we were delinquents as the "Tairiku niseis" (Mainland Niseis) were more fun-loving, joking around and not respectful enough towards the teachers, so I was grateful for Yamashita sensei for understanding us. Anyway, thank you for your donation to this newsletter...it helps a lot to be able to pay for all the services at Kinko's and the postages.*

Dear Ms. Shimatsu: Susan Fukushima of the Japanese American National Museum gave me your name. I had written her via email and sent her the following:

My name is Rafael Tovar and I was born in Crystal City, TX the site of one of the internment camps. I was doing some research for a class reunion and I noticed that there was a male child born on the exact day that I was, April 21 1944. He, of course, was born inside the camp while I was born outside.

I have wondered what ever happened to him and am just trying to locate him to communicate with him. Can you help me by directing me to someone who might have some information? I am a police officer in the Chicago area and have some resources to find people, however I have not had any luck in locating this individual.

His information: As I said he was born in the Crystal City Camp on April 21, 1944, (ironically it is Texas Independence Day). His name is listed as Yuji Nakashima, the son of Teruko Takagi and Shizuo Nakashima. Some files I saw also list him as having been in @-A, 30 I thank you for any help.

Susan suggested that I contact you because of your newspaper and said you might be able to put a notice in the Crystal City Chatter and see if Yuji can be located if he is still around. I simply would like to see what we both turned out to be. Susan said that in the 1945 roster these names were listed.

Nakashima, Shizuo	age 47
Teruko	" 32
Kimi	" 5
Katsuro	" 3
Yuji	" 11 months.

(Cont'd on page 4)

("Letters to the Editor), cont'd from page 3)

Please accept my thanks for any help you can provide me in this search.

Rafael Tovar, Elk Grove Village, IL

*Attention CC friends: If any of you know this person please contact me...I will forward the information to Mr. Tovar. Thank you very much for your letter Rafael...if I hear from any of the CC readers. I will notify you ASAP...it's interesting how you kept in touch with those of us inside the camp, knowing someone who was born at the same day as yourself. Take care and stay well. thank you for writing.*

Dear Sumi Shimatsu, Thank you very much for all the effort you put into the CC Chatter. We appreciate it very much.

I was so young in camp that I don't remember it very much. Thanks for your diligent work.

Sincerely, Katsuko Tanida Yamada

*Just to give a short description of our camp, let me describe what it was like compared to the ten relocation camps that many of us went into before joining our fathers (and some mothers) at Crystal City, Texas.*

*The ten relocation camps two in California, Manzanar and Tule Lake; one in Wyoming, Heart Mountain; One in Colorado, Amachi; One in Idaho, Minidoka; One in Utah, Topaz, two in Arizona, Poston and Gila; two in Arkansas, Rohwer and Jerome...held 120,000 Japanese and Japanese Americans (about 70,000 were American Citizens) in these camps...and they all were communal living. There were messhalls that fed all of us, breakfast, lunch and dinner...there were messhalls between the many barracks that housed us, and all the laundry, showers and latrines were also communal...*

*Most of the Japanese, Japanese Americans were sent to one of these ten camps. However, those of us who went to Crystal City Internment camp had fathers and some mothers who were arrested and taken away to one of the many detention camps, unite together in Crystal City Family Internment Camp. It was the first time the arrestee were able to unite and live with their families again.*

*This camp was unique in that the houses were smaller, not the large barracks they had in relocation camps, and some homes had toilets. There were two family homes called "Duplex"...housing large families; "Triplex" which housed smaller families, and Q-section or four family smaller families...these did not have toilets built in the houses. There were Victory huts that housed those who came in later, like those families from Peru...and on the other side of the camp were the German families but not as many (about 800). Many of the Japanese and Japanese Americans were from Hawaii, mainland U.S.A., and some from Alaska.*

*The camp was under Justice Department unlike the ten that was under War Relocation Authority...and all mails were censored...many you couldn't read because they blacked out so much you couldn't make heads or tail out of the letter. All magazines, newspapers, comic books were confiscated and all packages were opened and searched inside thoroughly.*

*We had Elementary School, Middle School and High School with teachers from the outside, and after the American school, we had Japanese Language school for one hour. There were Saturday Japanese Language school too. The Germans had their own school however we had several German students coming to our school.*

*We were able to cook at home so no longer did we have to eat in a mess hall...our mothers shopped at small markets selling vegetables and fruits on certain days, meat on some days and fish on another day. We were given plastic "coins" as money to shop with, and our mothers had shopping carts made from wooden carts with wooden wheels and metal rims to carry the grocery.*

*Once in a great while, there were entertainments that fellow internees performed...many classes were offered to those who wanted to learn different singing in Japanese "Shigin", "Utai", and calligraphy lessons were also offered as well as flower arrangements, etc.*

*There were men who were chosen or voted to "govern" the camp, along with men who "policed" the camp. In the morning, there's either milk or ice deliveries by young nisei boys...*

*I hope this helps to understand how our camp was and though you may not remember anything, it will help you to understand that the reuniting of the family that was abruptly separated because of the FBI's or the police arresting and taking the father (and/or mother) away to another detention camp and not being able to be together until they were able to get together in Crystal City Internment Camp. I'm sure your father and mother were greatly relieved as many of the fathers, mothers and families were to be able to be all together once again.*

*I know those readers who never were in our camp wondered about our camp so I hope this helps them as well to understand what our special camp was about, and why we are so close in our friendship.(Cont'd on pg 8)*

## **Amazing Red Pine Needle Oil**

At the risk of sounding like the old Medicine man who found the fantastic elixir of life...I was introduced to "Red Pine Needle Oil capsules and soap...some of the possible uses and attributes have been quoted as being good for "Allergies, arthritis, asthma, bronchitis, cystitis, colds, lymphatic congestion, debility, eczema, excessive mucous, fatigue, flu, gall stones, gastric problems, gout, regulation of blood pressure, impotence, inflammation, insufficient semen (nervous origin), intestinal pain, kidney problems, ovarian congestion, pancreatic diabetes, pneumonia, psoriasis, respiratory infections, rheumatism, rickets, sciatica, sinusitis, tuberculosis and urinary tract infections"...Pine needle is thought to be antiseptic, analgesic, astringent, anti-microbial, antiviral, bactericidal, disinfectant, decongestant, expectorant, deodorant, diuretic, fungicidal, restorative, stimulant, insecticidal and vermifuge...

Pine needle oil contains chlorophyll, progesterone, vitamins, amino acids, protein, minerals, iron, phosphorus, fiber, and enzymes. It also contains unsaturated fatty acids which may strengthen capillaries, arteries and veins and possibly improve blood circulation. Some people have noticed reduced wrinkles, fewer gray hairs, increased sexual performance, fewer gum infections and bleeding, reduced body and breath odor. According to the research, pine needle oil can possibly be of benefit in combatting geriatric and other aging complaints.

Yea, yea, yeah...I thought...it sounds too good to be true; however, word spread as my family and friends started to notice immediate benefits and effects from taking as few as one to three capsules. I know I felt more energy, and lately, my hair is turning back to black; white hair was starting to take over...but, more shockingly, my friend's husband who was diagnosed as showing the signs of the beginning of Parkinson's disease said he felt an immediate energy boost and was able to walk much better and feel good once again...he was so happy, he told his wife: "Look at me, I can walk good and fast again!" He is again able to work in his vegetable garden all day. Another person who was so exhausted and took a capsule and immediately felt a lot of energy. He gave a capsule two days in a row to his 84 year old mother who has had to rely on walking with a crutch for a long time. After the second capsule, she reported that she could feel the pine needle oil working. The next morning, he was shocked to wake up and discover that she had "thrown her crutch into her bedroom and was up washing dishes in the kitchen!" She had not been able to do this for some time. A diabetic person reversed his diabetes and his doctor is testifying to this. Others have had surprising success in finding relief for eczema, psoriasis and acne using the pine needle oil soap. One person was shocked to use it when she received it and realized that a particularly stubborn and painful patch of eczema on her neck was noticeably improved and smaller the next morning. One of my daughters realized after using these products for just a few weeks that, among many other results, she no longer has insomnia and her skin is noticeably more elastic, moisturized and looks younger.

So, as "hard to believe" as this sounds, I am thrilled to be able to tell you about this amazing product...if it can help our aging bodies and help boost our energy levels, I'm all for it! Results have been so surprisingly positive for so many people, I decided it would be great to help others and their aging bodies to hopefully feel and function better. Our quality of life and health are vital to our happiness and I hope that these products can help many others. If you are interested in these products, just contact me...The results I have personally experienced and others which I have witnessed and heard of have been nothing short of incredible. I hope that it can help produce some real benefits for you!!!

## **Pomegranate Juice...Liquid Health**

Pomegranates are brimming with rich, sweet juice...they are one of the oldest fruits with the strongest antioxidant activity of any food. they have higher antioxidant activity than blueberries, cranberries, and red wine. It helps support the immune system and capillary wall strength. It also supports collagen production which is the tissue that gives your skin its elasticity.

They're available at Costco refrigerator section, and Trader Joe's and at many of the major food markets. So you won't have to buy fresh pomegranate and squeeze them or put them in juicers...there's many healthful fruits and vegetables that are being discovered each day, and we in this country are so fortunate to find them at our local markets and health food stores. so keep your body healthy neh

## **19 Weight Loss Tips (Cont'd from page 4)**

**Have a glass of wine:** Assist in lowering rates of cardiovascular disease, relaxes one.

**Get moving:** Be active...walk, run, bicycle..."just keep moving".

### **Correction on "Remembering Toki" by Yae Aihara**

Well, the punchline to Toki's asking out loud something a customer asked for...it was in Hawaiian lingo. Not knowing what he meant, she yelled out loud within earshot of everyone in the store, "Oto-san, where's the ---- ----?" Everybody gasped! It seems the customer had asked for toilet paper and in Hawaiian lingo, it translated to sh-- paper. Now in those days the use of that s-word in public was an absolute no-no. Toki was so embarrassed! I guess she never lived that one down. Now I hope it makes sense.

Also there were banter between H.O. and Toki. I was in a group walking with Toki. We went right behind H.O. and some of his friends. Now you all know how skinny H.O. was and when he walked, he kind of swayed his hips. So Toki says, "Hey, H.O., I like the swing in your backyard" and H.O. retorts with, "Aw, you're just jealous because you don't have a swing in your front yard!"...That was really funny...

*Thanks Yae for filling in the funny and shocking question that Toki asked at the store she was working at. Knowing Toki, she must've really felt embarrassed...I would have been too. but who knew?*

### **Laugh More Live Longer**

Laughter affects every part of your body. Laughter is so common a human experience, we forget how bizarre it is. Laughter stimulates the "feel good" chemicals in the brain, so you want to do it over and over. It creates chemical messenger "dopamine"...a natural high...so here's few rib ticklers:

### **kids Write About the Sea**

"This is a picture of an octopus. It has eight testicles." (Kelly age 6)

Oysters' balls are called pearls. (James age 6)

If you are surrounded by sea you are an island. If you don't have sea all round you, you are in continent (Wayne age 7)

I think sharks are ugly and mean, and have big teeth, just like Emily Richardson. She's not my friend no more (Kylie age 6)

A dolphin breathes through an asshole on the top of its head (Billy age 8)

My uncle goes out in his boat with pots, and comes back with crabs (Millie age 6)

When ships had sails, they used to use the trade winds to cross the ocean. Sometimes, when the wind didn't blow, the sailors would whistle to make the wind come. My brother said they would be better off eating beans. (William age 7)

I like mermaids. They are beautiful, and I like their shiny tails. How do mermaids get pregnant? (Helen age 6)

I'm not going to write about the sea. My baby brother is always screaming and being sick, my Dad keeps shouting at my Mom; and my big sister has just got pregnant, so I can't think what to write (Amy age 6)

Some fish are dangerous. Jellyfish can sting. Electric eels can give you a shock. They have to live in caves under the sea where I think they have to plug themselves into chargers.(Christopher age 7)

My mom has fishnets, but doesn't catch any fish (Laura age 5)

When I go swimming in the sea, it is very cold, and it makes my willy small. (Kevin age 6)

When me and Sarah went to the sea side in the summer holidays, we hid in the sand dunes and watched my big sister doing it with her boy friend. It was fun. (Lauren age 7)

A submarine goes under the water like a fish, but it has lots of seamen inside (Emma age 5)

When I grow up, I want to be captain of a abig ship, and have lots of sailors. (Valerie age 6)

On holiday my Mom went water skiing. She fell off when she was going very fast. She says she won't do it again because water shot up her fanny. (Julie age 7)

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*A smile is contagious: be a carrier.*

*Courage is contagious. When a brave person takes a stand, the spines of others are stiffened.*

*There is no such thing as a non-working mother.*

## Granpa's Hands

"I'll never look at my hands the same!

Grandpa, some ninety plus years, sat feebly on the patio bench. He didn't move, just sat with his head down staring at his hands. When I sat down beside him he didn't acknowledge my presence and the longer I sat I wondered if he was OK. Finally, not really wanting to disturb him but wanting to check on him at the same time, I asked him if he was OK.

He raised his head and looked at me and smiled. "Yes, I'm fine, thank you for asking." he said in a clear strong voice.

"I didn't mean to disturb you, Grandpa, but you were just sitting here staring at your hands and I wanted to make sure you were OK." I explained to him.

"Have you ever looked at your hands." he asked. "I mean really looked at your hands?"

I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands as I tried to figure out the point he was making. Grandpa smiled and related this story:

"Stop and think for a moment about the hands you have, how they have served you well throughout your years. These hands, though wrinkled, shriveled and weak have been the tools I have used all my life to reach out and grab and embrace life.

They braced and caught my fall when as a toddler I crashed upon the floor.

They put food in my mouth and clothes on my back.

AS a child my Mother taught me to fold them in prayer.

They tied my shoes and pulled on my boots.

They held my rifle and wiped my tears when I went off to war.

They have been dirty, scraped and raw, swollen and bent.

They were uneasy and clumsy when I tried to hold my newborn child.

Decorated with my wedding band they showed the world that I was married and love someone special

They wrote the letters home and trembled and shook when I buried my Parents and Spouse and walked my daughter down the aisle.

Yet, they were strong and sure when I dug my buddy out of a foxhole and lifted a plow off of my best friend's foot.

They have held children, consoled neighbors, and shook in fists of anger when I didn't understand.

They have covered my face, combed my hair, and washed and cleansed the rest of my body.

They have been sticky and wet, bent and broken, dried and raw.

And to this day when not much of anything else of me works real well these hands hold me up, lay me down, and again continue to fold in prayer.

These hands are the mark of where I've been and the ruggedness of my life.

But more importantly it will be these hands that God will reach out and take when He leads me home.

And with my hands He will lift me to His side and there I will use these hands to touch the Face of God".

I will never look at my hands the same again. But I remember God reached out and took my Grand[a's hands and led him home.

When my hands are hurt or sore or when I stroke the face of my children and wife I think of Grandpa. I know he has been stroked and caressed and held by the hands of God. I, too, want to touch the face of God and feel His hands upon my face.

When you receive this, say a prayer for the person who sent it to you and watch God's answer to prayer work in your life. Let's continue praying for one another

Passing this on to anyone you consider a friend will bless you both.

Passing this on to one not considered a friend is something Christ would do.

### Truths adults have learned

Raising teenagers is like trying to nail Jello-O to a tree.

Middle age is when you choose cereal for 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.

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*Happiness is like a butterfly. The more you chase it, the more it will elude you.*

*but if you turn your attention to other things, it comes softly and sits on your shoulder*

\* \* \* \* \*

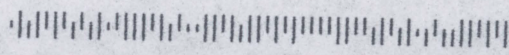
**Obituary:** *Our deepest and heartfelt condolences to: **Rose Tantguchi Fujii** for the loss of her mother, **Shtgeko Tantguchi**.*

*The **Sheriff family**, for the loss of their mother, **Helen Vasuko Sheriff**.*

***Dana Ichikawa, Kazuya and Fusako Ichikawa and Toni Tomita** for the loss of her husband, their son, and son-in-law.*

*The **Suyenobu Family, Sharon Neuman and family, Brandall, and Noni** for the loss of their mother, **Yae Aoki Suyenobu**.*

***Kanji Nishtjima** and his children for the loss of his wife and their mother, **Shtzue Nishtjima**.*



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