Biden Condemns Violence Against AAPI's.

Decades Following Redress, Japanese Americans Show Support for HR 40.

Redemption for Dr. Seuss?

Legacies of trauma intersect from both sides of Nobuko Miyamoto’s family. She is centered here in 2018 with her grandchildren, Asiyah (left) and Noora Ayubbi.

PHOTO: ZOHAI MOHSEN
Biden Condemns Violence Against Asian Americans in Address

The president’s speech marks the one-year anniversary of the Covid-19 pandemic.

By P.C. Staff

I
t his first national address since taking office, President Joe Biden on March 11 included comments condemning the scourge of attacks against Americans of Asian descent.

In his 24-minute address, Biden referred to “vicious hate crimes against Asian Americans who have been attacked, harassed, blamed and scapegoated.”

“At this very moment, so many of them — our fellow Americans on the frontline of this pandemic trying to save lives — and still, still they are forced to live in fear for their lives just walking down streets in America. It’s wrong, it’s un-American, and it must stop,” Biden said.

Attacks upon individual Asian Americans, as well as acts of vandalism on Asian-American-owned businesses and properties where Asian Americans frequent increased alarmingly over the past 12 months amid the national lockdown and quarantine imposed after the pandemic caused by the spread of the SARS-CoV-2 virus, which appears to have originated in China.

That situation has been exacerbated by trade and security tensions between the United States and the People’s Republic of China.

Biden’s comments stand in contrast to the previous administration, in which government officials referred to the novel coronavirus as the “China virus” and the “Wuhan flu.”

For a complete transcript of Biden’s speech, visit https://abcn.ws/2021-NATIONAL-PACIFIC-CITIZEN.

Best Practices for Your Legacy Fund Grant Application

By Roberta Barton and Toshi Abe, JACL Legacy Fund Grant Co-Chairs

Applications for the 2021 JACL Legacy Fund Grants are due May 1. Application instructions and the submission form can be downloaded from the JACL website (www.jacl.org).

To assist districts and chapters preparing their proposals, the Legacy Fund Grants Committee offers the following tips for success.

• Unique and New Projects Are Always Appreciated.

Through the years, the Legacy Fund has supported a wide range of activities such as exhibits, film screenings, iconic speakers, archival research and cultural festivals. Creativity in developing a project that has not been done before could elevate your proposal. Research the history of previous grant recipients on the JACL website. Browse the digital repository of past issues of the Pacific Citizen, too. These are great strategic resources to spark your creative ideas.

• Develop Measurable Goals.

The Twin Cities application is a perfect example of well-defined goals. Their proposal provided an extremely in-depth description for each project goal in both qualitative and quantitative detail. Outlining what the desired outcomes were, why the outcomes were critically necessary and specifically how their project would achieve the outcomes.

• Specific With Your Budget Rather Than Describing Only Broad Categories (i.e. “Research”).

The Detroit application provided a great concept of a budget. Each budget line item clearly explained how the estimate was computed. Explain how factors like market or industry standard, vendor quote, hourly rate or per diem rate influenced your estimate. These details can be explained in your budget justification.

Another aspect of a successful Legacy Fund Grant application is a strong demonstration of district or chapter member involvement. Again, very specific information is better than a broad description. For example, the Twin Cities application included the actual name of the member assigned to each project task. True membership involvement as the driving force of a project is a major criterion for funding evaluation.

Proposals that clearly demonstrate a proven track record of success and excellent planning for subsequent phases of a project will be favorably viewed by evaluators. Making a strong case that your district or chapter has invested in human capital for long-term growth is important.

Legacy Fund Grant Committee representatives are Carol Kawamoto, PSC; Meg Mizutani, NCWNP; Sheldon Arakaki, PNWDC; Michaela Ishino, IDC; Jan Komoto, IDC; Mariko Rooks, PSWDC; Michael Nitino, IDC; John Saito Jr., PSWDC; Marco Torrez, Youth Rep.

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Periodicals paid at Los Angeles, Calif. and mailing office.

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I’m glad to see the Pacific Citizen growing and evolving with its website, and especially Love the much easier-to-navigate digital archives. It’s a treasure trove for JAs to learn about our community’s history, and for scholars and journalists looking to connect the past with the present. Thanks for the improvements, P.C.!”

— Gil Asakawa

The P.C.’s mission is to ‘educate on the past Japanese American experience and preserve, promote and help the current and future AAPI communities.’

* Your donations will help build and preserve a cohesive library of the Pacific Citizen to educate future generations.*
I our accustomed roles in life, it be us from performing daily tasks and ever, when memory loss prevents names, dates and events can be part and delay or slowing in recalling percent are age 75 or older (which - and growing fast. In fact, 72 Alzheimer's Assn. the name of that restaurant the other still couldn't find them. So, there's Alzheimer's. It continued, "Remember how you couldn't recall the name of that restaurant the other day?"

By David Inoue, JACL Executive Director

It has been a year since the Covid-19 pandemic first initiated increases in hatred toward Asian communities and individu alters in our country and others. Over 3,800 incidents have been reported at stopaapihate.org, ranging from verbal harassment and workplace discrimination to violent assaults, including the March 16 mass shooting in Atlanta.

WHERE TO START, BUT WHEN WILL THIS END?

We wish we could say we are shocked, in disbelief that this could have happened, and yet, it is not surprising at all. There is so much that can be written about what has happened — it leaves me paralyzed with where to start.

- The culmination of a year of violence toward Asians in a mass-casualty shooting left eight people dead and one wounded, with six of the victims being Asian. And yet the fear that this is just another point in what may continue to be an ongoing stream of racial levied against our communities.
- How this fits into a pattern of racism throughout our history against Asian, Black, Latinx and Indigenous communities.
- The intersection of racism and misogyny in how the murderer exploited Asian women to feed his so-called sex addiction and then blamed them for what he saw as his shortcomings and punishing them with their deaths.
- The societal stereotypes and fetishization of Asian women, all as part of the fundamental dehumanization that racism serves to promote.
- The socioeconomic dynamics of Asian service workers during the pandemic, interacting in close contact with endless clients when social distancing is the safest protection from infection.
- The police humanizing the murderer, saying that this was just a case of someone having a bad day . . . juxtaposed with highlighting the victims as possibly sex industry workers, as if to make their deaths less consequential or meaningful.
- The quickness of the police to dismiss the possibility that this was racially based because the perpetrator said it wasn't. FBI Director Wray similarly sandwiching comments that the FBI is in a supportive role to the local police who are leading the investigation around the assertion that the motive does not appear to be racially motivated.
- The possible role that the perpetrator's evangelical Christian background might have played in radicalizing his views and regretfully the intersection of conservative Christian theology and white supremacy.
- The failure of gun laws that allowed the murderer to purchase the gun on the same day he would use it to end the lives of eight people.
- The very fact that the use of a firearm enabled this to be a mass murder.
- A pattern of extremist and hate-based mass murders including Tree of Life Synagogue, Pulse nightclub, Oak Creek, El Paso, Texas, and Dayton, Ohio.
- The juxtaposition of this incident of gun violence with increasing gun ownership amongst Asians seeking to protect themselves from this pandemic of hate.

There are many more narratives that could be applied to this, but at this time, perhaps the most important thing to say are the names of the victims:

Elicia Hernandez Ortiz, who survived and remains in the hospital (as of press time)
Hyun Jung Grant
Daoyou Feng
Suncha Kim
Paul Andre Michels
Soon C. Park
Xiaojie Tan
Delaina Ashley Yann
Yong A. Yue

The lone survivor and those whose lives ended much too early are now part of these other narratives that threaten to steal their personhood, their individuality in the same way that the pandemic of anti-Asian racism has done for 3,800 others.

These are not statistics, these are our neighbors, classmates, family members and friends. And they, and we, all deserve better. When will enough be enough? When will this end?

David Inoue is executive director of the JACL. He is based in the organization’s Washington, D.C., office.

HAVE YOU LOST YOUR MIND?

By Judd Matsunaga, Esq.

Just the other day, I lost the keys to my storage locker. Yep, I tried retracing my steps and still couldn’t find them. So, there’s this nagging part of my brain that says, “Could be a sign of early Alzheimer’s.” It continued, “Remember how you couldn’t recall the name of that restaurant the other day?” But, at 63, I’m too young to have Alzheimer’s, right?

So, I looked it up. According to the Alzheimer’s Assn. (www.alz.org), an estimated 6.2 million Americans age 65 and older are living with Alzheimer’s dementia in 2021. Furthermore, the number of Americans living with Alzheimer’s is growing — and growing fast. In fact, 72 percent are age 75 or older (which means 28 percent are under age 75).

I was reassured to learn that simple forgetfulness (the “missing keys”) and delay or slowing in recalling names, dates and events can be part of the normal process of aging. However, when memory loss prevents us from performing daily tasks and our accustomed roles in life, it becomes a health concern that needs further evaluation by health-care professionals.

There are 10 warning signs and symptoms. If you notice any of them, don’t ignore them — schedule an appointment with your doctor. So, what are the “signs”?

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer’s disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What’s a typical age-related change? Sometimes forgetting names or appointments but remembering them later.

2. Challenges in planning or solving problems

Some people living with dementia might experience changes in their ability to develop and follow a plan or work with numbers. They might also have trouble following a familiar recipe or keeping track of monthly bills. They might have difficulty concentrating and take much longer to do things than they did before. What’s a typical age-related change? Making occasional errors when managing finances or household bills.

3. Difficulty completing familiar tasks

People with Alzheimer’s often find it hard to complete daily tasks. Sometimes they might have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game. What’s a typical age-related change? Occasionally needing help to use microwave settings or record a TV show.

4. Confusion with time or place

People living with Alzheimer’s might lose track of dates, seasons and the passage of time. They might have trouble understanding something if it is not happening immediately. Sometimes they might forget where they are or how they got there. What’s a typical age-related change? Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer’s. This might lead to difficulty with balance or trouble reading. They might also have problems judging distance and determining color or contrast, causing issues with driving. What’s a typical age-related change? Vision changes related to cataracts.

6. New problems with words in speaking or writing

People living with Alzheimer’s might have trouble following or joining a conversation. They might stop in the middle of a conversation and have no idea how to continue, or they might repeat themselves. They might also struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a “watch” a “hand-clock”). What’s a typical age-related change? Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps

People living with Alzheimer’s disease might put things in unusual places. They might lose things and be unable to go back over their steps to find them again. They might accuse others of stealing, especially as the disease progresses. What’s a typical age-related change? Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgment

Individuals might experience changes in judgment or decision-making. For example, they might use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean. What’s a typical age-related change? Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

9. Withdrawal from work or social activities

People living with Alzheimer’s disease might experience changes in the ability to hold or follow a conversation. As a result, they might withdraw from hobbies, social activities or other engagements. They might have trouble keeping up with a favorite team or activity. What’s a typical age-related change? Sometimes feeling uninterested in family or social obligations.

10. Changes in mood and personality

Individuals living with Alzheimer’s might experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They might be easily upset at home, with friends or when out of their comfort zone. What’s a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

In conclusion, according to the experts, early detection matters. If you notice one or more signs in yourself or another person, get checked. These are significant health concerns that should be evaluated by a doctor. Getting checked by your doctor can help determine if the symptoms you are experiencing are truly due to Alzheimer’s or some other — perhaps even treatable — condition.

Judd Matsunaga is the founding attorney of Elder Law Services of California, a law firm that specializes in Medi-Cal Planning, Estate Planning and Probate. He can be contacted at (310) 346-2995 or judd@elderlawcalifornia.com. The opinions expressed in this article are the author’s own and do not necessarily reflect the view of the Pacific Citizen or constitute legal or tax advice and should not be treated as such.

LEGAL-EASE: AN ATTORNEY’S PERSPECTIVE

By Judd Matsunaga, Esq.

March 19-April 8, 2021

PACIFIC CITIZEN
The DOR event also connects the continuing legacy of the past with efforts today to seek African American redress.

By P.C. Staff

Redress was probably the most improbable victory in the history of American politics to actually pull off,” reflected New England JACL Co-President Kenneth Oye during the chapter’s Day of Remembrance virtual event on Feb. 27.

“Japanese American Redress: Then and Now” featured guest speaker Peter Kiang from UMass Boston and comments from UMass Boston’s Paul Watanabe and PhiladelphiA JACL’s Paul Uyehara. The Zoom event was co-moderated by Oye and NEJACL Co-President Margie Yamamoto.

Kiang, who is a professor and director of Asian American Studies at UMass Boston, centered his presentation on his paper “Exploring Boston’s Nisei Sources and Contributions to the Japanese American Redress Movement,” which was published recently in the Asian American Law Journal.

Kiang reflected on the New England Japanese American community’s crucial behind-the-scenes contributions to the successful passage of HR 442.

In April 1981, a showing of the 1980 film “Hito Hata: Raise the Banner” was held in Massachusetts, where 550 people from the local Japanese American community came together to view the film at a time when efforts were being mobilized in preparation of Congressional hearings regarding redress.

Kiang also spoke about archived boxes containing NEJACL’s redress history that were donated by Yamamoto to UMass Boston, among them, reflections of “Hito Hata’s” 1981 impact, efforts by the chapter in 1980-81 to convince the Commission on Wartime Relocation and Internment of Civilians to hold hearings in Boston and a 1980 letter from Congressman Robert Brian to Kei Kaneda, who headed NEJACL’s Chapter Redress Committee.

Also among the archives was a letter from Eji Suyama in 1980 that discussed how the context of the Iran Hostage Crisis of 1979-80 paralleled direct connection to civil liberties in context to the Iran Hostage Crisis of 1979-80. We think of that in terms of the post-9/11 work and Eji was doing that in 1980 — drawing out those civil liberty connections.”

Kiang tied in “Hito Hata’s” theme of “raising the banner” to draw attention and mobilize support of work that was successfully achieved by NEJACL during redress to today’s xenophobic anti-Asian violence.

“This anti-Asian violence is still now intensifying even further. There is certainly a role for the chapter and Japanese American perspectives from WWII and the articulation of the consequences of that period on mental health and everything else,” Kiang said.

Echoed Watanabe: “These stories and the idea and the sources of the truth of those stories is another important legacy of the redress experience that continues to have influence on other movements. . . .

There’s a direct link. There has been a 42-year effort to get a commission to study Black reparations in the U.S.”

Oye summarized: “When you look at the calls for reparations today, there are daunting hurdles to be sure, but at the same time, pulling together and how to pull together to pull off improbable victories is that story of the past and hope for the future.”
GEORGIA POLICE SEEK MOTIVE IN SALON SHOOTINGS

The mass killing spree by a lone gunman leaves eight victims, six of whom were Asian women; JACL responds with national statement.

ATLANTA — A White gunman accused of killing eight people, most of them women of Asian descent, at three Atlanta-area massage parlors on March 16 was charged with murder March 17 in an attack that sent terror through the Asian American community that’s increasingly been targeted during the coronavirus pandemic.

Robert Aaron Long, 21, told police that the attack was not racially motivated and claimed to have a “sex addiction,” with authorities saying he apparently lashed out at what he saw as sources of temptation. Six of the victims were identified as Asian and seven were women.

The shootings appear to be at the “intersection of gender-based violence, misogyny and xenophobia,” state Rep. Bee Nguyen said, the first Vietnamese American to serve in the Georgia House and a frequent advocate for women and communities of color.

Atlanta Mayor Keisha Lance Bottoms said regardless of the shooter’s motivation, that “it is unacceptable, it is hateful and it has to stop.” Authorities said that they didn’t know if Long ever went to the massage parlors where the shootings occurred but that he was planning to go to Florida in a plot to attack “some type of porn industry.”

“He apparently has an issue, what he considers a sex addiction, and sees these locations as something that allows him to go to these places, and it’s a temptation for him that he wanted to eliminate,” Cherokee County Sheriff’s Capt. Jay Baker told reporters.

When asked whether somebody could have sexual encounters at the businesses, Bottoms did not answer, saying she did not want “to get into victim blaming, victim shaming here.” She said police have not been to the parlors in her city beyond a minor potential theft.

Sheriff Frank Reynolds said it was too early to tell if the attack was racially motivated — “but the indicators right now are it may not be.” Neither he nor Baker clarified their statements, and Baker did not return a text message seeking more details.

Cherokee County authorities say Long was charged with four counts of murder and one count of assault.

The attack was the sixth mass killing this year in the U.S., and the deadliest since the August 2019 Dayton, Ohio, shooting that left nine people dead, according to a database compiled by the Associated Press, USA Today and Northeastern University.

It follows a lull in mass killings during the pandemic in 2020, which had the smallest number of such assaults in more than a decade, according to the database, which tracks mass killings defined as four or more dead, not including the shooter.

The killings horrified the Asian American community, which saw the shootings as an attack on them, given a recent wave of assaults that coincided with the spread of the coronavirus across the United States.

The virus was first identified in China, and then President Donald Trump and others have used racially charged terms to describe it.

The attacks began March 16, when five people were shot at Young’s Asian Massage Parlor near Woodstock, about 30 miles north of Atlanta, authorities said. Two people died at the scene, and three were taken to a hospital, where two died.

About an hour later, police responding to a call about a robbery found three women dead from apparent gunshot wounds at Gold Spa, which is in a strip of tattoo parlors and strip clubs in one of the last ungentrified holdouts in an upscale area of Atlanta. Officers then learned of a call reporting gunfire across the street, at Aromatherapy Spa, and found another woman apparently shot dead.

President Joe Biden said the FBI briefed him on the shootings and noted that Asian Americans are concerned about a recent rise in violence, a surge he has previously condemned. He called the attack “very, very troublesome” but was waiting for answers on the shooter’s motive.

Vice President Kamala Harris offered condolences to the victims’ families.

“We’re not yet clear about the motive. But I do want to say to our Asian American community that we stand with you and understand how this has frightened and shocked and outraged all people,” said Harris, the first Black and South Asian woman to be vice president.

Over the past year, thousands of cases of abuse have been reported to an anti-hate group that tracks incidents against Asian Americans, and hate crimes in general are at the highest level in more than a decade.

“We are heartbroken by these acts of violence,” Asian Americans Advancing Justice-Atlanta said in a statement. “While the details of the shootings are still emerging, the broader context cannot be ignored. The shootings happened under the trauma of increasing violence against Asian Americans nationwide, fueled by white supremacy and systemic racism.”

Police in major cities deployed the killings.

Seattle’s mayor said “the violence in Atlanta was an act of hate,” and San Francisco police tweeted #StopAsianHate. The New York City police counterterrorism unit said it was on alert for similar attacks.

In Georgia, Cherokee County Sheriff Billy Hancock said in a video on Facebook that his deputies and state troopers were notified that a murder suspect out of North Georgia was headed their way. Deputies and troopers set up along the interstate and “made contact with the suspect,” he said.

“A state trooper performed a pursuit intervention technique that caused the suspect to spin out of control,” Hancock said. Long was then taken into custody “without incident.”

Rita Barron, manager of a business neighboring the massage parlor targeted in the first shooting, said security footage of the parking lot outside the stores showed the gunman had been sitting in his car for about an hour, just watching.

South Korea’s Foreign Ministry has said its diplomats in Atlanta have confirmed with police that four of the victims who died were women of Korean descent. It said its consulate general in Atlanta is trying to confirm the nationality of the women.

U.S. Secretary of State Antony Blinken, who is in South Korea meeting with Foreign Minister Chung Eui-yong, mentioned the killings during an opening statement.

Community Rallies in Little Tokyo to Support Asian Americans

Allison De La Cruz (below left) addresses the crowd that was assembled at the Japanese American National Museum in Little Tokyo on March 13 at an event titled “Love Our Communities: Build Collective Power.” The rally was held in response to the increase in incidents of anti-Asian violence. Stop AAPI Hate, a national coalition aimed at addressing anti-Asian discrimination, released new information on March 16 that disclosed there have been 503 incident reports against Asian Americans since the start of 2021.

“We are horrified by this violence, which has no place in America or anywhere,” he said.

In the aftermath of the incidents, the National JACL issued a statement. In part, it read: “The JACL mourns the loss of lives and condemns these acts of violent hate. Regardless of whether these actions were racially motivated, we recognize that these events have shaken the Asian American community. We must continue to stand together in solidarity and support one another as we navigate these difficult times. It is our hope that some light is shed on these events and that justice is sought for those who were harmed.

“Whether these murders were intended to target the victims because of their work, gender or their Asian ethnicity, they come at a time when our community is already experiencing exposed and vulnerable. The impacts of the discrimination and outright racism that have been brought to the forefront by the Covid-19 pandemic have continued to wear us down, and while the motives behind this most recent attack still remain unknown, the implications are harrowing. This is another attack that will only exacerbate the fear and pain that the Asian American community continues to endure. There has been a documented pattern of recent attacks against our community, as we have received nearly 3,800 reports of hate incidents across the country since March 2020. Not enough has been done to protect Asian Americans from heightened levels of hate, discrimination and violence. Concrete action must be taken now. Anything else is unacceptable.”

In a statement, the Japanese American National Museum said it “grieves for the loss of life and condemns the killing in the strongest terms.”

“While this violent crime is still being investigated, regardless of the motivation, the deadly shootings add to the already heightened sense of fear in Asian American communities across the country, as anti-Asian hate crimes have soared,” the Museum added.

“We look forward to the outcome of the House Judiciary Committee panel that will examine the crisis on [March 18] when Asian American leaders will testify about the rise in racism and violence, and how to combat the attacks,” said JANM President and CEO Ann Burroughs.

(THIS AP STORY WAS SUPPLEMENTED WITH STATEMENTS FROM DIFFERENT ADVOCACY ORGANIZATIONS.)
FORMER JAPANESE AMERICAN WWII INCARCEREES SAY A BILL TO STUDY SLAVERY IS A ‘MORAL OBLIGATION’

Modeled after the Japanese American successful reparations campaign, HR 40 seeks to create a commission to study slavery and its legacy.

By Lynda Lin Grigsby, Contributor

What happened to Japanese Americans during World War II caused a deep scar invisible to most. In silence it grew and festered, unwittingly handed down from generation to generation until it received permission to speak its truth.

“The truth was the government that we trusted, the president we idealized, the nation to which we pledged our loyalty had betrayed us, had turned against us,” said Amy Iwasaki Mass in her 1981 testimony before the Commission on Wartime Relocation and Internment of Civilians, a nine-member government body tasked with studying the WWII incarceration of JAs.

Mass, a clinical social worker, testified on the devastating effects on JAs from wartime hysteria and racism as part of a panel of mental health experts. In video footage of her testimony, she wears a white suit. She is composed while reading her prepared statement, occasionally directing a pointed gaze at the Congressional representatives.

Her voice is even until she tells the story of a stop in Butte, Mont., on her way home to Los Angeles from Heart Mountain in Wyoming. Mass’s mother and her friends try to enter a restaurant, but looks of hatred stop them. The Issei ladies do not see the “No Japs Allowed” sign in the window, but 10-year-old Mass sees it, so she shepherds them away.

This is where her composure breaks during the testimony. She shifts in her seat. She clears her throat, then talks about how her feeling of shame overlaps with love of country. Her voice breaks with emotion, then regains resolve.

“On the surface, we do not look like former concentration camp victims, but we are still vulnerable,” she says sounding every bit like a mental health specialist. “Our scars are permanent and deep.”

On a crisp February day from her home in Albany, Calif., Mass, 85, reflected on her testimony.

“At some level, it made me nervous,” she said. “On Zoom, her hair is longer than in the 1981 video, but it’s still perfectly coifed. “It was good that I spoke, even with my doubts.” Mass’s testimony, along with many other victims’ voices that told personal stories of pain and loss from the WWII incarceration, are widely credited as being the driving force behind the passage of the Civil Liberties Act of 1988.

The voices of the Nisei — second-generation Japanese Americans — made the U.S. government recognize and atone for its betrayal and provided for JAs a transcendental moment of truth and reconciliation. The truth was the U.S. government unjustly incarcerated 120,000 JAs during WWII in the name of national security after Japan bombed Pearl Harbor. In 1988, the government officially apologized and paid reparations to former JA incarcerees.

Without the cloak of silence, the healing began.

Redress flipped the narrative on Japanese Americans as long-suffering victims to victors now with what many are calling a “moral obligation” to help others in need of racial healing.

In February, Mass wrote a letter to her Congressional representative, Maxine Waters (D-Calif.), calling for support for HR 40, a bill to establish a commission like the CWRIC to study the institution of slavery, its legacy and its effects on Black Americans today.

“I found the Commission approach for Japanese Americans was a useful way to educate the larger American public to information they had been blind to,” she wrote. “I hope HR 40 can do the same for African Americans.”

**Intersections of History**

Former WWII JA incarcerees and their descendants have written 312 letters to support HR 40, said Lisa Doi, co-chair of Tsuru for Solidarity and president of the Chicago JACL chapter.

The letters are heartbreakingly personal — stories of trauma, dislocation and even deaths in the WWII camps punctuated with calls of support for a reparations commission for Black Americans.

Tsuru for Solidarity, an organization of JAs and allies working to end immigration detention centers, organized the letter-writing campaign. Their effort highlights the intersections of social justice issues and racial histories.

HR 40 would fund a commission to study slavery and discrimination in the U.S. and recommend remedies. Activists say HR 40 is connected to the JA incarceration during WWII.

“These are all sort of like a multi-headed Hydra of things that sort of come from the same corrupt place,” said Doi, 29. “So if any one of these things is something that you’re passionate about, then you really need to be all-in on all of them because we’re not going to really see through justice until we move forward together on all of these issues.”

The JA redress campaign came after the civil rights movement. These intersections of history show a need for a multiracial coalition of wounded ethnic communities to bend the arm of justice together.

To talk about JA history, one needs to talk about how it intersects with the history of Black America’s fight for equal rights. For Nobuko Miyamato, the intersection of both communities came through her activism in the Black Panther Party.

“They called me sister,” said Miyamoto, 81, about the Black power political party she was introduced to in 1968. “And they welcomed me as a person of color. They understood about camp, also. And so they saw us already as an oppressed people.”

Miyamoto was a child during WWII when her familial legacy of trauma was sowed at Santa Anita Racetrack in Arcadia, Calif. Living conditions in horse stalls triggered eczema, an itchy skin inflammation. She scratched until she bled.

Pictures document Miyamoto’s political awakening and activism. A black-and-white image shows her stoically demonstrating with a black nationalist organization in 1973.
Another shows her in a summer gathering of activists, singing into a microphone with shoulders thrown back and head held high.

Asian America was born out of the embers of the Black struggle for equal rights. Miyamoto’s 1973 song “We Are the Children” became the unofficial soundtrack for Asian Americans coming together politically for the first time. The lyrics are a triumphant cry of a community’s newly awakened self-consciousness:

“We are the children of the migrant worker
We are the offspring of the concentration camp
Sons and daughters of the railroad builder
Who leave their stamp on America.”

Pictures also document Miyamoto’s beautiful multifaceted family and show how legacies of trauma can converge through one family. On one side of the family, JAs smile through deplorable living conditions in camp. On the other, a portrait of a smiling Mamie Kirkland, a centenarian, who in life fled Ellisville, Miss., to escape lynching.

Without a national moment to examine injustices inflicted on an entire community of people, intergenerational trauma endures. The commission hearings can provide a redemptive pause, activists say.

“Part of our healing as Japanese Americans is our support of Black people in their long struggle for equality, justice and now redress and reparations,” wrote Miyamoto in her letter in support of HR 40.

In the Feb. 17 House Judiciary Committee hearing on HR 40, Kathy Masakoa, co-chair of Nikkei for Civil Rights and Redress, called the bill “a necessary first step toward justice.”

“The bill needs to pass through committee before it can be debated and voted on by the full House.”

Named after the post-Civil War government’s broken promise to distribute “40 acres and a mule” to former slaves, HR 40 was first introduced in 1989, one year after JAs won redress. Since then, the bill has been reintroduced every year without gaining traction.

This time, buoyed by high-profile support from the White House, the legislation is gaining momentum.

A Commission Almost No One Initially Believed In

Established in 1980, the CWRIC was a bipartisan federal commission directed to review the circumstances leading up to Executive Order 9066 and its impact on JAs. The nine-member government body held hearings in major U.S. cities to hear from more than 750 victims of the WWII incarceration. The commission submitted its findings in a 1983 report, “Personal Justice Denied,” which paved the way for the passage of HR 442, the JA redress and reparations bill.

Despite the success of the commission model, many JA leaders disagreed about it being the best path to redress.

“Initially, I hated the idea,” said John Tateishi, then chair of the JACL’s Asian Americans for Reparations. Community leaders and groups would bring up the idea of a commission. Each time, Tateishi dismissed it.

“I said, ‘Nah, you know, I have no interest in that. Commissions are a waste of time.’”

But in January 1979 meeting in Washington, D.C., with JACL members of Congress — including Spark Matsunaga, Norman Mineta and newly elected Bob Matsui — Daniel Inouye suggested the commission idea again as a vehicle for public education and a chance for the Nisei to tell their own stories.

The decision for the commission model was controversial, with some community members preferring to choose more direct paths to reparations. But Tateishi was on board, in JACL, because they wanted to share all that happened to JAs during WWII.

In televised nightly news segments and news articles on the commission hearings, Americans heard about stories of pain and loss directly from the Nisei — most for the first time.

A fundamental part in any reparations movement is truth-telling. One by one, Nisei revealed their invisible scars.

“You cannot get redemption or atonement until that truth is spoken. And it can only be spoken by the victims. And it’s a really, really powerful tool,” said Tateishi, 81, author of the new book “Redress: The Inside Story of the Successful Campaign for Japanese American Reparations.”

The civil rights movement successfully challenged racist practices and laws, said HR 40 lead sponsor Sheila Jackson Lee (D-Texas), in an opinion piece for the ACLU. But it was not followed by a commitment to truth and reconciliation, so racial inequalities persisted.

If HR 40 passes, the commission framework established by the CWRIC might stay the same, but testimonies will look different. The institution of slavery started in the U.S. more than 400 years ago, so activists say testimonies should be from everyday Black Americans talking about what it is like to be Black in America.

“That sort of shifts some of that power in terms of educating a broader American audience into the hands of regular Black Americans,” said Doi, a Yonsei.

This Is How We Did It

In 2015, the JACL National Youth Student Council led an effort to pass a resolution in support of HR 40.

“took 42 years from the departure of the last incarcerated from the camps to pass redress in 1988; it’s now been 43 years since we got ours — it’s time for them to get theirs,” said David Inoue, JACL executive director.

Activists say support of HR 40 is a “moral obligation” for JAs who felt the pain of racism and won the fight against the government to prove it.

“What we can offer is a face, and a voice of the one group that’s been able to achieve what they seek to achieve,” said Tateishi. “We are that one voice able to say, ‘This is how we did it.’”

And that we believe in your cause. And so we’re here to support it.”

Akemi Koychiyama is certain her grandmother would encourage JAs and Asian Americans to support HR 40. Her grandmother, Yuri Kochiyama, who died in 2014, was a lifelong activist and famous ally of Malcolm X.

“Yuri learned from Malcolm X that our solidarity with other oppressed peoples is critical to achieving freedom and human rights for ourselves” said Akemi, 49. “Mobilizing the Japanese American community nationally would be a powerful act of solidarity and a strong stand to protect and advocate for the rights of all American citizens in the future.”

There is a school of thought in psychotherapy that says each adult carries an inner child within who needs continual love and parenting. When trauma occurs in childhood, the inner child may carry the wound until the source is addressed.

If this is true, how many Nisei have an inner child still trapped behind barbed wire? How many Black Americans still have an inner child shackled by slavery?

Mass says her inner 10-year-old still carries the hurt from that day in Butte, Montana, when her mother tried to enter the restaurant. The looks of hatred burned her soul. If given the opportunity to speak to her inner child, she would encourage her young self to share all her feelings.

Then the retired clinical social worker would tell her inner child how wrong it was to be treated that way.

The commission to study slavery and its legacy could function in the same way. It could nurture a community’s inner child and acknowledge wrongdoings.

“I think the value of commission hearings is to learn from African Americans their personal experiences that we have not had,” said Mass. “After we are educated, I hope we will learn how we can respond with policies to help.”

Join the HR 40 Educational Forum

March 24, 5 p.m. PST

The forum seeks to educate the public about HR 40 and Japanese American redress history. The free virtual event will be co-hosted by ACLU and the National Asian American Reparations Commission with Tsuuru for Solidarity and ACLU of Washington.

For the most updated information and link to the forum, visit tsuurforsolidarity.org/hr-40.

John Tateishi writes about the successful JA redress and reparations campaign in his new book.

Nobuko Miyamoto’s song “We Are the Children” became the unofficial soundtrack for Asian Americans coming together politically for the first time. She is pictured here singing at a summer gathering of activists in 1972.

PHOTO: MIKE MURASE

This is the room where it happened in 1979 when Sen. Daniel Inouye suggested establishing a commission to allow the Nisei to testify about their WWII experiences. Seated (from left) are Sen. Spark Matsunaga, Inouye, Rep. Bob Matsui and Rep. Norman Mineta. Standing (from left) are Karl Nobuyuki, JACL national director; Ron Mamiya, Seattle; L.L. Dr. Clifford Uyeda, JACL national president; Ron Ikejiri, JACL Washington representative; and John Tateishi, JACL chair of the National Committee for Redress.

Tsuru for Solidarity Co-Chair Satsuki Ina raises a fist in support of Black Lives Matter in San Francisco during a 2020 rally.

PHOTO: MIKE MURASE
REDEMPTION FOR DR. SEUSS?

As six of the author’s early titles are retired from publication, the debate continues as to whether it was over a sense of moral obligation or motivated by profit.

By Rob Buscher, Contributor

Over the past couple weeks since the estate of children’s author Theodore Seuss Geisel announced it would be retiring six of his early titles from publication, the media has been awash with opinion pieces on the subject. Conservative pundits are making frenzied claims about “cancel culture” in a decidedly Trump-esque fashion that obscures the publisher’s choice in the matter. Meanwhile, some elements on the left are parent-shaming those who are not “woke enough” to stop reading Dr. Seuss to their kids. It seems both sides of the debate are missing a key point.

By choosing of their own volition to withdraw these titles at this moment in our national discourse around racial equity — the Geisel estate is essentially saving his reputation so that his largely apolitical work can be admired by future generations of young readers. At face value, this is an admirable move with little fanfare, but the fact that the Geisel estate issued a press release suggests it was actively soliciting press coverage.

This strategy was doubly effective in incensing conservatives, who see Dr. Seuss as the latest victim to cancel culture and are scrambling to purchase whatever remaining stock of these titles exist in the publisher’s warehouse. Publishers take books out of print all the time with little fanfare, but the fact that the Geisel estate issued a press release suggests it was actively soliciting press coverage.

Although it might have done so to predict a spike in sales, the Geisel estate probably did not envision the extent of the furor that this move would cause among many in the far right who see this as tantamount to censorship. As a result, prices of some early print editions of the six titles have been driven up to $500 or higher by various online resellers. How many people are actually willing to pay these exorbitant prices is another question entirely, but the lengths to which people are going to obtain the so-called banned books borders on absurdity.

One surprising anecdote to this effect came from a student of mine who works as a librarian. According to her, because of the prevalence of book thefts on these six titles, many public libraries have been forced to place the books into restricted holdings collections and are no longer allowed to be taken outside of the library. The assumption is that some of these book thieves are then selling them on the internet.

The assumption is that some of these book thieves are then selling them on the internet. Despite claims from some conservative pundits that the “radical left” are banning books, it is effectively these same individuals who are inciting people to steal public property, and in turn, this has resulted in the additional restrictions on how these books can be accessed.

Undoubtedly, the coverage on both sides of the political spectrum has been colored by powerful emotions. On a personal note, though I agree with the discontinuation of these six titles, I share a lot of the feelings expressed by those on the opposing side of the issue. I have the same fond memories of Dr. Seuss books as a young reader. I can still recite the tweedle beetle battle verse from “Fox in Sox,” and it brings a smile to my face even as I write this.

But I also remember my disappointment and feeling of betrayal when I first learned that Geisel drew a political cartoon titled “The Fifth Column,” in which he depicted Japanese Americans on the West Coast lining up to pick up bundles of dynamite, implying that Japanese Americans were actively plotting sabotage in the wake of Pearl Harbor.

As JACL Executive Director David Inoue noted in his column in the last issue of the Pacific Citizen (March 5-18, 2021, issue), this was but one of many anti-Japanese cartoons that Geisel drew during World War II. Of course, we were at war with Japan at the time, and Geisel was a man of his time. Almost every major cartoonist during this era made anti-Japanese propaganda. What stands out about this piece in particular though, is that he is deliberately suggesting that the Japanese American community should be viewed as a military threat.

Biased media coverage greatly contributed to the wartime hysteria and blatant racism that scapegoated our Japanese American community for the actions of Imperial Japan.

One man’s political cartoons can’t be blamed for all that, but they certainly contributed to the climate of distrust that ultimately led to fear and hatred of the Japanese American people and justification for our wartime incarceration. I know some among the elder generations of Japanese Americans who actually never read Dr. Seuss books as a child. With his creative use of rhymes, I learned things about language and culture that made reading fun for the first time. I can’t name another author that had the same impact on me as a young reader. As I think back on...
my early childhood reading days, one memory in particular stands out. It was the summer of 1995, and my mother was about to travel to Japan as a chaperone for an American high school that was participating in the Students' International Peace Conference held at Hiroshima Jougaikuni, to commemorate the 50th anniversary of the end of WWII.

The conference held special meaning for my mother since her grandmother, Asako Marumoto, had attended Hiroshima Jougaikuni as an adolescent, before marrying my great-grandfather and immigrating to California.

In the months leading up to the conference, my sister and I attended many of the pretravel classes with my mom, where they taught the finer points of this story at that time, reading “The Butter Battle Book.” Like some of the scientists working on the Manhattan Project, the Yook scientific community were eager to see the destructive capability of their weapon in action. A later quote indirectly references the codenames of the atomic bombs used against Japan.

“Just as a Chinese man. I have taken the color out of him a Chinaman. That’s the way things were done, 50 years ago. In later editions, I refer to him as a Chinese man. I have taken the color out of the gentleman and removed the pigtail.”

Restorative justice is a key tenet of many social justice movements. So, too, is the belief that our actions will ultimately lead to a progressive change in our society. Although I may be a minority opinion in progressive circles on this topic, I believe it would be hypocritical to outright condemn an author who clearly grew as a person throughout his long life.

That being said, I do take issue with companies profiting from these relics of our racist past and applaud individual artists and cultural organizations who are willing to make tough decisions to acknowledge the hurt their past works have caused.

Where I am less certain is whether the Geisel estate’s decision to eliminate these outdated and offensive portrayals from the Dr. Seuss canon was based on its sense of responsibility over the impact of his work, but ultimately, I believe he learned from his past mistakes and went on to write more progressive works throughout the rest of his career.

Although Theodore Geisel never outright apologized for his wartime activities, he did acknowledge the problematic nature of his portrayal of a Chinese man in one of the now-discontinued books, “And To Think That I Saw It On Mulberry Street.”

In an interview excerpted from his 1995 biography, Geisel stated, “I had a gentleman and removed the pigtail. It on Mulberry Street.”

Although Theodore Geisel never outright apologized for his wartime activities, he did acknowledge the problematic nature of his portrayal of a Chinese man in one of the now-discontinued books, “And To Think That I Saw It On Mulberry Street.”

Northern California Cherry Blossom Festival
San Francisco, CA
April 10-11 and April 17-18
Virtual Edition
Price: Free
One of California’s most prominent celebrations of Asian traditions and the biggest on the West Coast. Since 1968, this event showcases the cultural alliance between Japan and the U.S. and celebrates Japanese and Japanese American culture in San Francisco’s Japantown.
Info: Visit sfcherryblossom.org for more information.

‘The Betrayed’ Benefit Screening and Discussion
Watsonville, CA
May 22; 1-3 p.m.
Virtual Event Benefit Screening for Watsonville Buddhist Temple
Price: $25 Per Person or $50 Per Household (Includes Play Screening and Discussion)
“Betrayed,” a two-act play by Hiroshi Kashiwagi about a young Nisei couple who meet at Tule Lake and fall in love, only to be torn apart by two controversial “loyalty” questions during World War II, will feature Helen Ota and Michael Palma. Following the play, a discussion will be held featuring Satsuki Ina, Soji Kashiwagi and cast members Ota and Palma.
Info: Tickets are available at Eventbrite.com: Search “The Betrayed.” For additional information, email Buddhism@wbtemples.org.

Alzheimer’s Conference
Los Angeles, CA
May 1; 9:30 a.m.-1 p.m.
Virtual Conference
Price: Free
Join Keiro as it co-hosts alongside Alzheimer’s Los Angeles for this conference event that will be provided in both English and Japanese to educate the community on Alzheimer’s disease and its related disorders, as well as discuss research and treatment options, caregiving support and a virtual research fair. Featured speakers include Dr. Joshua Chodosh, Dr. Helena Chang Chui, Sara Lenz Lock and Dr. Debra Cherry.
Info: Visit Keiro.org/alzheimers-conference for more information.

Japanese American National Museum
Virtual Program
Price: Free for Members; $10 Nonmembers
The new graphic novel “We Hereby Refuse: Japanese American Resistance to Wartime Incarceration” presents an original vision of America’s past with disturbing links to the American present. Authors Frank Abe and Tamiko Nimura will read from the graphic novel. Artist Ross Ishikawa will share his use of 3-D modeling to re-create scenes from Japanese American history, and YURI Education Project creators will demonstrate a free online curriculum that accompanies the book.
Info: Visit wingluko.org. All visitors are required to sign a Coronavirus/COVID-19 waiver of liability. Health and safety protocols are in place. Check the museum for exact hours of operation.

NCWNP
NCWNP Gala Recognition Event
‘Remembering the Past • Motivating the Present’
Northern California
March 27; 2 p.m. PDT
Virtual Event
Price: Free registration
Join the NCWNP District as it celebrates and recognizes the importance of JA incarceration history education. Chapter Daruma honorees include Kathy Aoki, Dick Sasaki, Hugh Metcalf, Marie Sugiyama (posthumous), May Saiki and Jean Yamashita. This year’s District Award of Excellence is NCTOR President Yamashita. This year’s District Daruma honorees include Kathy Aoki, Dick Sasaki, Hugh Metcalf, Marie Sugiyama (posthumous), May Saiki and Jean Yamashita. This year’s District Award of Excellence is NCTOR President Yamashita.

‘Where Beauty Lies’ Exhibit
Wing Luke Asian Museum
Seattle, WA
April 24; 2-3:30 p.m.
Price: Museum Admission Fees
What defines beauty? The museum’s latest exhibit examines the complicated history, culture, industry, psychology and politics of beauty from the Asian American perspective. Personal stories, reflections, art and artifacts representing a diversity of identities and experiences all showcase the ideas of what beauty truly means.
Info: Visit wingluko.org. All visitors are required to sign a Coronavirus/COVID-19 waiver of liability. Health and safety protocols are in place. Check the museum for exact hours of operation.

NCWP
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UCIRA
UCIRA’s 14th Annual Research Conference
Virtual Event
Price: Free
UCIRA will address issues that matter, offering free online resources for community on Alzheimer’s disease. Dr. Debra Cherry. Dr. Joshua Chodosh, Dr. Helena Chang Chui, Sara Lenz Lock and Dr. Debra Cherry.
Info: Visit Keiro.org/alzheimers-conference for more information.

PSW
‘We Hereby Refuse’ With Frank Abe, Tamiko Nimura and Ross Ishikawa
Los Angeles, CA
April 24; 2-3:30 p.m.
Price: $25 Per Person or $50 Per Household (Includes Play Screening and Discussion)
“Betrayed,” a two-act play by Hiroshi Kashiwagi about a young Nisei couple who meet at Tule Lake and fall in love, only to be torn apart by two controversial “loyalty” questions during World War II, will feature Helen Ota and Michael Palma. Following the play, a discussion will be held featuring Satsuki Ina, Soji Kashiwagi and cast members Ota and Palma.
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MEMORIAM

Hashimoto, Ted, 98, Monterey Park, CA, June 22, 2020; he was predeceased by his wife, Dorothy S. Hashimoto, and ex-wife, Harriet Benson-Hashimoto; he is survived by his children, Kenneth M. Hashimoto and Teresa M. (Ken) Hashimoto-Nakatani; sister, Dorothy H. (John) Akiyama; gc: 2.

Hino, Itsue Higashi, 100, Ahualoa, HI, May 22, 2020; she is survived by her daughters, Leilani Hino and Jan Hino; gc: 2; ggc: 1.

Hirozawa, Betty Fumiko, 90, Honolulu, HI, March 23, 2020; she was predeceased by her husband, Arthur Yuichi Hirozawa; she is survived by her son, George Ikeda; gc: 1; ggc: 1.

Imamura, Atsuko, 92, Gardena, CA, June 20, 2020; she was predeceased by her husband, Robert (Yukiko) Hirozawa; gc: 4.

Ikeda, Gunji Raymond, 83, Honolulu, HI, March 23, 2020; she was predeceased by her son, Randy; she is survived by her husband, Takatow “Sam” Nakamura; children, Anthony “Tony” Matsuno, Karen (Dean) Petersen and Laurie “Lo” (Walter) Tayenaka; gc: 4; ggc: 3.

Kanno, Rachel Miyoko, 97, Torrance, CA, April 27, 2020; she was predeceased by her husband, Robert; she is survived by her brother, Roy Hanzawa; she is also survived by many nieces and nephews.

Kasuyama, Jean S., 84, Torrance, CA, June 16, 2020; she is survived by her son, Curtis (Lianne) Kasuyama; sister, Barbara (John) Wilcox; gc: 2.

Matsuno, June, 85, Monterey Park, CA, Sept. 22, 2020; she was predeceased by her son, Randy; she is survived by her husband, Takatow “Sam” Matsuno; children, Anthony “Tony” Matsuno, Karen (Dean) Petersen and Laurie “Lo” (Walter) Tayenaka; gc: 4; ggc: 3.

Nakamura, Robert Fumiaki, 95, Honolulu, HI, March 6, 2020; he was predeceased by his wife, Lillian; children, Ross (Yumiko), Barry (Carolyn), Robin (Ken) and Bruce (Kate); gc: 9.

Nakatsukasa, Aiko, 91, Silverado Beach Cities, CA, July 15, 2020; she was predeceased by her husband, Tom; she is survived by her children, Todd (Cyd), Roy (Susan) and Grace; gc: 4.

Nakayama, Miki, 91, Torrance, CA, May 8, 2020; she is survived by her son, Parry Nakayama; 4 nephews, 5 nieces and other relatives.

Ogasawara, Roy, 87, Norridge, IL, July 19, 2020; he was predeceased by his siblings, Terry Kumaogai, Bill Ogasawara, Yuriko Ogata, Steve Ogasawara and Mary Muramoto; he is survived by his wife, Jane; children, Lance, Lee Ann (Tom) Benedict and Scott; gc: 2.

Oka, Rosie, 94, Fresno, CA, July 18, 2020; during WWII, her family and she were incarcerated at the Jerome WRA Center in AR; she is survived by her children, Gayle (Nicholas) Smirnov, Marlene (Mike) Garcia and Ken (Linda); gc: 3; ggc: 2.

Okamoto, Aaron, 104, Sacramento, CA, April 30, 2020; he is survived by his wife, Hanuye; children, Calvin (Jude), Joanne, Suzanne, Ronald (Stariene) and Dianne (Stan); gc: 3; ggc: 2.

Ozawa, Eleanor, 86, Torrance, CA, June 18, 2020; during WWII, her family and she were incarcerated at the Gila River WRA Center in AZ; she was predeceased by her husband, Paul, and son, Mark (Linda); she is survived by her sons, Mitchell (Ann), Marshall (Patricia Bigler) and Matthew (Mari); siblings, Lindbergh (Yone), Herbert (HeLEN, D.) and Evelyn (Ray Chikahisa); gc: 10.

PLACE A TRIBUTE

TRIBUTE

ALVIN HAYASHI

Alvin Kiyomi Hayashi of Fresno, Calif., passed away on Sunday, Jan. 24, 2021, at 72 years of age. He was the first of four children born to the late Masao and Hanako Hayashi. He graduated from Central High, CSU Fresno, UCSF School of Dentistry and University of Minnesota Department of Endodontics. Al practiced Endodontics and proudly served the Fresno community for over 40 years. He shared a love of golfing at Copper River Country Club, driving fast cars, enjoying fine wines, and caring for his chocolate lab Ranger.

He will be forever remembered by his wife, Rosemary; daughter and son-in-law, Kimberly and Joshua Grossman; brother, Michael (Alene) Hayashi; sister, Jeanne (Harold) Soeda; nephews, Koby and Ty; niece, Jennifer; and extended family and dear friends.

His family is arranging a private memorial. Donations in memory of Al can be made to UCSF Foundation’s School of Dentistry or Fresno Buddhist Temple’s Scholarship Fund.

Section 8 Waiting List Opening

Plummer Village Senior Community located in North Hills, CA is accepting applications for our affordable 1-bedroom apartment homes.

Applicants must be 62 years or older. Applications may be requested by calling, writing or stopping by.

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(818) 891-0646 TTY (510)238-3254

Hours of operation are Monday through Friday between 9:00am–5:00pm

All applicants must meet program guidelines
NEW REPORT HIGHLIGHTS THE IMPACTS OF COVID-19 ON BRAIN HEALTH

By Ron Mori

A new Global Council on Brain Health report warns that, in addition to Covid-19’s widely known respiratory effects, the virus can also damage brain health. Experts note the need for more research and recommend 10 ways to protect brain health.

“We know the risks for severe illness from Covid-19 increases with age, so much more about the long-term effects of Covid-19 infection on our brains,” said Sarah Lenz Lock, AARP senior vp for policy and executive director of the GCBH. “Moving forward, it is vitally important to invest in research that examines the direct and indirect impacts of Covid on brain health and mental well-being.”

The GCBH report explores both the direct and indirect ways Covid-19 can undermine brain health — from causing neurological symptoms to exacting a toll on people’s mental well-being, especially those living with dementia and their caregivers.

“Even though there is much still to be learned about how Covid-19 affects our thinking, the GCBH wanted everyone to know this is a well-recognized problem,” said Dr. Marilyn Albert, GCBH chair and professor of neurology and director of the division on cognitive neuroscience at Johns Hopkins University. “We want to emphasize that there are ways to address the health of their brain during the pandemic and address some of the negative effects of the isolation that many people are experiencing.”

The report also reviews specific neurological symptoms, which can include delirium, a sudden change in thinking and behavior. One study found that 37 percent of older adults coming to emergency rooms with Covid-19 had signs of delirium, but no other Covid-19 symptoms.

The GCBH says the pandemic has taken a widespread toll on mental well-being, which ultimately impacts brain health. Heightened health risks, uncertainty, reduced social engagement, new routines and economic hardship all loom large during this pandemic and can trigger or amplify feelings of stress.

The report further notes a significant and negative impact on people living with dementia. In the United States, deaths attributed to Alzheimer’s disease and dementia rose more than 20 percent above normal during the summer of 2020, according to the U.S. Centers for Disease Control and Prevention.

It is still unknown whether the virus caused the additional deaths or whether dementia accounted for an increase in Covid-19 infections. Despite the challenges of living through a pandemic, there are evidence-based steps anyone can take to help protect brain health. The GCBH recommends that people:

- Consider getting the vaccine as soon as you are able.
- Stay physically active.
- Maintain a balanced diet.
- Stay socially connected.
- Maintain a regular sleep schedule.
- Stimulate your brain.
- Don’t put off necessary medical appointments.
- Take care of your mental health.
- Pay attention to signs of sudden confusion.
- Monitor changes in your brain health.

The pandemic has highlighted health disparities and long-standing inequalities that can affect brain health and mental well-being.

The GCBH report calls for governments to better support their citizens who are at increased risk of the direct and indirect harms of Covid-19, including older adults and racial and ethnic minorities.

To download a copy of the report go to www.aarp.org/health/global-council-on-brain-health/resource-library/.

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