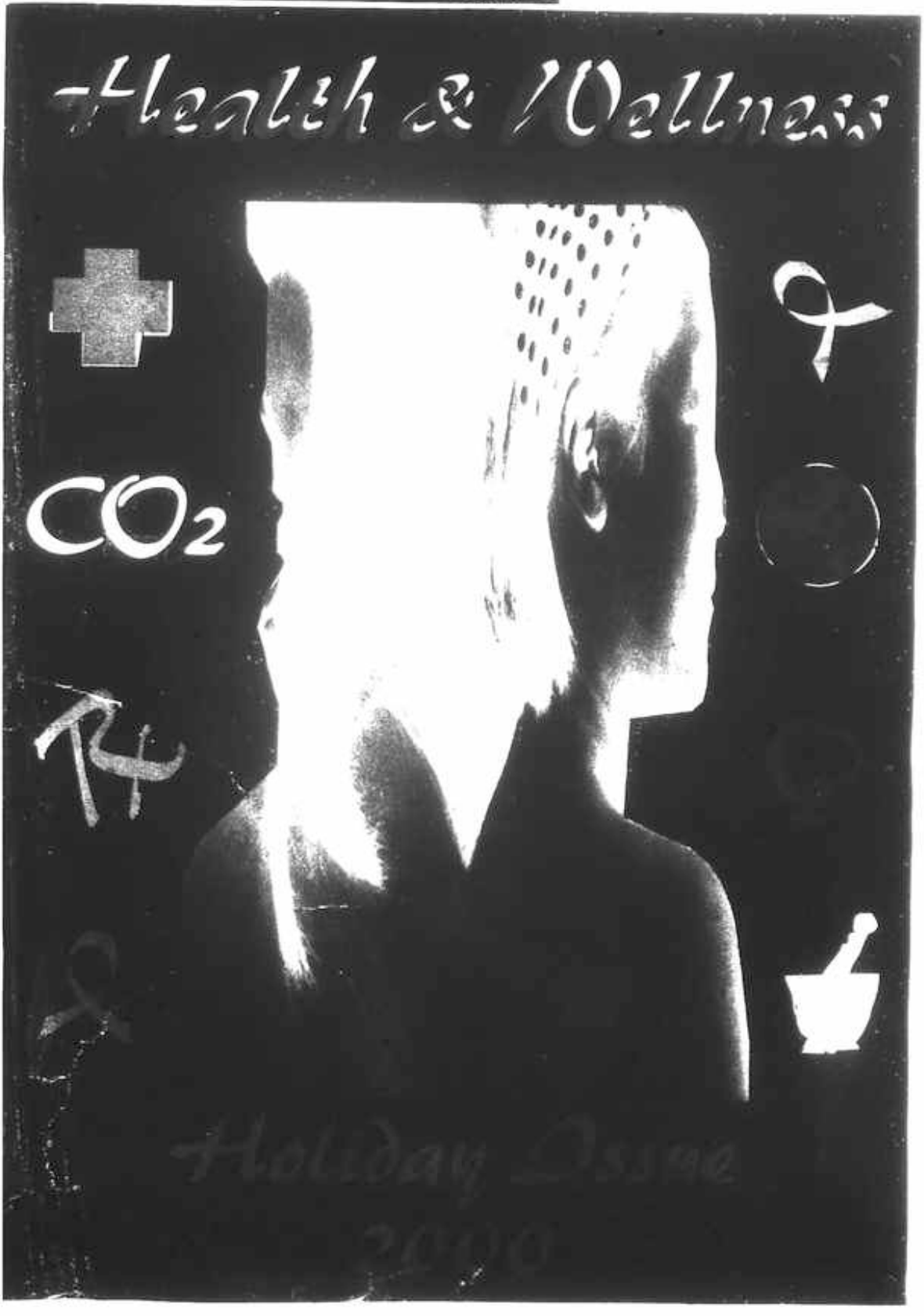
Pacific Citizen

#2940/Vol. 131, No. 21 ISSN: 0030-8579 December 2000

# Health & Wellness



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# 2000 Holiday Issue

# "Health and Wellness"

Welcome to *Pacific Citizen's* annual Holiday Issue. This year we bring you "Health and Wellness" filled with tips, advice and anecdotes, from both community members and professional experts.

Within these pages you'll learn about heart disease and diabetes among Asian Pacific Americans, the latest fads including oxygen bars and alternative medicines, and personal stories including a man's recent loss of his wife from stomach cancer and a woman who has lived her life as a hearing impaired individual.

This issue also includes the thousands of individuals who continue to support the *Pacific Citizen* every year. The *P.C.* would like to thank the JACL members, chapters, and districts, and the many corporations and individuals who have made this issue one of the most successful. Please refer to "*P.C.'s* People Who Count" for a list of chapter members and individuals who did an astounding job of recruiting ads for this year's issue.

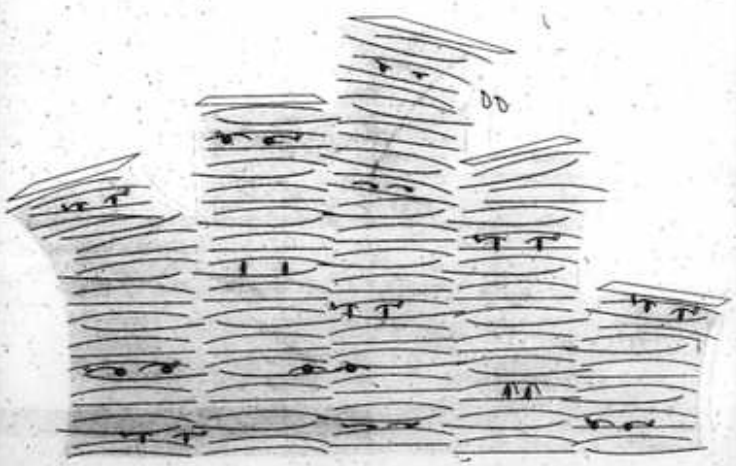
I would also like to thank the many individuals who volunteered their time to contribute the various articles for our "Health and Wellness" issue. Putting thoughts to paper is not always the easiest task and I thank you for your time and efforts.

I would finally like to thank the many staff and volunteers who have worked tirelessly and with little time off to make sure this issue was completed on time. Thank you to staff members: Martha Nakagawa, Brian Tanaka, Harry Honda, Margot Brunswick, Tracy Uba, Eva Lau-Ting and Lyndsey Shinoda. Your professionalism and dedication are what makes this paper continue to run smoothly. And thank you to volunteers: Gayle Jue, Alan Kubo, Juan Ramos, Chizuka Matsui, Cara Garcia and Raul Vasquez. Thank you for finding the time between your regular jobs and school.



To all our readers, I wish you a happy and safe holiday and thank you for your continued support. Look for our annual New Year's issue scheduled to come out Jan. 12, 2001. See you in the new year.

*Caroline Aoyagi*
Executive Editor



**From under all the piles of *P.C.s*, layout pages, and insertion orders, the staff and volunteers of *Pacific Citizen* wish you a Merry Christmas and a Happy New Year!**


**Pacific Citizen**

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Founded in 1929, JACL is the nation's oldest and largest Asian American civil and human rights organizations, with a 24,000 membership base. JACL has 112 chapters nationwide, five regional offices, three district offices, a Washington, D.C., office and a national headquarters in San Francisco. JACL's mission is to secure and uphold the human and civil rights of Japanese Americans and all Americans while preserving our cultural heritage and values.


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## Cover Design

Thanks to Cara Garcia and Juan Ramos for this year's Holiday Issue cover. Cara is a 20-year-old photography major at Cal State Long Beach. Juan is a graphic designer who has worked in the ethnic press for more than 20 years.

# STORY INDEX


**Joyce Nako** 6
Smoking Gun

**Ben Hashiba & Joy Nakamura** 7
The Healing Power of Qi Gong and Reiki

**Tracy Uba** 10
The Alternative Age of Medicine

**George Hattori** 13
A Dying Wife's Wish

**Mas Hashimoto** 14
Dr. K: A Doctor to Nikkei Internees

**Emily Moto Murase** 15
The Answer to Healthy Aging: A Little Heart

**Bill Marutani** 18
Nisei Dietary Practices

**Tracy Reiko Hayame** 20
A Walk in My Shoes

Dealing With Diabetes 21

**Lyndsey Shinoda** 25
Oxygen Bars: A Fad Full of Hot Air?

**Rev. Leo T. Fong** 26
Age is a Matter of the Mind — If You Don't Mind It, It Won't Matter

**Dr. Guy Mayeda** 30
Chest Pain and Coronary Artery Disease

**Lyndsey Shinoda** 34
Medical Marijuana — Should it be Legal?

**Mike Hoshiko** 35
Migraine Headaches and Biofeedback

**Gil Asakawa** 37
The Sumo Syndrome — Weight and See

**Brian Niiya** 38
Christmas in Hawai'i

**Christina Shigemura** 38
Healthy Living on Hold

**Al Nakatani** 41
Welcome to Honor Thy Children, Inc.

**Howard Terada** 42
Alzheimer's 'Second Victim'

Studies Track Health Trends Among Japanese Americans 45

**K. Patrick Okura** 47
Mental Health Issues in the Asian Pacific American Communities

**Martha Nakagawa** 50
Fitness Tips for Seniors

**Cammy Lee Leukemia Foundation** 54
Asian/Pacific Islander Stem Cell Recruitment Drives

**Mike Shinoda** 55
Organic Farming

**Harry K. Honda** 59
The Golden Acres

**Kats Kunitsugu** 64
A Paradigm for Aging

**Sheila Yonemoto** 65
Keys to Fitness: Boosting Immunity

**Kimochi** 68
A Senior Care Delivery System That Works

**Cheryl Baun** 69
Man Takes Secret to His Grave

**Naomi Kashiwabara** 72
Hi Nakamura, Robust Skin Diver

**Linda Jofuku** 73
Be Well

**Grayce Uyehara** 76
Use it or Lose it!

**Mike Shinoda** 77
MPB: Male Pattern Baldness

**Budd Fukei** 94
A Retiree's Reminiscences

**Dr. Roy M. Nishikawa** 95
Hanging in There

**Fred K. Oshima** 95
Health and Wellness for JACLERS

**Marian L. Bayham** 102
Your Health and Long-term Care

**James J. Okubo** 113
WWII Combat Medic


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Pacific Citizen honors the many individuals who solicited new or renewed greetings for the Holiday Issue.

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WHITE RIVER VALLEY—**Daniel Hiranaka**

## AD INDEX


| | | | |
|---|---|---|---|
| Alameda | 72 | Pocatello-Blackfoot | 74-75 |
| APAN | 84 | Portland | 87 |
| Arizona | 67 | Puyallup Valley | 40 |
| Berkeley | 96-99 | Reno | 66 |
| California Bank & Trust | 28 | Rep. Robert Matsui | 84 |
| Chicago | 29,33 | Riverside | 66 |
| Cincinnati | 32 | Sacramento | 90 |
| Cleveland | 32 | Salinas Valley | 56-58,61-63,66 |
| Contra Costa | 52-53 | San Benito County | 90 |
| Cortez | 79 | San Diego | 109-110 |
| Dayton | 32 | San Fernando Valley | 71 |
| Delano | 79 | San Francisco | 100,103-106 |
| Detroit | 32 | San Jose | 19 |
| East Los Angeles | 43 | Sanger | 79 |
| Eden Township | 79-80 | San Mateo | 110-112 |
| Florin | 84 | Santa Maria | 90 |
| Fremont | 90 | Seabury & Smith | 116-117 |
| Fresno | 70 | Seattle | 88 |
| Gardena Valley | 82,83 | Selanoco | 2-3,8-9,12,16-17,19 |
| Greater L.A. Singles | 66 | Selma | 85,86 |
| Gresham-Troutdale | 88 | Sequoia | 90 |
| Holiday Issue Project | 119 | Sonoma County | 106 |
| Honolulu | 19 | South Bay | 66 |
| Houston | 90 | Southern California | 23-24,28,44,46 |
| Idaho Falls | 75 | St. Louis | 32 |
| JACL Health Benefits Trust | 112 | Stockton | 36,39 |
| J.A. National Museum | 118 | Torrance | 43 |
| Lake Washington | 88 | Tulare County | 67 |
| Las Vegas | 67 | Twin Cities | 90 |
| Livingston-Merced | 48-49 | Union Bank of California | 73 |
| Marin County | 66 | Venice-Culver | 67 |
| Marysville | 66 | Ventura County | 91-93 |
| Mile-Hi | 106-108 | Washington, D.C. | 84 |
| Monterey Peninsula | 78-79 | Watsonville | 49 |
| Mt. Olympus | 75 | West Los Angeles | 88-89 |
| National JACL Headquarters | 118 | White River Valley | 88 |
| New Mexico | 32 | DISTRICT COUNCILS | |
| New York | 83 | Central California | 79 |
| Olympics 2002 | 120 | Eastern | 84 |
| Orange County | 67 | Intermountain | 75 |
| Parlier | 79 | Midwest | 32 |
| Pasadena | 67 | Northern Cal., W. Nev., Pac | 88 |
| PCO | 19,32,112-113,118 | Pacific Northwest | 88 |
| Philadelphia | 84 | Pacific Southwest | 67 |

# SMOKING Gun

By JOYCE NAKO



I don't know why I smoke. It's a mystery to me, as everywhere I turn lately, everyone knows smoking is bad for you. Joe Camel, the salesman everyone loves to hate, is now dead. Or so they tell us, as the anti-smoking campaign heats up and is apparently winning the fight against what used to be packed in every soldier's supplies. Pro-smoking forces, i.e., tobacco companies, are now being hit with lawsuits galore, and it's about time, too, in the opinion of many.

The problem is I smoke. Have done so since age 13. I started in my "I hate my parents" adolescent years, those years that are every parent's nightmare.

As I slowly creep towards my 52nd birthday this Dec. 21, I still smoke. I know I am a creep, which is why I changed the verb just now to a noun. I am persona non grata in the eyes of those who are smug with clean lungs.

I wrote a poem just last year, which I would like to share:

I am an ashtray
*Haizara**
I used to be asked for by her by them
And now in restaurants
nobody asks

It's my job to be dirty
I am a tray for ashes after all
But lately, nobody needs me
except in the homes of the ones
nobody likes

They are the lost ones
the ones who run outdoors
at the least excuse
They stand where they will
on blistering days
on windy days
The rain doesn't stop
them from moving away
from all the good people
smug with clean lungs

I am an ashtray
partnered with those
no one else wants except for me
I am useful to someone.

© Joyce Nako, 1999

**haizara* (ashtray in Japanese; pronounced hi-zah-rah)

I am personifying an ashtray! Which is what I feel like anyways, as people do not treat those of us who smoke as though we were human beings, with human feelings, sensitivities and vulnerabilities. This includes being spoken to as though a child, as though we did not already know smoking is bad for you!

Total strangers feel it is their right to tell you to stop smoking, that you can do it, that you are somehow less of a person because you smoke.

And so-called friends think it is their duty and obligation (*on to giri*) to remind you about the dangers of smoking, ending with "It's only because I care about you that I'm telling you this." Thus, you are reduced to a two-year-old who doesn't know better.

Before my husband died, he made me promise to stop smoking. This is a deathbed request I have yet to honor. One of these days, I keep reminding myself, I'll stop. In my fourth year of grief, I have yet to stop. I am a bad widow, a black widow, who spins a web of evil because I smoke! Yikes, next they're going to tell me to stop crying.

There's a new ad campaign which features a woman named Debi, who says, "I'll never forget the people who helped me get cigarettes when I was a kid." She's looking pretty bad, still smoking. She started smoking at age 13 (same as me). She had a cancerous larynx removed at age 42.

That makes no sense. Following that logic, it's my parents' fault for causing me to smoke, since they both smoked when I was 13. My mother surreptitiously in the bathroom, my father openly. I used to steal my dad's cigarettes.

It simply was the thing to do back when I was an adolescent. Those who no longer smoke, I applaud their tenacity and spirit, their desire to become healthy. I, on the other hand, decided I like my dumb habit, even if it is apparent I am a concern to those who profess to love me. By the way, these bossy people are always filching just one from me, looking around to make sure their spouse doesn't see. Gimme me a break.

And these are the very ones who will occasionally launch on a diatribe about my habit. I've ceased becoming defensive, as a lot of these people have all kinds of problems of their own, about which I am silent. I figure they're having a bad-hair day and need to take it out on somebody. When one smokes, you learn to grow a thick skin, become the punching bag of others who like to take their frustrations out on you. It's a cultural thing, perhaps.

It's a shame that what started as a friendly gesture by nice Native Americans, who toked up for peaceful purposes, was tampered with. Well, as far as I'm concerned, they're having the last laugh. Good. Maybe we should give them back their land. At least they never tampered with it.

In fact, as I recall, historically, in exchange for their generosity, they were given blankets tainted with smallpox. Just how friendly is that?

The more things change, the more things stay the same. We know the cigarettes we smoke are tampered with. We know that. They've been altered to enhance the addictive habit, and for reasons yet unknown, women find it harder to break the habit than men do. It may just be a gender thing: "*Otoko wa iji; onna nakase.*" Men are willful, women, merciful.

I recently met Nisei sisters from Colorado at an outdoor ashtray. We'd all been eating in the restaurant and were, the three of us, outside smoking the best cigarette of the day. (For some reason, the cigarette after a meal is wonderful!) Anyway, these sisters were 76 and 71 years of age, respectively, and were both in Los Angeles visiting for a community conference. We talked a while about the degree of Nazi-like tactics being visited upon those of us who smoke.

If they really were dangerous for us, why then don't they just stop making and selling them? And why do they continue to allow cigar smoking? Even the president of the United States apparently smokes cigars, and he's even figured out interesting things to do with cigars that I was shocked to learn about. If national leadership can smoke, well, so can I. It's a free country after all. Or is it?

Why do businesses continue to export cigarettes? In a global village economy, should we not be as concerned about the health of those in other countries as much as our own? We should ask our secretary of commerce that.

At a time when I have very few rights left, I choose to smoke. Leave me alone in my misery. Unless, of course, you have absolutely no faults of your own. Somehow I doubt it. ■

*Joyce Nako is a writing consultant and the program director of the Pacific Asian American Women Writers-West (PAAWWW), a nonprofit literary organization based in Los Angeles. She writes from Moreno Valley, California.*

# The Healing Power of Qi Gong 気功 and Reiki 霊気

**By BEN HASHIBA and JOY NAKAMURA**

Good health, increased energy, mental balance, stress reduction, relaxation and overall well-being.

These are just some of the benefits you can gain from practicing the traditional Chinese Taoist discipline known as Qi Gong (Chi Gung) and also the universal healing of Reiki.

### What is Qi Gong?

Qi Gong, literally translated, means "energy cultivation." Qi, or in Japanese Ki, is your inner energy, your life force. And Gong means discipline or training. There are many different forms of Qi Gong, such as Shaolin Neijin Qi Gong or Qi Gong for martial arts and self-defense. However, we have found Wild Goose Qi Gong to be the most beneficial form because it promotes physical fitness, a clear mind and harmonious well-being.

You can practice Qi Gong by yourself or in a group almost anywhere. At our annual family beach picnic, we enjoy practicing Laughing Qi Gong together. Each of us starts with a great big belly laugh that becomes a group belly laugh. We all are energized by the non-stop laughter and the good feeling of the shared Qi.

### History

Wild Goose Qi Gong has a history of more than 1,000 years, and was started by a Taoist monk named Dao An. He taught it only to members of his Taoist sect. Each succeeding generation had only one person who knew the secret movements and all of the exercises. The current grand master is Master Yang Mei Jun, who is now 99 years old. This woman is one of the most famous Qi Gong masters in China.

### Wild Goose Qi Gong

Wild Goose Qi Gong is a set of graceful movements that imitate the daily activities of a wild goose. In the movements, you wake up and welcome the sun, fly through the sky, drink water, look for food and end the day in peaceful sleep. You use your entire body, your muscles, ligaments, arms and legs, along with breathing and shifting body weight. The movements promote good health and increase your energy.

Meditation is also part of the Wild Goose Qi Gong. Through the meditation exercises, Qi Gong reduces stress, enhances your mental clarity and focus and awakens the spiritual part of your mind.

By practicing Qi Gong you can take control of your own health. You become aware of your Qi, your energy, as your vital life force flows through your body. The smooth, unblocked flow of Qi improves your health, balance and coordination.

Qi Gong is merely a path, and not a destination. Qi Gong is a journey of self-discovery. For us, it has been a wonderful experience, first learning the movements and exercises of Qi Gong from a skilled and caring Sensei, Paul Hori. And then understanding and growing through the power of Qi Gong. And now teaching Qi Gong at the San Jose Japantown Yu Ai Kai Community Activity Center.

### Reiki

All of us have experienced the comforting and healing energy of Reiki. When you hit your head, do you instinctively rub your head to ease the pain? Do you remember when you were a child and you fell and bruised your knee? You rushed to your mother who rubbed your knee to make it feel better. These are examples of the energy that is Reiki energy.

### What is Reiki?

The word Reiki means the free flow of healing universal life energy. Rei in Japanese means spirit, or soul. Ki means life force or energy, as in Aikido.

The laying on of hands is a way for people to comfort and to heal each other. We all have this energy to comfort and heal naturally in varying degrees. What distinguishes Reiki from other forms of laying on of hands, is a series of initiations that the Reiki practitioner receives from a Reiki Master. The initiations are designed to allow the practitioner to channel Reiki energy in a stronger and more focused way to promote healing and relaxation. Reiki energy can be used on all living things; including people, plants and animals.

### History

Reiki originated in ancient Tibet thousands of years ago and resurfaced in Japan in the 1870s. Mrs. Hawayo Takata became ill in the 1930s and visited Japan to seek treatment. She met Dr. Chujiro Hayashi who learned Reiki from Dr. Mikao Usui. Mrs. Takata was healed and continued to study with Dr. Hayashi and brought Reiki back to her native Hawaii and then to California.

### Reiki Practice

We use Reiki on family and friends to help them with pain from sports injuries, backaches, headaches and other painful conditions. We also use Reiki to help aid relaxation and to relieve stress. When we practice traditional Reiki, we follow a set procedure of hand placements that start at the head working downward on the front and back of the body.

When we practice Reiki and combine it with Qi Gong, we find new ways to help our family and friends. For example, we have a friend whose young daughter was having difficulty sleeping. We taught her some Reiki hand positions and some Qi Gong meditation practices that she uses to put herself to sleep.

There is energy all around us and within us. Cultivating and sharing this energy by practicing Qi Gong and Reiki will keep us healthier and happier.

To learn more about Qi Gong and Reiki, you might begin with these books: "Chi Kung, Cultivating Personal Energy" by James MacRitchie, Element Books Limited, 1997 and "Essential Reiki: A Complete Guide to an Ancient Healing Art" by Diane Stein, The Crossing Press, 1996. ■

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# the Alternative Age of medicine

by Tracy Uba




Models: Julie and David Furuguwa

Although the Western world is just beginning to embrace what is today recognized as "alternative medicine," natural remedies and therapies used to treat common ailments and minor disorders have been around for thousands of years, largely originating in Eastern and Far Eastern countries.

Practices derived from ancient customs and philosophies in China, Japan, India and Egypt — take acupuncture for example — have vastly increased in popularity among average Americans. And it's estimated that more than 80 percent of the population currently takes some form of herbal supplement, whether it's echinacea, goldenseal or St. John's Wort.

While doctors agree that alternative medicine is not a substitute for traditional medicine, especially when dealing with serious illness, holistic methods of therapy do offer people a welcomed choice. For many, the procedures and drugs are less invasive, more environmentally conscious and focus not just on physical health but on spiritual well-being.

Of course, selecting the right home remedy, herbal therapy or alternative healing method can be a daunting task. There are dozens upon dozens of choices available. But it's the new millennium. Time to get familiar with our options!

## What the old wives prescribe

Some see them as nothing more than old wives' tales, while others swear by their healing properties. From Egyptian high priests and Greek physicians to Chinese healers and Native American shamans, home remedies have always been an important facet of different cultures. Although most are not medically proven, they are generally cheaper than over-the-counter analgesics and have fewer side effects than prescription drugs. Here are a few that have been passed down through the generations:

• For arthritis: a North-facing magnet run over the area of pain may reduce swelling and stress associated with joint problems. Good for sports injuries but not for pregnant women or people wearing pacemakers.



• For baldness: Rogaine not helping? Ditch the monoxidyl. Instead, cut off a piece of ginger root and rub the exposed part onto thinning parts of the scalp.

• For carpal tunnel syndrome: (see arthritis), or to alleviate the stress of repetitive motion in the wrist, wear a copper bracelet, which says, I'm strain-free and in style. Oh, yeah!

• For a cold: sure, there's no known cure, but taking a cue from the Issei who made this while in camp, a glass of whiskey mixed with finely chopped garlic is a soothing, if not smelly, concoction. Adults only, please.



• For constipation: a glass of prune juice should ease stubborn bowels, but careful not to overdo it; too much could result in Montezuma's revenge.

• For cough: a whole bulb of garlic eaten daily may treat hacking coughs related to the common cold. For the more faint at heart, a homemade syrup can be made by mixing a tablespoon of honey with one-quarter lemon juice and one-quarter warm water. Add a tablespoon of brandy or whiskey if you're legal.



• For diabetes: drink a tea made of persimmon leaves boiled in hot water. What this does, I don't know, but my Issei *bochan* swore by it.

• For ear infection: one drop of garlic oil administered directly into the ear will help clear up an infection. Remember to lie on one side and let the oil soak into the ear canal.

• For ear wax: use a *mimi-kaki* (small Japanese bamboo stick) — the kids'll dig the ones with a small doll or bell on the end — to scoop out that nasty wax build-up.



• For eye tension: supermodels use Preparation H, but cold cucumber slices applied over the eyes are much more natural and still relieve that unwanted puffiness and redness.

• For flu: some rely on the chicken soup myth, but we JAs know *o-kai* (rice, hot tea, with a dash of salt) and unlimited access to the TV eventually beats off a bad virus. To top it off, suck on a piece of *umeboshi* (salted plum).



• For gas: can't stop cutting the big cheese? Some catnip tea should calm the culprit, relieving gas as well as heartburn.



• For gout: what's gout? It's a hereditary form of arthritis usually affecting the hand and foot joints, especially the big toe. Drinking black cherry juice helps dissolve the uric acid deposits.

• For heat rash: sun got you all hot and bothered? An application of cornstarch to a heat rash induced by overexposure may help clear up itchiness and irritation.



• For hoarseness: otherwise known as Kermit's revenge, a froggy throat can be tamed by taking a spoonful of syrup made of horseradish mixed with honey.

• For indigestion: if the look and taste of pink Pepto leaves something to be desired, try instead drinking a glass of water that has been mixed with a teaspoon of baking soda.



• For insect bites: ouch! A bee sting's no fun. For that, or a mosquito bite, apply a light poultice of meat tenderizer (or baking soda) mixed with water to form a paste. The swelling can then be tamed with an ice pack.

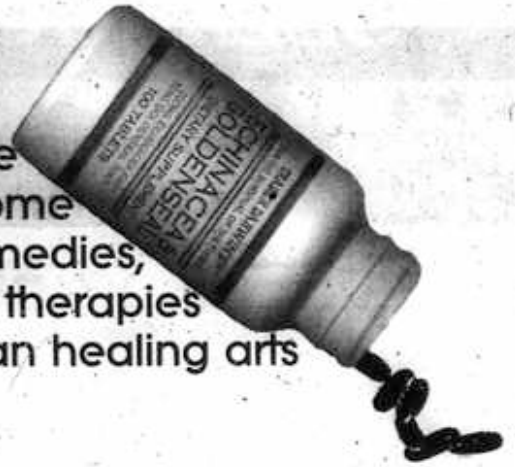
• For insomnia: a good old fashioned glass of warm milk right before bed will put you out like a light; or, if all else fails, there's always counting sheep.

• For kidney ailments: perhaps not the most convenient modern-day method, but those old-schoolers who insist upon the healing power of wild Japanese herbs should boil *niwato-ko* in water and drink.

• For minor burns: a relatively painless way to protect surface scrapes and burns from infection is to cut off a wedge of the Aloe plant and apply the juicy pulp directly onto the problem area, allowing it to form a thin, protec-



# a guide to home remedies, herbal therapies & asian healing arts




tive seal.

• For muscle aches: Salonpas and Tiger Balm are a good sub-



stitute for Ben-Gay to help relieve muscle aches and pains. Or, if you can handle the heat, try sprinkling cayenne pepper on the sore area and wrapping it with a damp towel (will not leave a burn).

• For sore throat: gargling a warm glass of water mixed with one teaspoon of salt helps kill bacteria in the throat. Repeat as necessary, but don't swallow or you'll feel like you just drank the Dead Sea.



• For stomachache: temperamental tummies, take heart! One teaspoon of baking soda dissolved in a glass of room temperature water should calm heartburn, indigestion and gas pain. Flu and nausea can be neutralized with 7-Up, Sprite or other lemon-lime soda.



• For tooth pain: a natural anesthetic like oil of cloves applied orally can help temporarily alleviate tooth pain. A persistent throbbing however, may call for more serious action, namely, a root canal. Visit your dentist.

• For tooth whitening: finally, a remedy that tastes as good as it works! Brushing with a paste made of fresh crushed strawberries can aid in tooth whitening. And a good flossing should take care of those pesky seeds.

## *An herb a day keeps the doctor away*

Herbs have long been known for their preventative and restorative powers and are derived from a variety of natural products, including flowers, leaves, berries, bark, gums, roots, seeds and stems. Whether pre-packaged or homemade, they can be found in forms ranging from pills and powders to teas and infusions. Here are some of the better known herbs and what they can do for you:

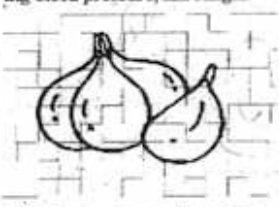
**ALFALFA**: Considered a non-toxic, cleansing herb, alfalfa can be used to treat allergies, arthritis, morning sickness, peptic ulcers and kidney toxins. It is an acid neutralizer as well as an effective blood purifier and thinner. Edible sprouts are sold at any local grocery store and serve as a nice accompaniment to salads, sandwiches and stir-frys.

**ALOE**: Taken from the Aloe plant, aloe is commonly found in lotions and beauty creams to help relieve sunburns and soften skin. It is also used to treat acne, canker and mouth sores. To help alleviate constipation, take it orally as a juice, or for minor rashes and burns, apply the open flesh of the plant directly to the wound.

**CHAMOMILE**: Tea drinkers know that chamomile calms anxiety, soothes a nervous stomach, cleanses the digestive tract and relaxes the body to induce sleep. Call it a natural sedative, gentle for both children and adults. An aromatherapy bath consisting of chamomile, peppermint and sage will relieve cramps, colic, inflammation and insomnia. Tea can be made by boiling one teaspoon of chamomile flowers per cup of water. To relieve a flu or cold, pour two quarts of hot water over two cups of the flower, cover your head with a towel and breathe in the vapors. Do not take chamomile if you are allergic to any member of the daisy family.

**ECHINACEA:** Also known as Black Samson Root, echinacea is a natural antibiotic used to prevent and fight viral infections, colds and flus. It functions as a lymph system enhancer and, as a detoxifier, is an overall buffer to the immune system. Recently, it has been used to treat some snake, scorpion and insect bites as well as abscesses, boils, gangrene and blood poisoning. For gum problems, apply several drops of liquid echinacea glycerite onto the sore part of the mouth. Hold it for one minute, then swish, allowing saliva to form and numbness to begin.

**GARLIC**: Another natural antibiotic, garlic was worshipped by ancient Egyptians for its culinary and medicinal powers. It has been known to lower cholesterol, reduce blood clotting, increase circulation thus relieving blood pressure, kill fungal

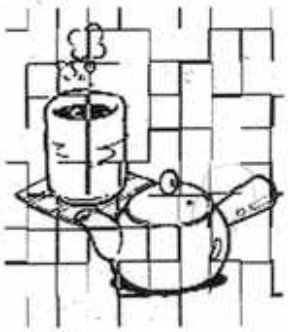


infections, worms and parasites, reduce fever, eliminate gas and cramps and prevent some forms of cancer. If taking garlic in capsule form, one should take at least 4,000 milligrams of allicin per pill, or in a supplement, between 400 and 600 milligrams to combat a cold or flu.

**GINGER**: Think ginger's purely a sushi garnish? Think again. This root treats all major digestive disorders, from pregnant women combatting morning sickness to travelers suffering from motion sickness. Ginger tea can be made by slicing off a thumbnail-size piece and boiling it in a pot of water.

**GINSENG**: Known for boosting endurance and vitality, ginseng is considered a mental and physical stimulant; Mother Earth's very own version of caffeine. Athletes use it to increase energy and stamina. It is widely sold in tea and vitamin form.

**GREEN TEA**: Made from the leaves of the tea plant, green tea is an effective antioxidant, which



new research has shown fights against some forms of cancer and heart disease. According to legend, green tea was born in 2700 B.C. when a Chinese emperor sat under a tea bush and had the good fortune of having the leaves fall into his cup of hot water. Studies have revealed that people who drink it once a day for six months show a decrease in the rate of colon, rectal and pancreatic cancer. Its production of fluoride may also prevent tooth decay. The beverage contains about 40 milligrams of caffeine. Green tea supplements, high in Vitamin K, can be taken with meals.

**HORSERADISH**: The roots of horseradish contain high concentrations of vitamin C and mustard oil which help kill germs related to flu, coughs, and joint pains. For flu and urinary tract infections, grate one teaspoon of horseradish root and steep in hot water. For painful joints, make a paste out of grated roots and water, wrap it in a cloth and apply to inflamed area. For coughs and sore throats, boil grated roots with honey and water, drain the pulp and take five tablespoons of the syrup daily. To fade age spots and freckles, mix half a cup of grated horseradish root with one pint of cider vinegar, shake daily for two weeks, strain and apply two times a day for several weeks.

**LICORICE**: This root is sold as is or in pill form and helps to expel mucous from the respiratory tract, making it excellent for

See ALTERNATIVE/ page 101

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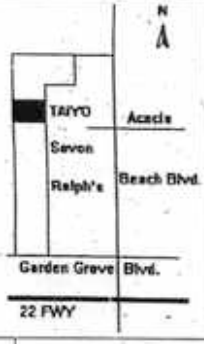
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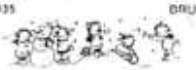
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# A Dying Wife's Wish

By GEORGE HATTORI

*Note: The following articles, written on different dates, were in response to the dying request of my wife Chiyo, who desired that the pain, emotional torment and the forlorn loneliness of a terminal cancer patient be fully described and disseminated.*

***July 11, 2000***

My wife Chiyo is dying. Slowly but surely, she is fading away before my very eyes. She has stomach cancer. Her case has been diagnosed as terminal.

On Oct. 21, 1999, she underwent an operation removing two-thirds of her stomach where the malignant tumor was located. At that time the doctors were confident that the disease was completely removed. However, in May 2000, tests showed that the disease had spread and new tumors were blocking the passageway to her intestines.

All food of any type taken orally was immediately vomitted. A tube that had been inserted through her stomach to bypass the stoppage also was blocked. Any further operations had little chance of success, and in fact, could reduce her to a vegetative state.

Better to return home and in familiar surroundings with family and let her pass quietly away in dignity. Medicare has a wonderful hospice program for terminal patients and for this we are grateful. She is not suffering any pain due to receiving constant anti-pain medication, but the drug has and is dulling her mind. She is no longer the smart, charming, vivacious and lively person who has been my wife for 50 years. Yes, this year, on Oct. 4, would have been our golden anniversary. We will not make it.

Chiyo is from Japan and is the very epitome of the ideal Japanese woman: intelligent, pretty as a picture, hardworking, a dedicated mother, always thinking of others before herself. The Japanese have a word *omoi-yari* that describes what she possesses, not only with her immediate family but with everyone she touched.

So why, why has she been stigmatized to suffer the ordeal of this unrelenting disease? I know that cancer is not a rare disease. It is one of the top killers in the country. And yet, as I watch my wife wither away and feel so helpless, I can't help but cry out at the injustice of it all.

Why not me instead of her? I have not been so perfect during my lifetime. I took a few shortcuts, broke a few laws, led a wobbly, unstable lifestyle. She straightened me out, set the example and pointed, pushed and shoved me in the right direction. But now, when she is the one who needs help to withstand the physical and emotional trauma of this deadly disease, I am helpless and can do nothing. What have others done to cope with this situation?

To watch someone you love slowly deteriorating away is hard to endure. She has no pleasures at this time, other than to hold hands, receive a massage, be bathed and cleaned. She cannot eat any food, solid or liquid, not even to sip plain old *miso-shiru*, no physical activities, no tending her beloved garden, no TV, radio, scenic drives in the country.

Her only sustenance is through an IV tube in her veins. Is this how cancer patients approach the end, bedridden? My wife is dying. When death eventually comes, her life, her family, her world with all its joys, pleasures and sufferings will no longer exist for her. She will be at peace, relieved of her pains, but she will leave a deep void in the hearts of we who love her.

***October 4, 2000***

My wife, Chiyo, has died. She passed away on August 4 after almost two months of gradual deterioration. The grim reality of a no-cure physically hopeless situation was surely a terrible tragic ordeal testing her inner strength to its maximum limit. And yet, not a word of complaint was voiced by Chiyo. Her main concern was, would her death adversely affect the lives of her immediate family, her husband, her son and daughter-in-law, her precious three granddaughters? With the holiday season approaching, who would prepare the Thanksgiving turkey, the Christmas dinner, and especially the traditional Japanese New Year feast of *mochi* and *ozoni* and all the trimmings? How can we who loved her hope to assuage her so unselfish concerns for others without breaking down with unending tears and grief? Even now, two months hence, I cannot stop the floodgates when recalling her slight fragile figure lying in bed, haltingly voicing her concerns for others. I know not how others have coped with similar situations but I would hazard to guess that the feeling of utter helplessness was intense.

Chiyo had two requests that she begged me to fulfill. First, write and inform everyone, in every way possible, of how tragic and terrible is the plight of cancer victims. Second, establish and fund a scholarship grant for eligible, deserving students entering medical schools. That these two requests would be carried out and realized she made me promise, bonding the pledge by the age-old Japanese children's custom of *Yubi-Kiri*, the interlocking of the little fingers by both parties.

The first request has been and is still being carried out. I am by no means a writer, nor even a good imitation of one. However, I have just written from my heart. The first piece was printed in the *Rafu Shimpo* for which I am grateful to the editors for their support.

The second request has been negotiated with the West Los Angeles chapter of the JACL, and will be the Chiyo Hattori Memorial Scholarship. We are by no means wealthy, but like most Japanese Americans, just a plain, hard-working class family. Our son was awarded a West Los Angeles chapter scholarship upon graduation from high school and Chiyo has always felt honored and obligated. Surely this honor may have been one of the stimuli that contributed toward his graduating from college and medical school. Chiyo's gratitude would be an expression of the *Orei* in reciprocation.

My wife has died. I do not know if she will know that her deathbed requests are being carried out. I truly hope so. She was one of those rare persons who lived insignificantly but was a larger than life magnificent person, deeply loved and respected by all who knew her.

My wife has died. But her home is still the same. Nothing has been changed. The interior is just as perfect as when she arranged it. Her favorite pictures hanging on the walls. Her clothing folded neatly in the dresser bureaus, on hangers in the closets. Her precious garden with her favorite flowers, plants and trees being carefully maintained without any changes. Her presence is felt everywhere. Her physical being may be gone but her spirit will live forever in our hearts. ■

# Dr. K: A Doctor to Nikkei Internees



PHOTO: Courtesy of the Miura family

The Topaz Hospital staff, in 1944. Dr. Masako Kusayanagi Goto Miura is sitting in the front row, center. Her husband is sitting in the front row, far right. Miura also worked at Manzanar and is the last of the five Manzanar doctors still surviving.



PHOTO: Martha Nakagawa

"Dr. Kay" at a Topaz mini-reunion in Washington, D.C., this past November.

**By**
**MAS HASHIMOTO**

With nothing but a hot plate, wash basin, gloves and a few basic instruments, "Dr. K" went about saving the lives of Nikkei camp internees during World War II.

"Dr. K," as camp internees affectionately called her, is Dr. Masako Kusayanagi Goto Miura, 86 — a woman ahead of her time.

Miura not only broke gender and racial barriers in pre-WWII America but went on to excel in the medical profession, which was then dominated by men. And although Miura's background was in dermatology, she became an expert general practitioner in camp due to a shortage of doctors.

Miura first became interested in pursuing a medical career when she visited her relatives in Japan after graduating from high school in 1931. Her introduction to lepers in Japan convinced her to become a doctor, more specifically a dermatologist.

"I saw a lot of lepers, and back in our days in the 1930s, there were hardly any medications or antibiotics, but I wanted to go into medicine to help these people out," said Miura.

After a year in Japan, Miura returned home to Los Angeles and was accepted into USC where she blazed a trail as one of the few Nikkei women attending college and the first Japanese American to become a USC Amazon, a service club for Trojan women. She graduated with honors in 1936 with a bachelor of science degree in chemistry and was elected into the Phi Beta Kappa and Phi Kappa Phi.

By the time she graduated Miura was already accepted into USC's school of medicine, but her parents had other plans.

"My parents thought I shouldn't go to med school because I would eventually get married. They wanted me to get married," said Miura. "But I told them, 'If you don't want to send me to school, I'll work my way through by myself' because I already had a job as an instructor in embryology."

Miura's stubbornness won out, and her parents supported her through medical school.

Of her six siblings, Miura was the only one to pursue a medical career. She was born in 1914 in Pasadena, Calif., the third child of Takejiro and Matsu Kusayanagi. Her parents owned a dry goods store in Los Angeles' Little Tokyo called the Pacific Trading Company, later renamed the National Trading Company.

Her siblings, in descending order of age, are Yaeko (Nakamura), Tomiko (Uyeda), Kimiko (Hasegawa), Sakae (Okabe), George, and Irene (Kinoshita).

At USC medical school, Miura was one of two women in her class of about 40 students, and the other woman was a Caucasian. But Miura said she never experienced discrimination from the other students.

"I didn't have any problems," said Miura. "The fellows treated me very nicely. Some of the fellows even invited me to the frat house to study so I said, 'Sure.' They treated me and Jean (the other female student) very nicely."

She graduated from medical school in 1941, and did a brief internship at St. Anthony's Hospital in Terre Haute, Indiana, before starting a residency program at the Los Angeles County General Hospital (LACGH).

It was during her first year in residency that WWII broke out, and Miura recalled that the LACGH administration dismissed all the JA hospital staff, not only for the duration of the war but for 90 days thereafter.

One of the bright spots during this period was her marriage to Dr. James Goto in early 1942. But due to government-imposed curfews and travel restrictions, the couple had no honeymoon.

The couple also had very little time to enjoy married life since the government ordered Miura to join a medical convoy headed for Manzanar, which was then under the control of the Wartime Civil Control Administration.

Miura and her husband were two of five Nikkei doctors assigned to oversee the 10,000 inmates at Manzanar. The other doctors included Dr. Koichi Iwasa, Dr. T. Takahashi and Dr. Yoshiye Togasaki.

The medical team made the best of their primitive accommodations. One of the first things they did was to boil everything in the basin. They also started ordering supplies, which was no easy task since camp administrators scrutinized their activities. In fact, an official once complained that the medical staff should not be ordering "perineal pads," as he waved one in his hand. Nurses had to inform the official that he was holding a sanitary napkin.

The pay scale under the WCCA for professionals was $16 a month. The pay scale increased to $19 for professionals when the camp came under control of the War Relocation Authority.

In addition to seeing patients, Miura organized a group of women into a medical clinic assistance team. These Nisei women became so proficient as

# The Answer to Healthy Aging: A Little Heart

By EMILY MOTO MURASE

A healthy life begins before we are born – with what our mothers ate during pregnancy, with our parents' and their parents' genes.

Once we are born, many people are around to help us meet our most basic needs. Our parents, relatives, and friends help feed us, bathe us, provide us with clean diapers.

Growing up, we learn to become increasingly independent. Soon, we become responsible for our own well-being. We get to decide on our own what to eat, when to bathe, when and where to use toilet facilities.

But as we age, what was once easy becomes difficult. Over time, we find that we need help to fulfill one of the most basic requirements for a healthy life – maintaining good nutrition and personal care.

Our society places a high value on independence, so it is not without difficulty that we admit to ourselves that we can no longer function on our own.

As senior citizens no longer able to care for ourselves, we can be subjected to the decisions of others. Typically, we are moved into an institutional facility such as a nursing home, where, in exchange for round-the-clock care, we must surrender all of our decision-making capacities and, instead, submit to a daily routine shared by all other residents. Sadly, the independence and control over our environment that we so carefully mastered growing up become lost.

Ten years ago, members of the Japanese American community in the San Francisco Bay Area began to discuss an alternative vision for eldercare in the community.

According to this vision, the physical, cultural, emotional, and spiritual needs of seniors would be met in a residential community where seniors would be expected to continue to engage in decisions that directly affected them.

The goal is to provide seniors with the

KOKORO 心

basic care necessary to fully enjoy the remaining years of their life in a supportive and culturally enriched environment where their individuality would be honored.

Sponsored by the Japanese American Religious Federation, a consortium of 11 local ministries in the JA community, the Kokoro Assisted Living Project promises to do just that. The planned 54-unit facility located in San Francisco's Japantown will offer studio and one-bedroom living options for seniors in all income levels, with provisions made for low to moderate income households.

Originally suggested by community leader Rev. Donald Drummond of the Christ United Presbyterian Church, the term "kokoro" refers not only to the heart, but also the mind, the inner spirit – that which expresses love and caring for each other.

The Kokoro facility will be owned and operated by the Japanese American Assisted Living Facility, Inc., whose board of directors reflect a diverse group of ministry representatives and community members.

The living environment promises to be rich with Japanese culture. Plans call for gallery space to showcase the works of contemporary JA artists. The menu will be developed with Japanese tastes in mind.

Above all, the needs of residents will come first. Trained staff will be available to bathe, clothe, and attend to personal hygiene. Residents will be prompted to take necessary medications according to their doctors' instructions. Drivers will make sure that the transportation needs of residents are met. The facility will feature 24-hour security.

A unique feature of the Kokoro facility is its close affiliation with the Center for Interfaith, Resource and Education (Centerfaith). In a joint effort with the Stanford University Geriatric Education Center and the Pacific School of Religion, Centerfaith began, in 1999, a year-long training program to prepare those who work closely with the elderly in a church, temple, health care facility, or senior center setting to meet the spiritual needs of minorities.

It is envisioned that residents at the Kokoro facility will have ready access to a minister or priest in times of spiritual need. But also, Centerfaith is dedicated to the idea that the elderly have an important role to play in the community, as mentors to the younger generation and trustees of community values.

Applications will not be available until the summer of 2001, but interested individuals are encouraged to contact the Kokoro Assisted Living Project office at 415/776-8066 to be placed on the mailing list, from which applications will be sent in the order requests were received.

Seniors have an important role to play in our community. And, it is never too early to think about how we would like to spend our sunset years. The Kokoro Assisted Living Project is leading the way towards healthy eldercare. ■

*Emily Moto Murase would like to wish all of her loyal readers the very best of the holiday season. She can be reached at emurase@stanford.edu.*

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medical stenographers that they were able to secure well-paying jobs once they left camp.

One of Miura's most frightening experiences was connected to the Manzanar uprising, involving a mass protest of camp conditions. The incident revolved around the beating of JACL leader Fred Tayama by six men on Dec. 5, 1942. The following day another group of men stormed the camp hospital where Tayama was recuperating.

To escape the possible wrath of the mob, Miura and her husband donned pea coats and blended in with the crowd. Tayama avoided further injury after the hospital staff hid him under the mattress of an orthopedic bed.

After a year at Manzanar Miura and her husband were transferred to the Topaz relocation camp, since Topaz was experiencing a severe shortage in medical personnel.

Miura and her husband arrived at Topaz during a strike. But despite their rough introduction to the camp, Miura welcomed the change in cooks.

She noted that the Topaz cooks could work magic with Spam and pork and beans. It was a far cry from her unforgettable first meal at Manzanar, which consisted of beef stew, rice and canned peaches, all mixed together on the same plate.



PHOTO: Courtesy of the Miura family

Dr. Masako Kusayanagi Goto Miura poses for a photo at the Topaz Hospital during WWII. Her husband, Dr. James Goto, stands to her right.

At Topaz, Miura became pregnant with her first child, Denise. During her eighth month of pregnancy, medical complications arose, and Miura was sent to an outside facility in Salt Lake City to deliver her baby.

Since Topaz continued to experience a shortage of medical personnel, Miura and her husband remained at Topaz until the camp closed. In an effort to ease the shortfall at Topaz the government also recruited German refugee doctors, but many spoke little English and no Japanese.

Towards the end of the war, Miura wrote to the Los Angeles County board of supervisors, asking reinstatement to LACGH to complete her residency. She received a curt reply, telling her this was not a "propitious" time. Miura countered the reply with a threat of a lawsuit, believing others would benefit from her lead.

Miura did return to LACGH and worked there until 1949. The following year in 1950, Miura gave birth to a son, Hans Goto. She also left LACGH to establish a family practice with her husband in Little Tokyo, but she left the business shortly thereafter and worked for the Los Angeles City School District from 1953-1955.

From there, she worked as a civil service physician in the U.S. Army hospitals in Oakland and later in Fort Ord in Monterey. Around this time, she also divorced her first husband and married Kiyoshi Miura of Watsonville in 1956. Her husband, an agricultural supply specialist, passed away in 1994.

During the redress movement, Miura suggested to the JACL that they ask the government for health benefits instead of monetary compensation because many of the Issei and Nisei were getting old. Since the JACL refused to consider Miura's recommendation, she refused the redress payment and asked only for a letter of apology.

Although Miura retired from the medical profession in 1981, she still keeps up with the latest medical news in order to retain her medical license, and also contributes to professional journals as a dermatologist and syphilologist.

The octogenarian also remains active in various organizations. She is the program chair of the National Association of Federal Retirees, is an active member of the USC Alumni Association, the Watsonville-Santa Cruz JACL chapter and the senior center, and attends many reunions.

Her one word of advice to the readers was: get a flu shot. ■

*Martha Nakagawa contributed to this story.*

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# Nisei Dietary Practices



By Bill Marutani



**WRITTEN IN** *kanji* (Chinese characters) on the side of the ceramic drinking mug are 10 ways to good health: *kenko-jukkun*. Fortunately, the mug also bears an English translation set forth in a formula of less-and-more. For example, the first one is "less meat, more vegetables." The remaining nine parings are: salt–vinegar; sugar–fruit; eating–chewing; riding–walking; worry–sleep; anger–smiles; hatred–love; talk–deeds; and greed–giving. Many of you folks out there may well have one of these drinking mugs. Out of curiosity, I checked a few of the kanji admonitions versus the English translation and discovered there were variances between the two: for example, the opening one is "less liquor, more tea," missing from the English translation. (This is an example of what a few months of MIS training, in my case at Ft. Snelling, in *nihongo* can do for you.)

**THE GUSTATORY** history of the Nisei might be demarcated roughly into five periods: (a) the early years at home through completing high school: (b) post-high school, moving into a full-time job or university academic life; (c) serving time in the concentration camps; (d) military service during World War II; and (e) going out into the world to carve out a livelihood. Each phase has some distinct change in dietary intake. My experiences probably reflect similar experiences among other Nisei out there.

Let's see.

**THE EARLY YEARS** were the ones in which basic food preferences — and non-preferences — took root, competing between *wa-shoku* (Japanese fare) and *yō-shoku* (Western fare). This is not to suggest that the Nisei had choices at home. While the Issei mother may have added a few Western dishes to her culinary repertoire, by and large the meals at home were *ni-hon-shoku* (Japanese meal). In preparing meals, the Issei mother engaged in no consultation with her brood; what appeared on the table was it, take it or leave it. (Well, not quite: whatever you took, you consumed — clean, without leaving so much as one grain of rice.) It was in these early years that the Nisei were initiated into culinary experiences which they otherwise might not have experienced.

**FOR INSTANCE,** to name a few concoctions. *Tsukemono* pickled vegetables) of various sorts cured, or fermented in *nuka-zuke* (rice-bran as the principal medium made into a slurry consistency by adding water in a *taru* (wooden barrel), the final product being somewhat odoriferous. Tasty as the pickled vegetables that emerge may be, neighborliness would dictate that the offending taru be sealed tightly and placed in a closeted room distant from your nearest neighbor. Speaking of smelly, but tasty, foods, there is *kazuno-ko* (herring roe, dried, but soaking in several changes of cold water restores its crispness) which possesses its own distinct fishy smell. A generous glob of freshly grated *shō-ga* (ginger root) will nearly alleviate, if not eliminate, the fishy odor.

**THEN THERE'S** the now-ubiquitous *to-fu* which today enjoys wide consumption. There's a fermented version of to-fu known as *fu-nyu* (devised by our Chinese cousins) which has a pungent scent that requires culinary cultivation. *Ika* (squid) barbecued in a sauce of shoyu and sugar, also in its raw state as *sashimi* (a favorite, notwithstanding it is loaded with cholesterol). Whenever Japanese food is a subject, I must mention *namako* ("a trepang; a sea slug [cucumber]" according to "Kenkyusha") that deserves special mention. As I recall from my boyhood days, my mother would dump this namako into a bamboo basket, pour some salt over the dark green glob, vigorously shake the basket in a rotary motion to reduce the slime. It would then be gutted, sliced cross-wise and marinated in grated *daikon-shoyu* sauce (grated horseradish in soy sauce). Texture: slippery with the crunch of cartilage. The last time I found this on a menu was in one of the restaurants in Los Angeles' J-town. I ordered it "for old times sake", the missus took a pass on it. According to the Encarta dictionary, trepangs are also consumed in soups by the Chinese and Indonesians. Together that's about one-third of the inhabitants of the world. Of course, not every Chinese and Indonesian partakes namako; otherwise there'd be none available in Los Angeles' J-town.

**GROWING UP** in the farm community of "White River Valley," outside of Seattle, starting from late spring through late fall, whatever vegetables were then in season appeared on the dinner table, be it beans, carrots, celery, corn, lettuce, peas, spinach, tomatoes, and so on. There were wild flora gathered by the Issei folks, such as *warabi* (bracken, fernbrake) and mushrooms such as *inoki* (tiny bundles of light brown, which can be found in many oriental shops). And then there was the incomparable *matsutake* (pine mushroom). New York prices several years ago were in the $60 per pound range, considered a bargain by Japanese women overheard comparing matsutake prices in Japan.

**I'VE OFTEN** pondered over the irony that we ate far healthier, tastier fresh foods in those economically bleak days than we do today when our economic status is less restricted. Indeed, it might be said that the Nisei's improved economic situation provides easier access to costlier foods such as shellfishes — clams, crabs, lobsters, oysters, shrimps, etc. — which, being loaded with cholesterol, are downright unhealthy.

**INTERNMENT CAMP CHOW** was a take-it-or-leave-it proposition at a central mess hall, seating by shifts due to overcrowding. Inmates were assigned by blocks to a specific mess hall. Thus one could not saunter in to any ole' mess hall, or eat twice. Monitors at the door checked inmates' I.D. The fare was mundane: no need to worry about cholesterol from any shellfish. During my confinement of less than three months at Tulelake, I don't recall any tsukemono appearing on the table. The inmates had cultivated land a few miles away and, from what I understand, were harvesting giant-sized *daikon* (horseradish) and *nappa* (Chinese cabbage), basic vegetables for tsukemono. By this time my meals were college dining-hall fare, my first major exposure to yō-shoku. For example, while growing up in White River Valley I had eaten *pan* (bread), it had been (white) Wonder Bread, the distinct colorful balloons on the wrapping. Thus when I first was introduced to a black pumpernickel with a tensile sensation of a hard rock, it was with trepidation that I bit into a slice. Immediate love at first bite, which subsists to this day.

**IN CLOSING** I've gotta say that if I had to pick one meal that invariably "hits the spot," it comes down to a bowl of hot gohan with *takana shiyo-zuke* (mustard green pickled in brine). I guess the farm lad culture runs deeper than one realized.

*Gochiso sama deshita.* ■




Mele Kalikaimaka
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# A Walk in My SHOES

By
TRACY REIKO HAYAME

Talking on the phone. Lip singing. A friend whispering in your ear. These are things that people can take for granted.

Unable to understand the words of a friend's conversation over the phone, the sound of a friend whispering in my ear, the lyrics of a song, or the tones of beautiful music is something I have had to cope with my entire life. Sometimes I feel as if I am missing out on some very special moments that life can offer.

There is that saying, "You can never fully understand someone's experience unless you walk in their shoes." This is true when it comes to my hearing impairment.

When people observe me, they see that in spite of my hearing impairment, I have achieved many things. For me, my accomplishments have been a source of pride while, at the same time, have provided fun and interesting experiences.

I have held an internship as a writer for the college paper, been an active member of a service sorority, and recently graduated from the University of California, Santa Cruz. I try to do all the things that most young people participate in — played on basketball and soccer teams, held offices in committees and clubs, held part-time jobs, gone to dances, and traveled a little.

But with all the wonderful experiences I have had, I am confronted with some challenges in communication. I wear hearing aids and I am very fortunate that I have strong lip-reading skills.

But in situations such as my newspaper internship, for example, I was faced with the same challenges. News reporting is something that relies heavily on verbatim. I was able to interview some very interesting people, but had to be extra careful about quotes and trying to understand all the information that was provided to me in the interviews. Although it took more effort on my part, I was able to complete this internship successfully and I feel that I gained a lot from the experience.

When I am taking classes, I am able to arrange for special support services through the campus Disability Resource Center. Those services might include sign language interpreters or Real Time Captioning, which is similar to court reporting with a laptop and computer monitor. However, when I use such services I usually have to sit in a designated area in the room where I can easily access the service, yet not be disruptive to others. Because of such situations, I feel isolated at times.

Hearing impairment can create an inner struggle about identification with either the deaf community or the hearing community. This is a common struggle amongst those within the deaf and hearing impaired community.

Because of my choice to communicate orally instead of using sign language and my associating with mainly hearing people, I am less able to identify with the deaf community. At the same time, I cannot fully and comfortably identify with the hearing community because of their inability to fully understand what it is like to be deaf or hearing impaired.

For the most part, the only thing I can really identify with is my cultural heritage. Although my hearing impairment does shape who I am, it is my Japanese ancestry that plays a major role.

As a fourth-generation Japanese American, it is hard to identify with the Japanese culture since my upbringing was far from being traditionally Japanese. Time spent with my grandparents and great-grandmother and participating in the family traditions instilled in me parts of the culture that I am not even conscious about.

Other ties to the Japanese community included attendance at church or through my participation in the JA youth basketball league in the San Francisco Bay Area. Playing for the Eden Athletic Club team for most of my youth allowed me to get involved in the Japanese culture, by helping out at the annual bazaars, the mochi-making fund-raisers, and visits to the senior citizens residences. Participating in such cultural activities allowed me to be in touch with my Japanese culture. They were comforting experiences.

When I entered the University of California at Santa Cruz (UCSC), I became increasingly aware of my ethnic consciousness. Since the percentage of Asian students enrolled at UCSC is about 8 percent (according to enrollment statistics for spring 2000), there is more opportunity for Asian American students at UCSC to make a difference within the Asian community on campus.

As a student journalist, I came to realize that I could make a difference by offering a voice to Asians in the community through my writing. I take most pride in my senior thesis which consists of oral histories of a prominent AA UCSC professor and her activism in the Asian community, as well as my grand-uncle's experience as one of the "Disciplinary Barrack Boys" during World War II.

Being able to write these articles stirs up a kind of ethnic consciousness that gives me a sense of achievement because of the difficulty that results in doing an extensive oral history interview, especially when I am hearing impaired.

Although my one wish is to be able to hear normally and be able to do the simple things hearing people can do, I do not regret the life I have lived as a hearing impaired individual.

Being hearing impaired has had its challenges, but it has also provided me with opportunities that I would not have had and brought people into my life who I would not have met.

Simply put, I am who I am — a Yonsei woman who has had an interesting perspective on life — because of my hearing impairment. ■

# Dealing With Diabetes

The National Diabetes Education Program (NDEP) — a public-private sector partnership of the National Institute of Health and the Center for Disease Control and Prevention — has launched its first-ever awareness campaign to address the growing problem of diabetes among Asian Pacific Americans.

The following information is provided as part of the "Control Your Diabetes for Life" campaign, which strives to educate and provide information on how to control diabetes.

This campaign is a key strategy of the President's Initiative on Race.

"Diabetes is a controllable disease if you take steps to manage it," said Mary Chung, president and CEO of the National Asian Women's Health Organization, a national partner of NDEP.

Culturally appropriate literature, which has been translated into 11 different languages, was developed with guidance from the NDEP's APA committee members, who are based in the continental United States, Hawaii, American Samoa, Guam and Micronesia.

## Diabetes Among Asian Pacific Americans

*(This was adapted from "Diabetes Overview" and "Diabetes in Asian and Pacific Islander Americans," by the National Institute of Diabetes and Digestive and Kidney Diseases, National Institute of Health.)*

**What is diabetes?**

Diabetes is a serious chronic disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. People who have diabetes have high levels of blood glucose (sugar).

**The impact of diabetes:**

Diabetes is one of the leading causes of death and disability in the United States, costing $98.2 billion each year. It was the seventh leading cause of death listed on U.S. death certificates in 1995. It is the fifth leading cause of death among APAs between the ages of 45 and 64.

Diabetes is associated with long-term complications that may affect a person's quality of life. It is the leading cause of adult blindness, end-stage kidney disease and amputations of the foot or leg due to nerve disease. People with diabetes are two to four times more likely to have heart disease and stroke than people without diabetes.

**Data on APAs with diabetes:**

Data on the number of APAs who have diabetes are limited. Studies show that type 2 diabetes is a growing problem among some groups within this population. For example, the prevalence of type 2 diabetes is two to three times higher among Japanese Americans living in Seattle compared with non-Hispanic whites and two times higher among Native Hawaiians compared to white residents in Hawaii.

**Types of diabetes:**

Type 1 diabetes, which used to be called juvenile diabetes, results when the body's immune system destroys its own insulin-producing beta cells in the pancreas. Type 1 diabetics need daily injections of insulin to live. A small number of APAs have type 1 diabetes.

Type 2 diabetes, which was called adult-onset diabetes, occurs when the body makes enough insulin but cannot use it effectively. This form of diabetes usually develops in adults over the age of 40. Most APAs with diabetes have type 2 diabetes.

Gestational diabetes develops or is discovered during pregnancy. This type usually disappears when the pregnancy is over, but women who have gestational diabetes have a greater risk of developing type 2 diabetes later in life.

**The symptoms:**

Symptoms of type 1 diabetes develop over a short time. They include increased thirst and urination, constant hunger, weight loss, blurred vision and extreme fatigue. If type 1 diabetes is not diagnosed and treated with insulin, a person can lapse into a life-threatening coma.

The symptoms of type 2 diabetes develop gradually and are not as noticeable as in type 1 diabetes. Symptoms include feeling tired or ill, unusual thirst, frequent urination especially at night, weight loss, blurred vision, frequent infections and slow-healing wounds.

**Diagnosing diabetes:**

Diabetes is diagnosed by a simple lab test of a person's blood sugar levels after they have not eaten for eight hours. A person has diabetes if the fasting plasma glucose is 126mg/dL or greater.

**Factors increasing the chance of developing type 2 diabetes:**

People whose family members have diabetes are at increased risk. Also, people who are obese, eat a high-fat diet and are physically inactive are likely to develop type 2 diabetes. Contrary to what many believe, diabetes is not caused by eating too many sweets.

The food choices of some APAs have changed due to their migration to the United States and to modern times. Instead of the traditional plant- and fish-based diets, they are choosing foods with more animal protein, animal fats and processed carbohydrates. In addition, they have become less physically active. As a result, their chances of developing diabetes have increased.

**Three numbers you should know if you have type 2 :**

1. Hemoglobin A1c Number: A simple lab test will tell you the average amount of sugar in your blood over the last three months. Your goal should be a level less than 7 percent.

2. Blood Pressure: your number should be lower than 130/85.

3. LDL Cholesterol: This should be less than or equal to 100 mg/dl.

By keeping your hemoglobin A1c, blood pressure and cholesterol within healthy ranges, you will lessen your risk of developing diabetes complications.

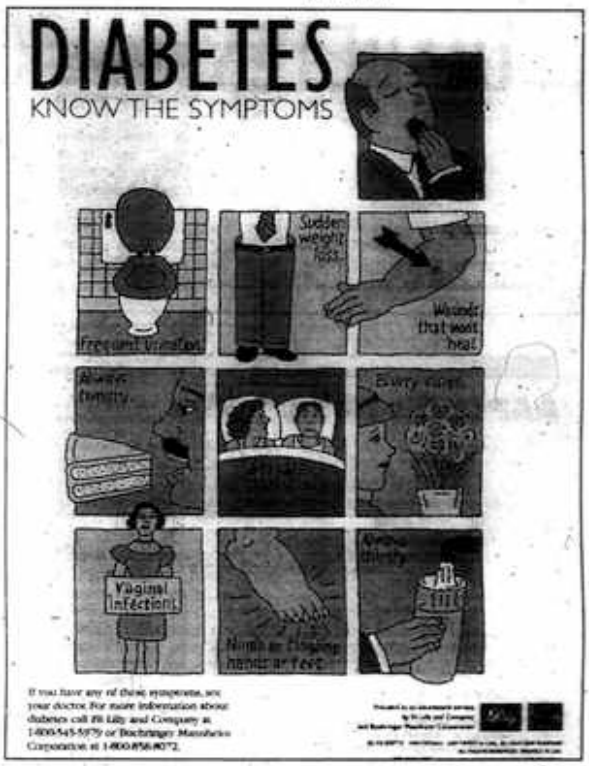
**How to control diabetes:**

Diabetes is a self-managed disease. People with diabetes must take responsibility for their day-to-day care by keeping blood sugar levels near normal levels at all times.

People with type 1 need daily injections of insulin because their bodies no longer produce it. Treatment requires a strict regimen that usually includes a carefully planned diet, a physical activity program, self-testing of blood sugar levels and insulin injections several times per day.

Treatment for people with type 2 diabetes typically includes following a diet plan, getting regular physical activity, self-testing of blood sugar levels and in many cases, oral medication and/or insulin injections. About 40 percent of people with diabetes require insulin injections.

Major research studies have shown that people who keep their blood sugar levels in the normal range can significantly delay the onset and progression of eye, kidney and nerve diseases. In addition, any sustained lowering of blood sugar levels helps prevent diabetes complications.




## Test Can Monitor Diabetes Danger

Diabetes is the fifth leading cause of death among APAs between the ages of 45 and 64, but many APAs with diabetes may not know about a simple test that can help them control the disease.

More than half of people with diabetes have dangerously high blood sugar levels, which puts them at risk for serious complications such as kidney failure, blindness, and foot and leg amputation.

Now, there is an easy, accurate lab test called the hemoglobin A1c test that measures how well you managed your diabetes over the previous three months. Your goal should be a blood sugar level less than 7 percent.

Clinical trials have shown that complications can be reduced up to 70 percent when people control their blood sugar levels.

Ask your doctor about this test and start taking steps to control the disease.

For more information, call the National Diabetes Education Program (NDEP) at 800/438-5383 or visit <http://ndep.nih.gov>. Medicare now includes coverage for glucose monitors, test strips and lancets.

See page 51 for recipes for diabetics.

# Dealing With Diabetes

## Diabetes: Heart Disease Warning

The American Heart Association announced that diabetes is a significant risk factor for heart disease. At least two out of every three people with diabetes die from some form of cardiovascular disease.

The National Diabetes Education Program (NDEP) urges people with type 2 diabetes to control their blood sugar levels to avoid or delay problems with their hearts. The number of people with diabetes in the United States has increased six-fold in the last 40 years, partly the result of increasing age, obesity, physical inactivity and hereditary factors. Diabetes disproportionately affects minorities such as APAs.

"Managing your diabetes properly, through healthy eating, exercise and medication, if needed, will help reduce your risk for heart disease," said Faye Wong, director of NDEP. Lowering high blood pressure levels and not smoking also decreases risk.

## AAPCHO's Holiday Tips

The holiday season can pose a special challenge for people with diabetes since much of the time is spent gathered around the dining room table with family and friends. The following are suggestions from the Association of Asian Pacific Community Health Organizations (AAPCHO):

• Look for high-fiber, low-fat dishes. Great choices include beans, peas, lentils and dark green vegetables such as broccoli, cabbage and spinach. With salads, go for the green bean, three-bean, tofu, Chinese chicken or pasta salads mixed with vegetables.

Choose vegetables that are light on salad dressing, cheese or cream sauce. If you can, make your own dressing with a little olive oil and vinegar. If you love mayonnaise, try a low-fat or fat-free mayonnaise product.

• Choose small portions of lean meat, poultry or fish. Select grilled chicken without the skin and limit batter fried dishes such as tempura. Vegetables and grains should fill up most of your plate.

• Rather than choose dishes that are high in fat and calories such as tempura, tonkatsu (fried pork), torikatsu (fried chicken) and butter mochi, try healthier items such as miso soup,* teriyaki, yakitori,* somen, soba, sushi* and sukiyaki.* (*These items may be high in salt.)

• For dessert, it's hard to beat fresh fruits such as bananas, grapes and oranges. Fruit is an excellent source of vitamins, minerals and fiber. It also has zero fat. Everyone, including people with diabetes, should eat three to four servings of fruit each day.

Pies, cakes, pastries and cookies are high in fat and cholesterol. If you can't resist, have a small serving.

• It's best to drink water, unsweetened tea or diet beverages. Add a wedge of lemon for flavor. If you drink alcoholic beverages, limit your intake to no more than one drink a day for women, two for men, and drink only with a meal.

•Eating the right foods to control your blood sugar means planning ahead. If you need help putting together a meal plan, ask your doctor or nurse to refer you to a dietitian or diabetes educator.

## Diabetes Resource Information

**American Association of Diabetes Educators**
To find a diabetes teacher near you call: 800/TEAMUP4 or visit the Web site <www.aadenet.org>.

**American Diabetes Association**
For information on controlling diabetes call: 800/DIABETES or visit the Web site <www.diabetes.org>.

**American Dietetic Association**
216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995, Tel: 800/877-1600, Consumer Nutrition Hotline: 800/366-1655, Web site: www.eatright.org. Send a postage-paid envelope to the address to receive a free copy of the "Chinese American Food Practices, Customs and Holidays" booklet. The publication provides information on culture, diet and diabetes among Chinese Americans.

**Asian Health Services**
Walk for Health Program, 818 Webster Street, Oakland, CA 94607, Tel: 510/986-6800, Web site: www.ahschc.org/walk.htm. Provides information on starting your own walking program. Available in Chinese, Korean, Vietnamese and English.

**Association of Asian Pacific Community Health Organization (AAPCHO)**
1440 Broadway, Suite 510, Oakland, CA 94612, Tel: 510/272-9536, Fax: 510/272-0817, Web site: www.aapcho.org. Provides "Be Healthy, Stay Active" kit, which includes information on how APAs can live a healthy life.

**Food and Nutrition Information Center, National Agricultural Library/USDA**
10301 Baltimore Blvd., Rm. 304, Beltsville, MD 20705-2351, Tel: 301/504-5719. Offers directory of free or low-cost food and nutrition materials.

**National Asian Women's Health Organization (NAWHO)**
250 Montgomery Street, Suite 1500, San Francisco, CA 94104, Tel: 415/989-9747, Web site: www.nawho.org. Offers diabetes education kit for APAs, including disease facts, a newsletter, and information on physical activity and healthy eating.

**National Diabetes Education Program**
Tel: 800/438-5383, Web site: http://ndep.nih.gov or www.cdc.gov/diabetes/. Offers a free booklet titled, "7 Principles for Controlling Your Diabetes for Life," which provides patients with checklists and questions to ask their health care providers about their diabetes care. NDEP also offers the free booklet, "Take Care of Your Feet for a Lifetime," which can be downloaded at <http://ndep.nih.gov> by clicking on "Health Care Provider Reference Tools."

**National Diabetes Information Clearinghouse (NDIC)**
1 Information Way, Bethesda, MD 20892-3560, Tel: 301/654-3327, E-mail: ndic@info.niddk.nih.gov, Web site: ndep.nih.gov. Provides free booklets to help you learn about controlling diabetes and making healthy food choices.

**Office of Minority Health Resource Center**
P.O. Box 37337, Washington, D.C., 20013, Tel: 800/444-6472. Information on diabetes materials available for APAs.

**Weight-Control Information Network**
1 Win Way, Bethesda, MD 20892-3665, Tel: 800/WIN-8098, Web site: www.win@info.niddk.nih.gov. Free brochures on physical activity and weight management.

## Daily Foot Care Can Prevent Diabetes-Related Amputations

The number of lower limb amputations in people with diabetes has climbed from 67,000 to 86,000 in just two years, according to the latest national health data.

"The real tragedy is that almost half of the diabetes-related amputations that occur each year could be prevented," said Charles M. Clark, Jr., MD, co-chair of NDEP.

Diabetes can cause nerve damage and poor circulation in the feet and lower limbs. As a result, diabetics may not feel a blister caused by poorly fitting shoes or a sore that develops from dry skin, injuries or burns. Limited blood flow, due to poor circulation, makes it difficult for sores and infections to heal and can lead to amputation of a toe, foot or leg.

To help prevent diabetes foot problems, NDEP offers a free booklet titled, "Take Care of Your Feet for a Lifetime."

To reduce the likelihood of minor foot problems which may lead to major complications, the NDEP offers these suggestions:

• Look for cuts, cracks, splinters, blisters and calluses on the feet each day. Call your doctor if wounds do not heal after one day.

• Wash your feet in warm — not hot — water and dry them well.

• When trimming your toenails, cut them straight across, and slightly round the edges with an emery board.

• Rub lotion on the tops and bottoms of feet — but not between the toes — to prevent cracking and drying.

• Wear soft, dry socks and supportive, enclosed shoes (not sandals) that fit well and protect your feet.

• When sitting, keep the blood flowing to your lower limbs by propping your feet up and moving your toes and ankles for a few minutes at a time.

• Keep your blood sugar level under control by eating healthy foods, staying active and taking your diabetes medicines.

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Cherry Blossom Festival

Upcoming Events



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Date - To be announced



Cherry Blossom Festival
April 21 & 22, 2001
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Cherry Blossom Golf Tournament
California Country Club
March 13, 2001



Chibi Golf Tournament
Monterey Park Golf Course
March 31, 2001



**Please support our efforts to host Cherry Blossom Festival 2001**

For information concerning participation, donations or sponsorship of these events, please call (626) 569-2121 or (626) 307-2541.

The New Otani
HOTEL & GARDEN LOS ANGELES

2000/2001 New Year's Schedule of Events

*In celebration of the New Year, The New Otani Hotel & Garden in Los Angeles will offer a variety of free events, special holiday menus and accommodation packages.*

**Special Menu & New Year's Eve Party** December 31, 2000
Reservations required
- **Special Japanese Kaiseki Dinner**
  5:00PM–8:30PM at A Thousand Cranes Restaurant.
  PRICE: Adult $75.00, Child $45.00 (4–10)
  Traditional Kaiseki dinner includes ten courses authentic samplers by Chef Nobuo Saga
- **New Year's Eve Gourmet Dinner**
  6:00PM–9:30PM at Azalea Restaurant.
  PRICE: $50.00
  California Italian four-course dinner
- **New Year's Eve Celebration Dance Party**
  9:00PM–1:00AM at Golden Ballroom
  PRICE: $35.00 includes tax and gratuity
  Including Ballroom Dance, Party hats & Noisemakers, long life noodle and Champagne toast at midnight.
- **All You Can Eat Long Life Noodle**
  From 11:00PM–12:30AM at Azalea Restaurant.
  PRICE: $15.00 includes tax and gratuity

**Free Events** January 1, 2001
- **"Oshogatsu in Little Tokyo"**
  **New Year's Day Celebration**
  11:00AM–3:00PM at Weller Court
  ***ADMISSION FREE***
  Taiko Drum Show, Sake Barrel Breaking, 2000 Nisei Queen
- **New Year's Exhibition & Demonstration**
  12:00PM–3:00PM at Banquet Room and Lobby Level
  ***ADMISSION FREE***
  Cultural Exhibitions, Tea Ceremony, Go Game Tournament, Flower Arrangement, Calligraphy Demonstration, Kimono Dressing Experience.

**Osechi Brunch** January 1, 2001
From 9:30AM–2:30PM at A Thousand Cranes Restaurant.
PRICE: Adult $38.00, Senior $32.00, Child $25.00 (4–10)
Traditional Japanese New Year's meal & more than 30 delicious dishes

**Hotel Packages** December 31, 2000 – January 1, 2001

**Gold Package**
$500.00 per couple for one night.
Includes Kaiseki Dinner, Welcome Sake, Longlife Noodle, New Year's Eve Countdown Party and Osechi Brunch

**Suite Celebration Package**
Two Night Suite Package ... $975.00
Includes two nights in a Panoramic Suite with jacuzzi bath, American breakfast buffet, a bottle of welcome champagne, complimentary appetizer and a take home gift of two New Otani Japanese Yukata robes.

**Osechi Package**
$295.00 per couple for one night.
Includes Osechi Brunch.

**"Toast of the Town" Package**
Two Night Room Package ... $375.00
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* Above package rates also include tax, service charge and parking.

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* All rates double occupancy.

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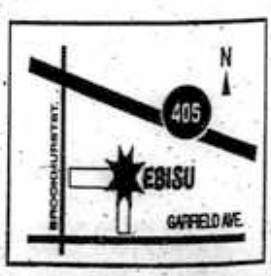
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# A Fad Full of Hot Air?

Imagine a bar where no drinks are served, and the only thing patrons are ingesting is oxygen. Step into the O2 Cafe, an oxygen bar in Orange, Calif., one of the latest to pop up around the country, embracing the newest craze in health fads.

Tucked in a tiny corner of The Block at Orange, an outdoor shopping area in Southern California, O2 is a small operation, with one worker and the bar itself, which houses four oxygen stations. Each station holds four tubes with what looks like pastel-colored mineral water. In fact, the tubes hold pure oxygen infused with various aromas, each designed to do something different.

According to O2's menu, "We asked ourselves the question, why is it so difficult to merge the mind, body and spirit? Pollution, stress, traffic, processed foods, tension, poor air quality, crowds and negativity to name a few. So we created a hip, healthy, positive, harmonious oasis where you would be free to experience the quality of life you deserve."

All this from oxygen? This is a hefty claim, and some may wonder why breathing the oxygen outdoors is any different. Truth be told, the air we breathe normally only contains about 21 percent of pure oxygen. That leaves an astounding 79 percent of dust, pollutants and chemicals that enter our bodies daily. But our bodies have become accustomed to this process, so we are not affected as heavily as one may think.

The man behind the counter hooked my friend Cara Garcia (the Holiday Issue cover artist) and me up to two machines. We felt a little ridiculous as we put on the tubing that wrapped around our ears and inserted the two rubber prongs into our noses. We questioned the sanitation of the process, but the worker assured us that the nose tubes were disposed of after each session. We kept ours as souvenirs of this bizarre experience.

There were two sets of scents to try: one that was more minty and the other more fruity. Cara tried the fruity scents: Revitalize (lemon, rosemary, peppermint, sweet basil), Lemon Grass (lemon grass extract), Clarity (eucalyptus, ginkgo) and Tangerine Dream (tangerine, jasmine). These claimed to be uplifting, strengthening, warming, vitalizing, cleansing, purifying, invigorating, clarifying, cheering, calming and relaxing. I asked Cara if she thought that the oxygen did any of these things as she attempted to put on her best meditation face.

"I expected it to be a bigger, more euphoric feeling," she said. "It was an interesting experience to have this flavor go to your head. You could feel a little lightheaded, but nothing mind-altering."

I had a cold on this particular day, and was excited to see if my sinuses would be cleared by the miracle of pure oxygen. I was hooked up to the minty station, consisting of Eclipse (peppermint), Synergy (wintergreen, spearmint, peppermint), Nirvana (lavender, balsam, fir needle) and Sublime (lime juice concentrate). The minty scents reminded me of inhaling Vicks Vapor Rub. I also felt lightheaded, but my nose was just as clogged afterwards.

The man behind the bar at O2, employee Ben Libay, boasted about the effects of the element.

"It helps filter out anything like sinus pressures or hangovers," Libay said. "The whole oxygen process helps cure headaches and gives you more energy."

Libay said that oxygen bars are especially popular on the East Coast. Pure oxygen is used to circulate the air in hospitals and in casinos in Las Vegas to keep people awake while gambling.

Oxygen bars have been extremely popular in Europe, Canada and Japan for over 50 years, and are currently thriving in the United States. Breathing pure oxygen is rumored to counteract aging, boost energy, and strengthen the immune system.

Strangely enough, Cara and I both experienced an immediate high but when we came home it felt like someone had knocked the wind out of us. We were unsure if this was because we weren't used to breathing the pure stuff or if we just stayed out too late the night before — a debatable topic.

At a cost of $6 for five minutes of breathing or $10 for ten minutes, pure oxygen isn't cheap. An interesting disclaimer at the bottom of the menu in fine print reads, "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease or illness."

Hmm ... sounds like a lot of hot (flavored) air to me. ■



*Pacific Citizen* Reporter Lyndsey Shinoda tries some pure oxygen at Block of Orange's Oxygen Bar, the latest health trend fad.



# Age is a Matter

## If You Don't Mind







Leo Fong performs Chi Power exercises for external and internal strength. Each exercise is performed in harmony with the breath. Breathing enables oxygen to feed every cell in the body. When cells are oxygen-deprived the major organs are affected.

By REV. LEO T. FONG

The late Satchel Paige was right on when he said, "Age is a matter of the mind, if you don't mind it, it won't matter." Paige was a member of the old Negro Baseball League back in the 30s and 40s. Because of racism, African Americans had to play in their own league for very little money. It was not until Jackie Robinson was given an opportunity with the old Brooklyn Dodgers, did the system begin to open up for people of color.

Satchel Paige was not only a great baseball pitcher, he was also a great "homespun" philosopher. He was known for his humorous quotations. Yet, each one had simple profundity. When the color barrier was broken, Paige was already in the twilight of his baseball career, yet he had enough left (he was well into his 50s) to pitch in a World Series and baffle many top professionals with his curves, dips and knuckle balls.

I cannot write about health and wellness without mentioning Satchel Paige. His quotation about age has been a great factor in my attitude towards the aging process. Yes, health, wellness, and aging starts with the mind and the spirit.

I first got interested in physical fitness at the age of 10 or 12 out of survival. My mother and I immigrated to the United States in the mid-30s and settled in Widener, Arkansas, where my father operated a grocery store. My first day in school was really a wake-up call about racism. I was called derogatory names; teased about cultural difference from food to language to color.

Every day someone would imitate my slanted eyes or position their jaws like they were bucktoothed, even though I was not bucktoothed. I decided at that early age to fight rather than flight. I also learned that physical force gained respect much faster than passive resistance.

I took an interest in body building and boxing. I became an exercise addict, even though I did not know anything about exercise physiology or boxing. I eventually learned through books and magazines. In the fistfights I experienced and won, word spread quickly about this skinny, formidable "Chinaman."

The feeling of power from being physically fit motivated me to intensify my interest in fitness and martial arts as I grew into adulthood. In the back of my mind, I never wanted to be a victim of racism. I felt that physical prowess was the key to keeping my pride intact.

Today, my interest in exercise has less to do with self-protection or self-defense, but more to do with health and wellness. The first requisite to health and wellness, especially among seniors, is to break through the age-old myth that illness, health problems, aches and pains are an inevitable part of growing old. We can stay young while growing old. The very first thing we need to do is to be a "positive skeptic" when it comes to the limitations that society has placed on the age-related process.

How often have you heard, "Please, act your age!" I say, "Don't act your age!" This does not mean I should take up skydiving at 80. On the other hand, "why not?" if you are in good physical condition and have the inclination for such challenging activities. Today, it is not unusual to see people in their 80s participating in strenuous sports such as marathons, weight lifting, wrestling, basketball, and many other sports relegated to men and women in their early 30s.

There is a second factor that can keep you young while growing old: exercise! Exercise does not always have to be high impact and intense. There is a program to fit every age, mind set, size and shape, from Tae-Bo to Tai Chi, from weight lifting to walking.

My own personal preference is a system I designed and developed called Chi Kune Do, the way of the energetic fist. It involves using light three-to-five-pound dumbbells and doing martial arts movements. The program is designed to build muscle tone and strength and cardiovascular health. It is based on the principle of Chi as in Tai Chi.

Whatever your choice, exercise is the key to warding off many of the so-called age-related diseases. The Chinese believed that all sickness is related to the disruption of the Chi or the vital energy. The proper exercise will put the Chi back in sync.

In our fast-paced freeway-oriented life style, it is easy to get stressed out. The Chinese believed that all disease has its roots in stress. Stress causes disharmony to the Chi flow in the body. This is why they divide the word disease into two words, "dis" "ease." Low-impact exercises enable a person to regain his/her Chi flow.

Being fit, inside and out, does not mean you have to be "buffed" like Arnold Schwarzenegger. Health

# of the Mind —

# It, It Won't Matter

is measured in terms of how you feel, the body's ability to ward off disease, and in your positive outlook on life. Whenever we exercise, the body undergoes hormonal changes that make us feel strong and upbeat. Researchers in medicine have confirmed that regular exercise can have a positive impact on the heart, cancer prevention, control of diabetes and hypertension.

When you decide to embark on an exercise program, remember that just one form of exercise may not be enough. Take the total approach. Running and walking are considered very good exercises, but remember they only have a positive effect on your cardiovascular system, but very little affect on your muscular system, especially the upper body.

If you train exclusively at lifting weights, you affect the muscular system but do not affect the cardiovascular system as much as running. Flexibility is an important component when we grow older. Stretching must be done daily so you can minimize muscle pull and strain. Flexibility also helps cushion an impact in a fall. Broken hips usually spell doom for many seniors who lack flexibility.

Agility is also important. As we grow older we lose a few quick steps. My ex father-in-law is 94 years old. He goes dancing every weekend. I am not a dancer but I wish I could step like him. His years of dancing have enabled him to keep his agility. Flexibility and agility help minimize the loss of balance which is pervasive among sedentary older people.

In order to enjoy total health it is important to map out your exercise program much like a coach mapping out a winning game plan. Health and wellness is serious business and should not be taken lightly, I always remind myself when I lighten up or get lazy.

In the following paragraph, I will briefly outline a total-approach exercise plan that will affect every area of your body. It is broken into phases and the effect they have on different areas of the body. The program is designed to cover every major component of the human body such as muscular development, flexibility, agility, stamina and cardiovascular fitness.

In Phase 1, begin with flexibility exercises. These exercises consist of slow stretching to get the muscles ready for the subsequent phases. Phase 2 includes muscle toning exercises. In this phase light dumbbells will be the equipment of choice. Every major muscle group will be affected. These dumbbell exercises will be performed for 10 to 15 repetitions, depending upon an individual's strength and stamina. The weights will develop strength, the repetitions will develop stamina.

In a study by Tufts University a few years ago, a group of researchers chose a control group of elderly people in a convalescent home who were sedentary, wheelchair bound, between the ages of 80 and 95, and put them through a series of very basic weight training exercises. Within a week the researchers noticed a marked difference in their health and in their attitude. The one man who was 95 years old got stronger and eventually discarded the wheelchair.

There is a second part to this second phase of the workout. It is the Chi (vital energy) circulating exercises with the dumbbells. These exercises are characterized by multiple circular movements. It is what I often refer to as Tai Chi exercises with weights.

Phase 3 of this fitness program is the cardiovascular health program. This program focuses on walking or slow jogging, treadmill exercises, and related programs. If a person follows these three phases three times a week, he or she will discover a sense of wellness beyond imagination.

No longer-term health and fitness plan can be complete without an emphasis on nutrition. The pyramid of good health is based on mental attitude, physical fitness, and nutrition. There is an old saying, "You are what you eat." How true!

The three deadly diseases of our modern life are cancer, heart disease and diabetes. Coincidentally, these three diseases are related to obesity and obesity is related to "junk" food. Eating is a science, an enjoyable one, I must say. Food is also good medicine, if the right kind of food is put into the body.

What would happen if you owned a luxury car that's worth $100,000 and you continued to put cheap gasoline into the tank? The engine would eventually fail long before it is supposed to. The body is a machine, but one that is more sophisticated and far better designed than any made by human hands. The brain is a computer, unmatched by anything Microsoft could invent. The body is a field of energy matched only by the sun.

All these various components that make up the human body and human being must be in harmony with each other, because of their interdependence and interrelatedness. When the Chi or the field of vital energy is disrupted, illness is present and we feel bad. If these conditions are ignored and left to persist, we will suffer more serious illnesses like diabetes, hypertension and cancer.

The kind of food we put into our body will have positive or negative impact on these bodily components. We are very fortunate in this new millennium to benefit from research into nutrition. In the old days when we were young, the focus was not on prevention and healthy living, but more on cure. We ate a high-sugar, high-fat and high-sodium diet, not realizing that these were poisons for our body.

I remember the average diet in Arkansas consisted of a lot of meat, and a major part of the meat diet included internal organs referred to as "soul food." One of my favorite "soul foods" was pig's feet and lima beans. To start the New Year off with luck we all had black-eyed peas and ham hocks. We ate very little vegetables and fruit.

Now as I think back to the friends and neighbors who died at an early age, they all died of the three major diseases, heart attacks, diabetes and cancer. I think the reason I survived early health problems is because of my lifestyle of exercising and athletic participation.

You can see how important it is, especially in our senior years, to keep an active lifestyle. We can indulge occasionally in food that tastes good but is not good for us (potato chips, chocolate chip cookies, ice cream, etc.) if we exercise regularly.

In recent years, good healthy food such as vegetables, fruit, tofu in many forms, broiled fish and skinless chicken have become a major part of my diet. I have learned to enjoy these "health foods." There are a lot of healthy dishes for those who take time to read the labels and make their selections carefully. Health professionals realize now (Chinese knew for centuries) that food, what we ingest internally, can affect our Chi flow.

Living a healthy lifestyle need not be a complicated endeavor. Once you become accustomed to a regular routine, it is part of your daily activity. I have come to the conclusion that the human body is capable of living to at least 100 years with reasonable good health.

In a recent MacArthur Foundation study, it was found that how long one lives is impacted 70 percent by lifestyle and 30 percent by genes. However, said the researcher, "The 30-percent gene factor can be greatly influenced by lifestyle."

This indeed is good news. Age is a matter of the mind — if you don't mind it, it won't matter. Longevity, good health and abundant living is a matter of choice! ■

*Rev. Leo T. Fong is an ordained United Methodist Minister. He retired from St Mark's United Methodist Church in Stockton, Calif., in 1996. Since his retirement from the pastorate he has devoted his time to conducting seminars and workshops on health and fitness. He has written over 16 books on martial arts and self-empowerment. He Is also a black belt holder in several martial arts. He is the founder of Wei Kuen Do, the Art of Inner Combat. His new book, "Chi Power the Way to Inner Strength," will be available in 2001. He is also a film producer. His current movie project, "The Flat Fist of Fong," chronicles the life of a young lady suffering terminal cancer who finds healing through alternative medicine and the power of faith.*

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# Chest Pain and

By DR. GUY MAYEDA

" ... after immigrating to the United States, Japanese Americans develop a higher rate of coronary artery disease, probably due to their concomitant increase in fat consumption characteristic of the industrialized Western diet."

As we enter the 21st century, cardiovascular disease remains the number one killer in industrialized countries, accounting for approximately one-third of all deaths in the United States each year.

U.S. Census data from the 1990s estimated that 15 million Americans suffered from the disease atherosclerosis. The name atherosclerosis originated from the Greek words "athero" (gruel) and "sclerosis" (hardening). Therefore, many doctors often described atherosclerosis as "hardening of the arteries." Actually, atherosclerosis is a chronic disease process whereby cholesterol deposits and inflammatory cells create plaques inside of arteries, eventually restricting the flow of blood through these blood vessels.

Every year in the United States, coronary atherosclerosis leads to approximately 500,000 deaths from myocardial infarction, often referred to as a "heart attack." Cross-cultural studies between the United States and Japan suggest that coronary artery disease is less prevalent among the Japanese population despite their higher incidence of high blood pressure and stroke.

However, after immigrating to the United States, Japanese Americans develop a higher rate of coronary artery disease, probably due to their concomitant increase in fat consumption characteristic of the industrialized Western diet.

Despite these ominous statistics, significant medical advances in the diagnosis and treatment of cardiovascular disease have resulted in a steady decline in the number of deaths from both heart attacks and strokes since the 1970s.

**Symptoms**

Angina is the symptom of chest discomfort associated with inadequate supply of oxygen and blood to the heart muscle due to coronary artery disease. Some form of physical exertion such as walking or climbing stairs usually precipitates these symptoms.

Many patients deny any true perception of chest pain and may describe only a squeezing or pressure-like sensation in the chest. Others may only experience throat tightness, jaw discomfort or numbness in the left arm, without any symptoms in the chest area. Unfortunately, many patients with angina incorrectly attribute their symptoms to indigestion, muscle spasms or even the flu and therefore delay seeking appropriate medical attention.

**Tests**

Patients with new-onset angina will usually undergo one or more tests to confirm the diagnosis of coronary artery disease. The most well-known test used to screen patients for heart disease is the exercise treadmill test which records EKGs while the patient walks or runs on a stationary machine with a motorized belt on the floor. In many hospitals and doctors' offices, patients now exercise on a stationary bicycle rather than a treadmill machine.

Some patients may also receive short-acting medications that artificially increase the heart rate and blood pressure to simulate exercise when problems such as arthritis in the legs do not allow the patient to adequately walk or pedal a bicycle.

The sensitivity of these exercise tests is frequently improved by additional imaging tools such as the echocardiogram, which uses ultrasound to create two-dimensional pictures of the heart, or a nuclear medicine camera which can measure blood flow in the heart muscle after injecting a low-dose radioactive substance called thallium into the blood stream.

If significant coronary artery disease is confirmed by one of the above tests, the patient will usually be referred for a cardiac catheterization and coronary angiogram. This is a more invasive test in which X-ray pictures are taken while the cardiologist injects a special dye directly into the coronary arteries via a small tube inserted in an artery at the groin area or arm. The angiogram provides greater detail about the extent and severity of the coronary artery disease (for example, how many blood vessels are involved and the diameter narrowing caused by each atherosclerotic plaque).

**Treatments**

The treatment for atherosclerotic heart disease can vary dramatically depending upon the results of the coronary angiogram. Many medications can effectively alleviate angina and dramatically improve one's quality of life if the coronary lesions are only mild to moderate in severity.

However, patients with severe coronary disease involving one or more vessels will frequently require more aggressive intervention involving either coronary artery bypass graft surgery or a catheter-based procedure such as balloon angioplasty.

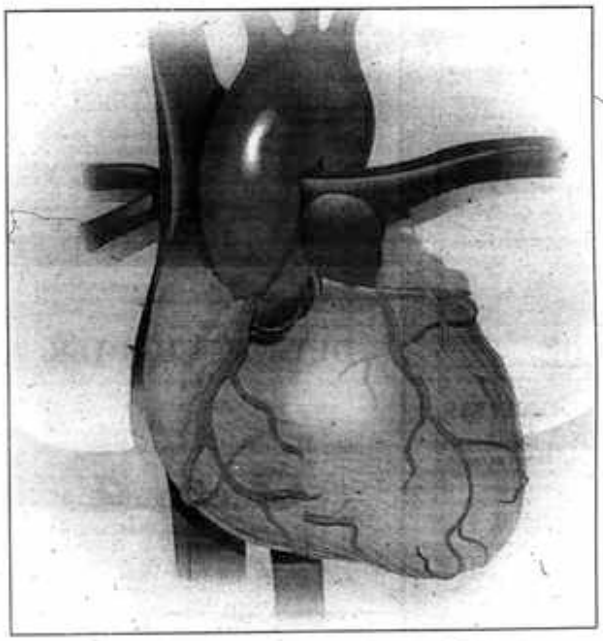
The surgical techniques involved with coronary artery bypass surgery have improved, with subsequently low complication rates and faster recovery times. In fact, many patients are now home within five days of their surgery! Improved technology and experience in catheter-based procedures have also resulted in very low complication rates, minimal patient discomfort and longer-lasting results.

Current devices used by cardiologists to open blocked arteries include balloon catheters (angioplasty), catheters to shave plaque out of arteries (atherectomy), catheters to vacuum clots out of arteries (thrombectomy) and flexible metallic tubes used to hold arteries open (stents). Frequently, patients will require a combination of two or sometimes even three of the above treatment modalities for optimum benefit.

**Heart Attacks**

Myocardial infarction or "heart attack" is the most serious and life-threatening complication of coronary artery disease. Myocardial infarction occurs when blood flow in a coronary artery completely ceases, resulting in heart muscle damage from the loss of blood and oxygen supply. The sudden obstruction in an artery is usually due to a blood clot forming on top of a pre-existing atherosclerotic plaque that had only partially occluded the vessel.

# Coronary Artery Disease



The most critical period during a heart attack is the first 30 to 60 minutes after the artery closes. If blood flow in the artery can be restored within the first hour of symptoms, there is a good chance of decreasing the amount of heart muscle damage and improving survival.

The two most common treatments used to restore coronary blood flow during a heart attack include blood clot dissolving medications called thrombolytic agents and catheter-based procedures such as balloon angioplasty. However, the benefits of both treatment modalities depend upon how rapidly they are administered after the first onset of symptoms. Every minute of delayed medical care results in more extensive heart muscle damage and an increased risk of complications such as heart failure and death.

**Preventive Medicine**

Preventive medicine has also played a significant role in reducing the number of premature deaths due to coronary artery disease these past three decades. Certain "risk factors" help identify those individuals who are more likely to suffer complications such as a heart attack or stroke during their lifetime.

These high-risk characteristics include high blood cholesterol levels, high blood pressure, diabetes (high blood sugar levels), and cigarette smoking. Other traits associated with a greater risk of heart disease include obesity and those persons whose parents, brothers or sisters, suffered heart attacks in their 40s or 50s.

A fairly new cardiology test called the electron beam CT-scan or ultra-fast CT-scan is a potentially powerful tool that seems capable of identifying early on those individuals who have a significantly higher risk of future heart attacks based on the amount of calcium measured in a patient's coronary arteries.

It is important to identify these risk factors and begin medical intervention as early as possible, because atherosclerosis begins in childhood and adolescence. It is not a disease that begins in the middle-aged or elderly, as many falsely believe.

**Simple Interventions**

Simple interventions can significantly reduce the possibility of sustaining a heart attack during one's lifetime. These include lifestyle changes such as: 1) Reducing fatty foods and increasing the amount of fresh vegetables and fruit in one's diet; 2) Maintaining a regular exercise program such as walking 20 to 30 minutes a day, three to five times a week; 3) Reducing the amount of salt in one's diet (Pickled foods, soups and soy sauce are frequent Asian faire very high in sodium); and 4) Quitting cigarette smoking.

At times, medications are required to adequately control high blood pressure when diet, exercise and weight reduction are not enough. Clinical trials have shown that certain medications such as beta-blockers can help patients with high blood pressure live longer and with fewer complications from their disease.

Another powerful group of cholesterol lowering medications called "statins" significantly reduced the incidence of heart attacks, strokes and death in high-risk patients receiving treatment during clinical trials.

Finally, diabetic patients can help slow the progression of atherosclerotic complications by maintaining very strict control of their blood sugar. For some patients with severe diabetes, medical treatment requires the use of continuous insulin pumps when oral medications and standard insulin injections do not provide adequate control of their blood glucose levels.

**Summary**

In summary, coronary atherosclerosis remains a serious health risk in the United States and the incidence of this disease in JAs has increased since they first immigrated to the United States three to four generations ago.

We can all actively undertake several simple measures to lower our risk for developing significant coronary artery disease. These include lifestyle modifications such as diet, exercise, weight reduction, smoking cessation and regular health maintenance checkups with your physician to identify any medical problems such as high cholesterol, diabetes or high blood pressure.

Despite these measures, if you experience any suspicious symptoms such as sudden severe chest pain or chest pressure during either exertion or at rest, call 911 immediately and then chew and swallow an aspirin tablet (aspirin helps to thin the blood if there is a clot in an artery).

Other symptoms that may represent warning signs of a heart attack include sudden jaw or throat pain, arm pain, sweating, shortness of breath, nausea, weakness and anxiety. Some patients, especially those with diabetes, may have very minimal symptoms during a myocardial infarction.

The most critical factor determining the outcome of every heart attack victim demands efficiency to initiate medical treatment immediately after the onset of symptoms. So if you experience symptoms of a possible heart attack, do not wait at home and think about it, get to the hospital! ■

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# Medical Marijuana



## Should it be Legal?

By LYNDSEY SHINODA

Rick Devereux, 25, sits in a chair, his dark brown hair all grown back after chemotherapy treatments he received to treat his testicular cancer.

Devereux found out he had cancer in May of this year. The chemotherapy made him lose weight and the treatments caused him to vomit constantly, with his appetite all but disappearing. Doctors eventually prescribed him Merinol, marijuana in a pill form.

"When I got sick, my stomach was in pain; the chemo causes constant stomachaches," said Devereux. "Nothing was appetizing."

The doctors advised him to take one pill every eight hours, which didn't do a thing. He started taking two, and still his condition didn't improve. Devereux eventually worked his way up to five pills at a time, but nothing. At a cost of $60 for twenty pills, the Merinol wasn't working, and it wasn't cheap either.

Devereux attributes the failure of the Merinol to frequent marijuana use in his younger years. He began smoking weed during high school, and in college, became what he calls "a serious stoner." He thinks he may have built up a resistance to the drug, which is why the pill didn't work for him.

When the Merinol failed, a nurse suggested that he try smoking marijuana. It worked wonders for him, stimulating his appetite and improving his moods.

"Right away, my stomach felt better and my moods improved," Devereux explained. "I ate without getting sick and it improved my mental state too."

Devereux said that his parents were against the legalization of marijuana prior to his getting sick, but after they saw what it did for him, they changed their minds completely.

Devereux recently had surgery to remove the cancer, but he still has a tumor in his chest. He said it might just be dead tissue, but he still visits the doctor once a month to check its status. He is still smoking marijuana, and is a living testament to its benefits.

While patients like Devereux are grateful that medical marijuana is legal in California under proposition 215, the federal laws regarding its use are still in limbo. Marijuana is illegal in the United States, and laws regarding its use for medicinal purposes have been hotly debated for years.

Proposition 215 is a 1996 California state law allowing chronically ill patients or their caregivers the right to cultivate and possess marijuana with a doctor's prescription. Under the law, there are only two ways to grow marijuana legally: to be a patient with a doctor's note, or to be a primary caregiver to patients with doctors' notes. A caregiver is defined as someone who provides all care, not just medical marijuana, to a patient.

But the federal laws regarding marijuana use, medicinal or not, are blurrier. The federal government considers possession or growing of more than one ounce of marijuana to be a federal offense. Anything less than one ounce is classified as a misdemeanor.

In late November, the Supreme Court took on a medical marijuana dispute, agreeing to decide whether "medical necessity" is a defense to the federal law that makes distribution a crime. Congress has decided that marijuana has "no currently accepted medical use," Justice Department lawyers told the justices, according to an Associated Press article.

In the state of Oregon, the Medical Marijuana Act was passed in 1998, allowing patients to possess and grow marijuana for medical reasons. Under the law, all it takes is a doctor's note saying a patient is a good candidate to use marijuana for medical reasons. After getting the note, a patient can apply for a card from the Oregon Health Division. The patient then can grow, smoke and eat marijuana under certain limits and conditions.

A patient registry was created in Oregon last spring to track legal marijuana use. Patients are required to pay a registration fee of $150 and receive a one-year identification card. In California, a similar program was launched in San Francisco, with patients receiving ID cards for $25 and a doctor's note, entitling them to use medical marijuana.

But all of this may change if the federal government has its way. In late October, the U.S. Supreme Court issued an emergency order to prevent the distribution of marijuana in California. The emergency order, upholding a federal judge's ruling, temporarily voids the medical marijuana initiative. The Supreme Court is expected to fully review the case, and a ruling would also affect Oregon, Alaska, Hawaii and Washington, all states that have passed medical marijuana laws.

The University of California recently announced that they will conduct studies to determine the medical value of marijuana. Patients suffering from illnesses such as cancer, AIDS, multiple sclerosis and epilepsy have found that the drug eases their pain.

The drug is a combination of the leaves, stems and flowers of the Indian hemp plant called Cannabis sativa, and is taken for its hallucinogenic and pleasure-giving effects. The psychoactive ingredient of marijuana, tetrahydrocannabinol (THC), is concentrated in the flowers.

Marijuana grows throughout temperate regions, with the more potent varieties produced in hot, dry, upland climates. Known in Central Asia and China as early as 3000 B.C., marijuana was used as a folk medicine. About 1900 A.D. it started to be used as a pleasure-inducing drug, and by the 1960s and 70s its use was widespread.

Opponents of the legalization of marijuana fear that recreational users will have easier access to the drug if it is made legal.

But as the laws surrounding medical marijuana use are argued around the country, patients continue to suffer through their illnesses. Supporters believe that if marijuana is made legal, at least their struggles would be a lot less painful. ■

# Migraine Migraine Migraine Headaches and Biofeedback

By MIKE HOSHIKO, Ph.D. W9CJW




Today, many people have learned to put a stop to their migraine headaches. They do this not with powerful prescription drugs like cafergot, but by an unusual self-training procedure called biofeedback. It's hard to believe, but I know from personal experience that it works.

The research that made this possible began in 1963, when H.G. Wolf and his associates, studying migraines, concluded that migraine headaches were the result of a malfunction of the cranial arteries which for some reason had become severely constricted.

This constriction caused the blood flow to the head to become dangerously low, triggering the body's autonomic nervous system to kick in and dilate blood vessels going to the brain in order to prevent brain damage. This action then produced an overabundant, even turbulent surge of blood which precipitated the migraine attack.

The researchers concluded that by learning to calm the turbulent blood flow to the head, the migraine could be aborted. They thought that if one could divert the blood flow to peripheral parts of the body the migraine could be stopped.

Could a person actually learn to redirect blood flow? The scientific community did not believe that one could change, simply by volition, functions of the body that were under the control of the autonomic nervous system. Then stories began to filter out from the Far East that some practitioners could actually control heart rate and other functions normally under the control of the autonomic system.

Dr. John Basmajian at McMaster University and Chedoke Hospitals in Hamilton, Ontario, Canada, who later became president of the Biofeedback Society of America, and Dr. Elmer Green of the Menninger Foundation of Topeka, Kansas, were the first to begin research using a newly developed solid state electronic amplifier that could detect minute physiological activity.

Dr. Green also began research to see if one could learn to get volitional control of the autonomic system that regulated the smooth muscles of the blood vessels. He knew that wherever dilation occurred more blood flowed, and that a rise in temperature in the finger would indicate that the blood was being diverted away from the head. So he concluded that it should be possible to monitor the temperature from the finger and that a consistent increase in that temperature would indicate volitional control.

Dr. Green began constructing biofeedback instruments to magnify small temperature variations on large visual monitors. He also developed instruments that would convert temperature changes into tones that would increase or decrease in frequency as the temperature went up or down. These instruments would give instant feedback as to whether or not the blood flow was indeed being controlled. Listening to the tones with eyes closed would provide an atmosphere more conducive to learning.

These instruments were the key breakthrough, providing instant feedback that brought positive results. Dr. Green began to offer training using biofeedback instruments at the Menninger Foundation Clinic. That is where I started my training in biofeedback technique and where I learned to control my own migraine headaches. I still have a few cafergot pills left that I never used because of my successful biofeedback training. I can now even use a verbal command, "Stop," to abort a migraine when symptoms such as visual defects or flashing lights signal the start of a migraine.

Biofeedback training isn't as easy as taking a pill. It requires discipline and practice, just like learning any other new skill. But it can be done, even without a fancy biofeedback instrument.

Many who suffered from migraines have been able to conquer them using a simple process. The trick is to tape a small, cheap, regular thermometer to the tip of the middle finger of your dominant hand and then sit quietly or lie down away from distractions.

First, you must clear your mind — stop thinking of all the things you need to do, your worries, etc. You must learn to relax by removing tension from the muscles of your body. You might repeat autogenic phrases such as, "My body is feeling relaxed."

Or use other techniques, such as visualizing being relaxed at a quiet place at the beach. Relaxation, visualization, and clearing the mind are the best ways to get control of functions ordinarily controlled by the autonomic system. It is best to set aside a certain time of the day to practice.

By practicing faithfully every day, migraine sufferers have been able to learn to successfully control their migraine headaches. You must try hard without really trying, a paradoxical feat. Like any skill, it requires high motivation, dedication and practice over a period of time. The reward is great. Personally I am free of migraines, and as a bonus I do not even get any ordinary headaches as I did so frequently in the past.

I wish to thank Dr. Green, who helped me learn biofeedback and Dr. Basmajian, who introduced me to biomedical instrumentation at the University of Toronto Medical School in 1952.

In 1981 I spent my sabbatical as visiting professor of behavioral science at McMaster University, Chedoke Hospital in order to be associated with Dr. Basmajian in the investigation of biofeedback for use in rehabilitation medicine. Before retiring I held Biofeedback Certificate No. 836 and taught biofeedback at Southern Illinois University.

For those who would like more detailed information, I would recommend the following books: Elmer and Alyce Green, "Beyond Biofeedback" ISBN 0-440-00583-3; Barbara Brown, "Stress and the Art of Biofeedback" ISBN 0-06-010544-5; John V. Basmajian, M.D., editor, "Biofeedback Principles and Practice for Clinicians" ISBN 0-683-033577-0. ■

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# The Sumo Syndrome - Weight And See



**By GIL ASAKAWA**









I recently saw a video clip of a sumo champion marrying a tiny Japanese woman, a pop singer, and I wondered about their attraction.

She must have been all of 110 pounds, and the Yokozuna (grand champion) — with his vast rolls of skin showing between the loose kimono he wore as the couple rode away from the wedding in a convertible limousine — must have been 400 pounds or more. By Japanese standards, this was a celebrity nuptial the equal of, say, if Michael Jordan married Mariah Carey in the United States. Or something like that. So perhaps the attraction was in their shared celebrity status. They both understand what it's like to be under public scrutiny, and to live lives that are not entirely their own to live.

But I wondered if they loved each other. I couldn't tell from the brief bit of video whether they felt real affection for each other, or if this was a show-business move for both of their careers. OK, I'm being cynical.

I wondered because sumo wrestlers are not just so strong and famous, but because they're so … obese.

I know they're supposed to be that way for the sake of their sport, and that over the decades of professional sumo, the champions have gotten larger and larger. But can it possibly be healthy for them? Is it attractive? These athletes don't just go to a local "big and large" men's store for clothes (not that there are many in Japan), they must shop at a tent supplier for their fashion statements.

Can they tie their shoes? Can they get on a stepladder without making it crumple like an Erector set construction? Do they pay for two or three seats when they fly? Does anyone (besides their ultra-petite wives) dare get on an elevator with a sumo Yokozuna? Do they have specially-designed furniture for them at home? How much water do they use for their *ofuro* (bath) — a couple of cups? And how do they scrub their backs?

Please, don't get me wrong. I don't mean to disrespect sumo wrestlers. I grew up watching sumo matches on TV, and find them fascinating for their bizarre mix of slow, courtly ritual and sudden explosions of pushing and shoving. I know it's still an important sport in Japan — my mother doesn't miss a single match on NTT satellite TV. I know they're strong as oxen and that much of their mass isn't flab, but muscle.

And I also don't mean to disrespect anyone who is obese.

I began thinking about sumo wrestlers because I'm afraid I'm starting to look like one, only without the benefits of celebrityhood, and certainly not their muscles.

I'm feeling fat — and that's not good since we're in the first stages of the annual holiday season, when eating is as important as breathing and food is as omnipresent as air.

It's not good because although we have a very nice elliptical exerciser in the basement and one of those Suzanne Somers-approved "Torso Track[tm]" devices in the loft, I don't use them very often, and certainly not enough to shave off any of the weight. I've tried, believe me. Over the years when I've felt the sumo syndrome coming upon me, I've tried jogging for a while, used other miracle exercise gadgets, drank an assortment of "diet teas" available at Asian grocery stores, and on occasion flirted with a diet or two … for a day or two.

I began worrying when I got an ID card from my local recreation center (to swim, the one exercise I actually do enjoy), and the photo on it made my face look like a balloon about to pop.

I feel as if it's un-Japanese to be overweight (unless of course I actually am training to be a sumo wrestler, which unfortunately is not the case). Most Japanese I know are slim — as short around as they are in height. It's the diet, right? Fish and vegetables have made Japanese a healthy people.

But my Japanese American upbringing introduced me to all the evils of fast food — Big Macs, pizza, tacos, KFC — and other Western culinary delights such as steak, barbecue, roast beef, and variations including chicken fried steak, a particular favorite of mine. I'll even admit here that recently I drove 400 miles round-trip to Colby Kansas with two friends just to have the world's most wonderful chicken fried steak for lunch at the Deep Rock Café.

And regular readers of my column know that not only do I often write about food from ramen to restaurant reviews (remember a previous column when I had two dinners in one night in San Francisco's Japan Town?), I've also taken the time to ponder the importance in my life of junk food, both Japanese and non-Japanese.

So I know, it shouldn't come as a surprise that I need to lose weight and that my flabbiness is starting to embarrass me. Still, being overweight is one common American attribute I do not want to have.

It's just so hard to lose weight during the holidays. Starting with the month before Halloween, when bags of candy sprout like weeds in the supermarket aisles, and running through the feastful Thanksgiving holiday and running right up to the Christmas and New Year's slate of dinner parties, and family get-togethers, food seems to rule all social interaction. It doesn't help that family birthdays including my own fall during this period.

So I am making an early New Year's resolution this year, and I'm determined to stick to it: I want to lose 30 pounds, and I hope to do it despite the seasonal indulgence. I'm fighting the sumo syndrome this year.

Really. Honest.

What? There's pumpkin pie and mochi rice cakes in the fridge?

Uh…. To be continued…. ■





# Christmas in Hawai'i




It's been about four years since my family and I moved to Honolulu from Southern California. Some of my regular readers will remember stories of the sometimes difficult adjustment period that have appeared on occasion in my writings for this and other publications. Let it suffice to say that for all the good things about living in Hawai'i, there are a lot of difficulties in store for us kotonks who decide to make the big move.

There are many good things and bad things about living here, from the perspective of a Japanese American who spent the first 35 years or so of his life in Southern California. It's lush and green, the air is mostly free of smog and other pollutants, and it's surrounded by pristine blue and green ocean. The weather is perfect (I like humidity, though, so you may have a different take on this), and it's a nice place to raise a child with an Asian face. There is a distinct local culture — as well as a distinct Hawaiian culture — that is probably unique within the boundaries of the United States.

On the other hand, it is not the most cosmopolitan place in the world, at least to someone coming from one of the most dynamic, if troubled, cities in the world. It's small — my days of driving for three hours into the desert or up the mountains and hiking for miles and miles are over. If you drive three hours here, you end up right back where you started. It's congested — traffic here might be worse than it is in L.A. It's expensive. Real estate might be comparable to L.A., but most everything else costs more, in some cases, a lot more. You get the idea.

I don't know if the pluses of living here outweigh the minuses. The fact is that there is no perfect place to live. Much as I miss L.A., I don't miss the bad air and the ever present threat of violence — both the man-made and the natural kind. While living there, I always had a vision of myself after the Big One had hit, standing next to the rubble of what used to be my home, saying to myself, "What were we thinking? We knew this was coming, and yet ...." Besides, having lived here a while, L.A. is now way too cold for me. How can anyone live where it gets down below 50 degrees sometimes? I've concluded that it is neither better or worse to live here than Southern California or many other places. It is just different. And to make it here, you just have to accept the differences, enjoy the good, and try to live with the bad. At Christmas time, some of those differences are magnified. As I write this late at night in late November, I am wearing short pants. My windows are open. I am listening to Christmas music. This is good. But have I started on the New Year's cards, Christmas presents, and all the other preparations for the holidays? No, in large part because it just doesn't feel like Christmas here. At least in L.A. you have to wear a jacket and you can generally find snow within a couple of hours' driving distance.

But perhaps in part because of the weather, people here try harder at Christmas time. Last year, we spent our first Christmas here. (We generally travel back to California for the holidays.) And it was nice. I think there are more Christmas lights per capita here than most places. The government buildings downtown are festively decorated and thousands of people stroll through the area on December nights to see the sights. There are Asian Santas and Christmas-themed Aloha shirts everywhere you look. And come New Year's Eve, you've never seen quite so many fireworks in your life. (Fireworks seem to be quite the local tradition here. Scratch what I said about clean air earlier.) And we got to spend the holidays with my parents, extended family, and new friends here. Which in the end is what this holiday stuff is supposed to be about, right?

I guess these last four years have taught me that wherever you live is only as good as you make it. There may not be any perfect place, but you make the best of wherever you are and appreciate what you have and what is most important in your life. With that, I wish all of you — even those of you living where a "White Christmas" is a real possibility — a happy holiday season, and I look forward to annoying and/or amusing you again in 2001. ■

# Healthy Living on Hold

## Stranger Than Fiction

By Christina Shigemura

Thank God for tae-bo. I need something to keep my stress level manageable, and lately the health insurance I have seems to be better at inducing stress than helping me to stay healthy or providing peace of mind.

In August, I obtained a referral from my primary care doctor to see a specialist. In September, I received a letter from Maxicare, my health insurance company, which stated that they would not pay for my visit to the specialist. The letter claimed that I was not eligible to see that specialist, blah, blah, blah. Feeling certain that the letter was in error, I called the phone number listed on the letter. That phone number turned out to be a voicemail box for someone who worked at Maxicare, so I left a message along with my phone number.

Two weeks later, my voice message still had not been returned, so I decided to write my complaint and submit it to the address listed on the letter for Maxicare's Grievance and Appeals Unit. Last week I received a response to my letter, another letter from Maxicare saying that I was not eligible, blah, blah, blah. Yet the second letter from Maxicare contained another phone number to call. When I called, the number turned out to be for Maxicare 65 Plus, which is apparently some kind of medical insurance for senior citizens. After being on hold and listening to a lot of elevator music, however, I was able to talk to a human being named Elia who gave me another phone number to call.

Six phone calls and 93 minutes later (I am not joking!), the mess was finally straightened out. It turns out that Maxicare had made an error. Duh! The problem seemed to stem from the fact that Maxicare has many different medical groups within it, and I had been switched from one to another without my knowledge. Although all of the individuals whom I spoke with were polite and tried to be helpful, I felt very frustrated by Maxicare's overwhelmingly complicated bureaucracy.

As my 93 minutes on the phone ticked by, I grew increasingly irritated by the inane elevator music and the perky, disembodied voice which informed me a representative would be with me shortly.

Even after my problem had been resolved, I wondered how the same situation would have gone if I were not a fluent English speaker. At the beginning of each phone call to Maxicare, the perky, disembodied voice told me to press "1" to continue the call in Spanish, but what if my primary language was Cantonese, Vietnamese or Hmong?

Even I, an English teacher, had trouble understanding some of the language Maxicare representatives used. One representative asked me about my "PCP." "I never use recreational drugs," I replied. "No, no," she said, "Who is your Primary Care Physician?"

During my third phone call, when I finally reached someone who was able to figure out why I was being denied eligibility for my visit to the specialist, he told me that my primary care doctor had been "termed." Huh? What does that mean? Apparently, it means that my doctor's contract with a particular medical group was terminated.

All in all, I was glad when my problem had finally been resolved. It was a relief to put on my workout clothes and head to Billy Blanks' World Training Center, where the only thing I have to worry about is enjoying (or at least surviving) an hour of intense, cardio-aerobic exercise.

To your health! ■

***Christina Shigemura is a Hapa Yonsei whose left ear is still numb from waiting on the phone***

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# Welcome to Honor Thy Children, Inc.

*"Human denigration is the complex human process that can degrade, displace, disempower, diminish and destroy someone simply for being who and what they are, without consideration as to the nature of the individual's conduct.*

*"The manifestations of human denigration are reflected in the negative prejudices and discrimination that are directed to people based on their human characteristics, such as race, color, gender, age, national origin, religion, disability, sexual orientation, etc.*

*"Human denigration is part of our human condition, found in all families, cultures and communities, and is woven within the very fabric of our society. Its destructive powers are greatest on the young, as the minds, spirit and the souls of young people are still in the process of development, and young people, relative to adults, lack sufficient information, life skills and experiences to effectively understand and manage human denigration.*

*"When children and young people are unable to effectively understand and manage human denigrating experiences, they are at risk for self-denigration, a process that develops when a child or young person incorporates all the human denigration messages and experiences into their being, leaving them at great risk to be physically, emotionally, cognitively and spiritually diminished, if not destroyed.*

*"It is this state of being that contributes to a child engaging in high risk behaviors, as the child sets out to seek a sense of balance, acceptance, respect, dignity, and love; love of family, peers and ultimately of another."*

Alexander D. Nakatani
Founder, Honor Thy Children, Inc.



## By AL NAKATANI

Thank you, *Pacific Citizen*, for allowing Honor Thy Children, Inc. (HTC, Inc.) and our family to introduce ourselves to your readers. HTC, Inc. is a non-profit organization whose mission is to promote the acceptance of human diversity through the understanding and management of human denigration.

It was founded by myself and my wife Jane in response to learning that we as parents contributed to the deaths of our sons because we not only subjected them to denigrating experiences, but that in the process we and society in general failed to provide them with a positive, nurturing and safe haven to discuss the issues and concerns that troubled each of them deeply.

We did not realize that all of our sons had difficulty embracing their being Japanese and that for two of our sons, their sense of worth and value was compounded by the fact that they were gay and HIV/AIDS infected.

In 1994, I took the first step to fulfill a promise I made to my youngest son, Guy, a promise that I would continue to help others by sharing our family story. Back then, neither he nor I had an opportunity to discuss what exactly he had in mind, and as it turned out, Guy died without being specific as to the purpose(s) of my sharing "our story."

Between 1992 and 1994, Guy was an HIV/AIDS educator, and he may have felt that I should continue with his HIV/AIDS education. However, I knew that I could in no way continue his HIV/AIDS seminars and decided, instead, that I would speak to the "life processes" experienced by my sons that contributed to and culminated in their deaths, a process that over time I coined the "killing power of human denigration."

In 1997, the book "Honor Thy Children" was published and took our story across the nation faster than I could by us simply accepting invitations to speak. In 1998, Jane and I participated in Hawaii's campaign to "legitimize" same-sex marriages, which failed with 70 percent of the voters voting to "ban" same-sex marriages in Hawaii.

This experience so outraged Jane that she decided she would no longer remain silent on the issues of how members of the gay, lesbian, bi-sexual and transgendered communities are brutally denigrated and joined me in speaking out publicly about not only what happened to our family, but also about the implications for all other families.

When we speak to audiences, we can and have spoken to a number of issues, such as: parenting, parenting gay children, HIV/AIDS, developing positive self-image/identities, providing safe passage that promotes open communication, death and dying, grief and grieving, homophobia, reconciliation, dignity and honor and human diversity.

But of all the issues identified above, none is as important as the issue of understanding and managing the complex process of human denigration, information and skills we believe to be vitally essential to all individuals who are identified, or who self-identify themselves as a "minority" (by one of more characteristics), especially since it is "minorities" who are targeted for human denigration.

### Validating the GLBT Communities

In our experiences, of the "minority" groups targeted for human denigration, it is our gay, lesbian, bi-sexual and transgendered community that may suffer the most.

Because of this, and given that the community has been hit hard by HIV, HTC, Inc. makes a special effort to advocate and educate for their validation, inclusion, acceptance, dignity and rightful place in our diverse society.

To that end, we have been consistently calling for the development and implementation of an educational curriculum to educate all of us, but especially children, about the "normal" nature of human diversity, which would include the recognition and validation of diversity with respect to sexual orientation.

This step is necessary to truly "mainstream" and "normalize" gay, lesbian, bi-sexual, transgendered and intersexed human beings alongside those of us who are "straights."

GLBTIs and other minorities, made inclusive as a result of laws and policies, must, at some point, be "ratified" (and thereby made inclusive) by the hearts and minds of the people through exposure and education, education that takes place early in the lives of children before they are unduly influenced by the voices of fear, ignorance and hatred.

Our family, and more impor-

See NAKATANI/ page 60



# Alzheimer's 'Second Victim'

By HOWARD TERADA
Keiro Services Major Gifts Director

If you are caring for a loved one with Alzheimer's disease and feel stressed out, you are not alone. The Alzheimer's Association reports 80 percent of caregivers suffer from high level of stress. Nearly 50 percent of them also suffer from depression. The Alzheimer's caregiver is often called the hidden or "second victim" of the disease.

**Signs of Stress**

You are only human. You have limits and can only handle so much. If you are not sure if you are under caregiver's stress, review this list and see how many of these signs you have:

1. Irritability, mood swings, anger fits, or weeping sessions.

2. Inability to carry out the normal tasks of life. A lack of concentration or increased forgetfulness. You worry about whether you might have Alzheimer's yourself.

3. Denial about the disease and its effects on the person with Alzheimer's.

4. Anger at the person with Alzheimer's and at others. Anger that there is no cure for the disease. Anger that nobody seems to understand how difficult it is to be a caregiver.

5. Depression. You feel overwhelmed, in despair, overanxious. You can't cope or don't have the ability to care any longer.

6. Health Problems that may start with frequent muscle tightness, neck/back/ shoulder/headaches that don't go away, stomach problems without identifiable physical cause, or gritting and grinding your teeth.

7. Exhaustion. You don't have the energy to carry on another day. You wake up tired.

8. Sleeplessness. Your mind can't rest because it is constantly thinking about the person with Alzheimer's. You lie in bed sleepless for hours.

9. Social Withdrawal. You see your friends and other loved ones a lot less. You no longer do those activities that bring you pleasure.

If you are experiencing several of these symptoms you should get help. Talk to your physician about your situation and ask for advice on ways you can manage the stress in your life.

**Ten Ways to Manage Stress**

The ultimate stress reducer, a cure for Alzheimer's disease, has not yet been discovered. However, the Alzheimer's Association suggests the following techniques that may help you manage your stress:

1. Get a Diagnosis as Early as Possible

Symptoms of Alzheimer's may appear gradually, and if a person seems physically healthy it's easy to ignore unusual behavior or attribute it to something else. When you see the warning signs of Alzheimer's, ask your physician for an assessment. Some dementia symptoms are treatable. Once you know what you are dealing with, you'll be better able to manage the present and plan for the future.

2. Know What Resources Are Available

For your own well-being and that of your loved one, become familiar with the many caregiver resources. Adult day care, in-home help, and visiting nurses are just some of the services that can help.

3. Become an Educated Caregiver

As Alzheimer's disease progresses, different caregiver skills and capabilities are necessary. Care techniques and suggestions are available from the Alzheimer's Association. Your local public library can direct you to a wealth of information on the disease and how to best manage your life with Alzheimer's.

4. Get Help

Trying to do everything by yourself will leave you exhausted. The support of family, friends and community resources can be an enormous help. If you have difficulty asking for assistance, have someone close to you advocate for you. If the stress becomes overwhelming, don't be afraid to seek professional help. Be open to joining an Alzheimer's support group. They have been a tremendous help for caregivers.

5. Take Care of Yourself

Caregivers frequently devote themselves totally to those they care for, and in the process neglect their own needs. Pay attention to yourself. Watch your diet, exercise, and get plenty of rest. Use respite services to take time off for shopping, a movie or an uninterrupted visit with a friend.

6. Manage Your Level of Stress

Stress can cause physical problems (blurred vision, stomach irritation, high blood pressure) and changes in behavior (irritability, lack of concentration, loss of appetite). Note your symptoms. Use relaxation techniques that work for you, and consult a physician.

7. Accept Changes as They Occur

People with Alzheimer's change, and so do their needs. They often require care beyond what you can provide at home. A thorough investigation of available care options, support, and assistance from those who care about you should make the transition easier.

8. Do Legal and Financial Planning

Consult an attorney and discuss issues related to durable powers of attorney, living wills and trusts, future medical care, housing and other key considerations. Planning now will alleviate stress later. If possible and appropriate, involve the person with Alzheimer's and other family members in planning activities and decisions.

9. Be Realistic

Until a cure is found, the progression of Alzheimer's disease is inevitable. The care you provide does make a difference. Neither you nor the person with Alzheimer's can control the many circumstances and behaviors that will occur. Give yourself permission to grieve for the challenges you experience. But also focus on the positive moments as they occur.

10. Give Yourself Credit, Not Guilt

You are only human. Occasionally, you may lose your patience and at times be unable to provide the care the way you would like. Remember that you are doing the best you can, so give yourself credit. Being a devoted caregiver is not something to feel guilty about. Your loved one needs you and you are there. That's something to be proud of. If your loved one could, they would thank you.

Being an Alzheimer's caregiver is a challenging 24-hour-a-day job. It's easy to neglect yourself and become the "second victim" of the disease. All caregivers will experience moments of stress. One of the best things you can do for your loved one is to take care of yourself. You will be a better caregiver and you will be doing what your loved one would want for you. For more information, please call Keiro Services at 323/980-7514. ■

*Keiro Services is a not-for-profit organization in Southern California specializing in a continuum of care through the Keiro Adult Day Health Care Center in Torrance, Wintersburg-Keiro Adult Day Care Center in Santa Ana, Keiro Retirement Home, Keiro Intermediate Care Facility, Keiro Nursing Home, and South Bay Keiro Nursing Home.*

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HIGHWAY 50

# Studies Track Health Trends among Japanese Americans

**Compared with their peers with normal blood pressure, middle-aged Japanese American men with high blood pressure had more neuritic plaques, which are associated with Alzheimer's Disease**

A major U.S. medical study called the Honolulu Heart Program (HHP) has kept track of the health of a large group of Japanese Americans in Hawaii for over 30 years. It has been one basis for much of the current medical advice given to Americans about common health problems such as heart disease, cancer, diabetes and stroke.

The ongoing study originally included over 8,000 JA men between the ages of 45 and 65 living in Oahu in 1965. Other studies on JA health trends have been conducted in Seattle, the San Francisco Bay Area and Los Angeles.

These studies have been successful in identifying risk factors and risk-reducing behaviors for various diseases. Those with heart disease, for example, were affected by such risk factors as the amount and duration of smoking, levels of body fat, glucose, high-density lipoprotein (HDL) cholesterol, triglycerides, blood pressure and diabetes.

The HHP and other ongoing studies have illustrated ways in which the early adulthood health status of JAs points to their later health. Below are some of the findings:

- Aside from smoking or weight-change history, body mass at 25 years of age predicted the later incidence of coronary heart disease.
- JA men from 45 to 68 years old who had the lowest body mass and were moderate to heavy drinkers were at more risk of being dead 22 years later than men who had an intermediate body mass and were occasional drinkers.
- Physical activity protected those JA men ages 45 to 54 against diabetes as much as it did for those 55 to 68 years old.
- Compared with their peers with normal blood pressure, middle-aged JA men with high blood pressure had more neuritic plaques, which are associated with Alzheimer's Disease.
- Systolic hypertension was a stronger predictor of stroke in young JA men than in older JA men, although it was common in the latter.
- The more handgrip strength

[redacted]

- Middle-aged smokers were more likely to be cognitively impaired in their old age than non-smokers, although those who had quit a long time ago were at a reduced risk for such impairment.
- Smoking, which is associated with a loss of bone mass, increased fracture risk for JA women 10 to 30 percent per decade of smoking.
- The likelihood of JA women fracturing bones could be predicted up to 11 years before the fracture, based on their bone mass then.
- Although JA women and men have a life expectancy of a little over 82 years compared to the 79.6 years for white women and even fewer years for white men, they have a greater risk than white Americans for colorectal cancer if a family member has it. While 6.5 percent of white Americans have colorectal cancers attributable to a history of the disease in a close relative, 11.1 percent of JAs with colorectal cancer had a hereditary link.
- A Seattle comparison of the U.S. population as a whole (including Japanese populations) to JA men and women found that JAs have higher total cholesterol and triglyceride levels. The HHP confirmed the high triglyceride levels among JAs, although JAs were otherwise found to have a better lipid profile than other groups.
- JA women have a higher incidence of non-insulin dependent diabetes than do JA men.
- Compared to other Asian American women, JA female high school seniors smoked the most often at 19 percent and drank the most heavily at 12 percent.
- A study of JAs in Seattle found that about 25 percent of JAs are unaware of their high blood pressure (which is a risk factor for heart disease, stroke and diabetes). Of those who are aware, only about 50

[redacted]

- Similarly, despite notable rates of dementia among the elderly, the Honolulu-Asia Aging Study (HAAS), an extension of the HHP, found that JAs had a higher incidence of dementia than found in Japan and a lower incidence than among white Americans. One study found a JA dementia prevalence rate of about 6.3 percent, whereas another found an incidence of about 9 percent (probably due to difference in the ages studied). Roughly 21 percent of HAAS JA families did not recognize dementia-related memory problems in their family members. When memory problems were recognized, 53 percent did not receive a medical evaluation and therefore didn't get help for potentially treatable dementias.
- The HHP study showed that 17 percent of JA men between 71 and 93 years of age knew they had diabetes but 23 percent were diabetic and 39 percent had pre-diabetic conditions. The high prevalence of these conditions, not only dangerous in themselves, complicates other diseases. Both the diabetic and pre-diabetic had higher rates of hypertension, average body mass, triglyceride levels, fasting insulin levels and waist-hip ratios than the nondiabetic. ■

*The information contained in this article was cited from various studies, including the Honolulu Heart Program, and was compiled by Dr. Laura Uba, a part-time lecturer at the California State University, Northridge, Asian American Studies Department. She is the author of "Asian Americans: Personality Patterns, Identity and Mental Health" and is currently working on her third book, tentatively titled "Postmodern Asian Americans," to be published by SUNY Press.*

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# in the Asian Pacific American Communities

When I accepted the position of executive assistant to the director of the National Institute of Mental Health (NIMH) in June of 1971, there was very little attention being paid to the needs of mental health programs for ethnic minority populations in the United States.

The newly appointed director (1970) of NIMH, Bertram S. Brown, M.D., made the decision that the mental health of minority populations would be one of his top priorities, so that was a very important factor in my leaving 30 years of activity in Nebraska to join NIMH staff in Washington, D.C.

In order to establish the needs and learn about the cultural diversity that exists in the four major ethnic minority populations, NIMH made the decision to hold a national mental health conference for each group. These conferences were held in 1971 and 1972.

In May 1972, the first National Asian Pacific American Mental Health conference was held in San Francisco. Ninety APA mental health professionals (social workers, psychologists, psychiatrists) were invited to attend this conference. They represented the major ethnic Asian American populations at that time (Chinese, Japanese, Koreans, Filipinos, Hawaiians and Pacific Islanders).

When the word hit the AA community about the conference, over 600 APAs decided to attend this conference, even though they were not officially invited (expenses paid). Active APA students in major universities decided to attend.

Carefully made plans of using one hotel to hold 10 workshops and videotape the four-day conference had to be altered overnight to accommodate the large group of 610 registrants.

The conference turned out to be quite chaotic, boisterous and controversial due to the large crowd. Many of the young college students demanded dollar resources for their communities, expressing their frustrations and anger at the federal establishment for not meeting their needs.



By K. PATRICK OKURA

After four days of tension, NIMH decided to invite a committee of 10 to come to Washington, D.C., with all expenses paid to review the videotapes of the four-days' confusion and work on an acceptable conference report.

This gesture on the part of NIMH (I was the spokesperson for NIMH) eventually won the respect and confidence that NIMH was serious about doing the right thing for the APA community in the area of mental health needs.

Following the report that was agreed upon by the 10-member committee, the first concrete result was the establishment of the Pacific Asian Coalition called PAC and funded by NIMH. Dr. Kenji Murase, MSW, was elected the director, and many productive activities were carried out over the next 10 years.

The coalition, in collaboration with NIMH, was successful in establishing the Asian Pacific American Mental Health Research Center at UCLA, directed by Dr. Stanley Sue, a psychologist. The center is presently located at the University of California at Davis, now the Research Center.

Over the past decade, the center has produced much research on the needs of the majority APA communities and has trained a cadre of APA psychologists and social workers. It has won recognition as one of the top research mental health centers in the United States and has made significant contributions, both nationally and internationally.

Another worthy activity was the establishment of the Asian American Training Center for social workers in Los Angeles. The training center worked with UCLA and the USC School of Social Work and provided a two-year program for social workers who wished to work in the APA communities following their training.

The program director was Royal Morales, a Filipino social worker and UCLA staff member. Many of the graduates of this program are currently running mental health programs in the various APA communities.

Funding from NIMH was also responsible for the founding and formation of the Asian American Psychology Association (AAPA) in 1994 which presently has a membership of nearly 500 APA psychologists. (I was recently awarded the Lifetime Achievement Award at their annual meeting in September.)

Another program that got its start from NIMH funding resources is the Asian American Drug Abuse Program (AADAP) in Los Angeles. In 1974, when eight AAs died of drug overdoses, NIMH staff assisted the AA social workers in L.A. to put together a grant which resulted in the establishment of AADAP, which has become the leading substance abuse program in the country. Mike Watanabe is director of AADAP.

The National Asian Pacific American Families Against Substance Abuse program now located in Los Angeles, of which I was the founder and first director, is a product of NIMH and National Institute of Drug Abuse funding.

The program director, Dr. Ford Kuramoto, has established a coalition of agencies in the field of substance abuse and alcoholism, working in various APA communities. NAPAFASA, Inc., is recognized by the federal government as the leading agency representing the APA communities.

Much progress has been made since 1971 when NIMH took the bold approach to assist the ethnic minority communities to provide mental health services, research and training to their respective ethnic communities in our country.

As stated earlier, in 1971 the federal government was providing very little financial support to the APA communities in the area of mental health; and in 1985, when I retired from active duty, NIMH was providing approximately $8 million to APA mental health programs.

Unfortunately, in recent years NIMH and the federal health establishment have not kept pace with the APA community needs in mental health despite the fact that the APA population is the fastest-growing segment of the U.S. population.

In the coming 21st century there will be a greater need for mental health services, and it is my hope and dream that some AA leaders will take up the mantle and provide the necessary leadership to again carry the banner for the APA community in mental health. ■

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# Fitness Tips for SENIORS

By MARTHA NAKAGAWA

*It's never too late to get in shape — That was the message from senior athletes who spoke at a recent panel discussion at the Japanese American National Museum as part of the "More Than a Game" sports exhibit. Panelists included Sumi Onodera Leonard, record-breaking senior runner; Pam Dong, tai chi and qi gong practitioner; Marty Lipstein, a runner who has been in 119 marathons; and Hal Keirni, physical fitness enthusiast. The event was moderated by Jerry Rubin, director of of Los Angeles Alliance of Survival and peace activist.*

## Sumi Onodera Leonard

Sumi Onodera Leonard, 72, is a world-class track athlete in the Masters program, sanctioned by the U.S. Track & Field and the World Association of Veteran Athletics. She is a champion for her age group in numerous categories, including the 1999 World Record & National Champion for the 800-meter indoor track, and holds two gold medals on relay teams for the 4 x 100 and the 4 x 400 at the 1999 World Championships in Gateshead, England. This July, she was invited to run the 800-meter exhibition run during the Olympic Trials in Sacramento.

Leonard picked up running at the age of 58, after the death of her first husband. At that time, she said, she could "barely walk, barely jog." But Leonard found she liked running and also enjoyed the camaraderie of the group of joggers she had hooked up with. Soon she was running longer and longer distances until she started to run competitively.

But as Leonard began running more, she also found herself getting injured. "All I did was run, and before I knew it, I was getting shin splints, and my knees were hurting and I was laid out for a while," said Leonard, who now has a professional trainer and maintains a strict diet.

The following is Leonard's advice to seniors interested in beginning a physical activity and/or improving their health:

### Eat Sensibly

•Leonard is a strong advocate of eating plenty of raw fruits and vegetables for their rich enzyme content. She receives her proteins from beans, soybeans, fish and chicken. She is not a vegetarian and eats red meat a few times a week because she believes red meats contain minerals and vitamins not found in white meats.

•She stays away from high cholesterol fatty foods such as French fries and onion rings. But this does not mean she completely avoids oils. To help her heart, she consumes olive oil and takes fish oil capsules. She also eats oily fishes such as salmon, mackerel and other cold water fishes.

•Leonard tries to avoid sweets such as candy and cakes. If she gets a craving, she eats dried fruits such as prunes, figs, raisins, dates and cherries.

•As for carbohydrates, Onodera consumes beans and rice, brown rice if possible.

•She also stressed the importance of consuming lots of water. Leonard knows firsthand the consequences of not consuming enough fluids. "I fainted because I didn't drink enough water," she said. "We learned a lot of this through trial and error."

Now, Leonard carries a bottle of water with her everywhere she goes. [illegible] thumb in determining whether she is drinking enough water is to check the color of her urine.

"This might not be the most palatable thing to do but look at your urine," she said. "If it's dark yellow, you certainly need a lot more water in your system. If it's clear or a very light yellow, you're okay."

•Leonard suffers from mild arthritis in her shoulders and hips. To combat this, she takes a mixture of MSM (Methyl Sulfonyl Methane), Vitamin C and protein powder. But MSM does have the side effect of dehydrating the body and causes Leonard to develop itchy, dry eyes. When this happens, Leonard temporarily [illegible] MSM for a month or [illegible] pectin, the [illegible] gums and [illegible]. She [illegible] pectin with apple juice.

•She takes no aspirin or other anti-inflammatory drug. "I quit taking aspirin eight years ago. The way I do it is through the natural way, through a lot of stretching to keep the muscles active and strong. That's why I'm a strong advocate of total stretching," she said.

### Exercising

•Shoes: To prevent injuries, Leonard said it is important to have the right type of shoes for your feet type (i.e., whether you are flat-footed, high-arched or somewhat in between).

•Leonard could not stress enough the importance of stretching as we age. Stretching improves the body's flexibility and keeps us limber. It is important to stretch after doing strength or endurance exercises.

"I do more stretches than I did 10 to 14 years ago. I find that if I don't stretch, I'm very stiff," she said, adding that she usually stretches while watching TV.

### Getting Motivated

Many people, young and old, may find it difficult to get started in the morning. Leonard is no different. As a result, the first thing she does after waking up is tossing on some clothes, drinking a little water and walking out the door. "If I don't do this, I get lazy," said Leonard.

For seniors interested in starting a physical activity such as jogging, Leonard suggested the following:

•Walk slowly for about 10 minutes for the first two or three days to build up stamina.

•Don't immediately increase your distance or speed or you may pull a ligament, she said.

•She also said it was natural to feel some pain during the first five minutes of the walk while the muscles and joints are loosening up. But if the pain continues after 10 minutes, stop.




### Dealing With Pain

At the level that Leonard competes, some pain is expected but Leonard has come to understand the difference between pain from an injury and pain as a result of tired muscles.

When she is training for a marathon, Leonard undergoes a grueling regimen which consists of deep water workouts. During this exercise, she wears tire-like weights on her ankles and runs in the water for an hour. From a scale of 1 to 10 (10 being the most strenuous), Leonard graded this a 10. "It is rigorous," she said.

But if Leonard feels pain in her heels or knees while she is training, she will not push herself.

"At this age, I'm 72, there's a fine line between training for speed and endurance and having an injury.

"When I race, I don't feel the pain until two days later. It's called delayed syndrome. Now, if I feel the pain when I'm racing, then I am injured and I do not race."

### Three Keys for a Healthier Life

- Watch what you eat.
- Stretch.
- Participate in strengthening exercises.

### Typical One-Day Meal for Leonard

**Breakfast:**

•1/2 cup of cooked oatmeal with miso for flavoring. Miso provides salt and protein for strength.

•Egg or egg substitute

or

•A "smoothie," blending nonfat yogurt, walnuts, almonds, banana, apple, protein powder, a little oil and ice. For thicker consistency, include some oatmeal.

**Lunch**

•Tofu or a sandwich.

**Dinner**

•Brown rice or soba with some form of protein such as beans or meat. Also lots of vegetables and raw fruits.

**Snack**

•Raw fruits

## Pam Dong

Pam Dong once had a promising career in the computer software industry. Her skills were in high demand, allowing her to command a lot of money. But the long hours and fast-paced world of computers took a physical toll on Dong; and she found herself re-examining her lifestyle when she entered her 40s.

It was then that she recalled a childhood memory of watching her grandfather practice tai chi every morning. Inspired, Dong enrolled herself into a tai chi class in an effort to relieve her stress. She fell in love with the ancient system to the point that she decided to retire from her computer software career.

"I had a very difficult time making a decision not to go back to work," said Dong. "I had four job offers all at once, but I kept asking myself if this is what I really wanted to do again. And I kept thinking in the back of my mind that I couldn't give up my tai chi. So that's when I decided I was just going to retire and continue to do my tai chi. That was more important to me than going back and putting myself into a lot of stress."



Today, Dong teaches tai chi to seniors at the Downey Community Center and at the Bellflower Kaiser Hospital. She is a Yang family style practitioner, knowledgeable with the sword, knife, fast set, slow form, push hands, mirror set, 24 forms and 42 forms.

In addition, she has studied qi gong under the tutelage of several grandmasters. Tai chi is part of a larger system called qi gong.

Dong refers to tai chi and qi gong as a 5,000-year-old health care system. This system focuses on three separate bodies that govern a person's health — the physical, spiritual and energy bodies.

Dong said the energy body (or "chi," which in Japanese is "ki") governs our well-being, and if we neglect this, health problems arise. Factors that affect the energy body include stress, weather and physical trauma.

Dong illustrated what she meant by energy body by pointing out that the difference between a dead corpse and a living person was energy.

"We need to feed our energy body, and tai chi does this," said Dong.

The main components of tai chi include breathing, movement, sound and using the mind. Of those, breathing is one of the most significant because it allows a person to relax, said Dong.

To get motivated each day, Dong, like Leonard, starts her physical activity the moment she wakes up. After putting on some clothes, Dong takes a walk and practices qi gong — all before breakfast.

"I set a routine," said Dong. "I don't eat until I do my exercise. That's my reward."



## Marty Lipstein

Before Marty "Marathon Marty" Lipstein, 80, suffered a near-fatal heart attack this summer, residents of Santa Monica saw him either running or swimming every day. Even the rain did not stop him. On wet days, he usually ran up and down his 17-story apartment building.

Lipstein, like Leonard, started running later in life. He picked up running at age 48, and when he turned 58 he ran the Boston Marathon. Despite being one of the oldest runners in the Boston Marathon, Lipstein made record time at 3 hours and 22 minutes. He also won the Palos Verdes competition in 1980, becoming the first man over 60 to win the event. In total, Lipstein has run 119 marathons, and hopes to run his 120th once he fully recovers from the heart attack.

Lipstein, who has been physically active all his life and holds a bachelor's degree from USC in physical education and health, said there is no big secret to maintaining a healthy life. Good health requires daily care through exercise and proper foods, he said. He is disturbed when people tell him how "lucky" he is to be active at his age.

"I'm not lucky. I worked at it," said Lipstein. "A body is like a car, except the body is much more wonderful. When a car part wears out, it doesn't repair itself. But the body repairs itself when you give it a chance."

For seniors thinking about getting into shape, Lipstein suggested establishing a routine. "Man is a creature of habit," he said. "Discipline establishes a habit, and every person with discipline develops inner will. That's the secret to life."

## Hal Keimi

Hal Keimi, 69, started running 25 years ago at the age of 44, when a teacher in the school district where Keimi taught started an annual teachers' run. He was hooked after his first 5K cross country run and eventually started running marathons.



In 1992 at the age of 60, Keimi finished the Los Angeles Marathon in a little over five and one-half hours. Five years later at the age of 65, Keimi completed the marathon with a faster time of 5 hours and 26 minutes.

Preparation made the difference, said Keimi, who encouraged everyone to get involved in a training program.

Keimi signed up for Team in Training, a program designed to help both the young and old prepare for a marathon. Keimi said Team in Training requires that in return for working with a professional trainer, participants get friends and family members to donate to the Leukemia Society.

"This program gives you an opportunity to train with a professional to coach you, while you are also helping to provide research money to leukemia," said Keimi.

But about a year ago, Keimi had to give up running after his knee started to give him trouble. Instead Keimi picked up taiko, which he enjoys immensely.

"Taiko, besides being fun and a joy to play, is good exercise," said Keimi.



### "National Institute on Aging Offers New Health Video, Companion Booklet"

The National Institute on Aging, part of the National Institute of Health, brought together some of the nation's best-informed experts on the topic of exercise for older adults to produce a 48-minute video and the companion book, "Exercise: A Guide from the National Insitute on Aging."



The video shows how to start an exercise regimen and stick with a safe, effective program of aerobic, stretching, balance and strength-training routines. It features Margaret Richard, host of Body Electric, PBS' popular exercise show.

The 100-page companion booklet discusses topics such as the benefits of exercise, safe ways to begin, how to continue a program, examples of exercises to do at home, diet and how to gauge your performance.

The video and booklet are available for $7. Checks should be made out to the National Institute on Aging and sent to NIAIC Dept. F, P.O. Box 8057, Gaithersburg, MD 20898-8057.

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At the age of 13, Cammy Lee was stricken with acute lymphoblastic leukemia (ALL). To coerce her leukemia into remission, Cammy began an extensive battery of chemotherapy and radiation treatments.

Six long years later, her body exhausted from the harsh chemicals and radiation, Cammy learned from her doctors that her leukemia had progressed to the point where her only hope for survival was a bone marrow/stem cell donation. For this to occur, Cammy needed to find someone who had a similar HLA (human leukocyte antigen) type to become her donor, a miracle match.

Chances of finding a match from a relative is only 30 percent, and although Cammy came from a large family of six children, no one in her family matched. After searching through the national registry of volunteers, unrelated donors, no one was a match for her still.

At that time in 1992, there were only several thousand Asian/Pacific Islander American (APIA) and other minority (African American, Hispanic American, Native American, and mixed-race) volunteer donors in the database. Since Cammy was of Asian descent, her match was more likely to be found from someone in her same ethnic group.

It was because of this severe need for potential APIA donors that the Cammy Lee Leukemia Foundation, Inc. (CLLF) was established by the family and relatives of Cammy in hopes of finding matching donors for her and other patients in need.

In November 1992, Cammy found her miracle match: Virginia, a Chinese Canadian woman, who donated stem cells to Cammy and saved her life. In 1994, Cammy and Virginia met, and Cammy was able to thank the woman who gave her the greatest gift: Life

The lack of APIA and other minority potential volunteer donors is not just a concern for patients of the specific ethnic groups — it is a concern for all patients searching for matching donors. More volunteer donors of minority ethnic groups increase the number of people with unique HLA types in the national registry. This helps patients of all nationalities with unique types find matching donors.



Cammy (right) with her donor, Virginia

The National Marrow Donor Program (NMDP), which hosts the U.S. national registry, recognizes this need for more unique types in the registry. In 1993, CLLF became an official recruitment group of the NMDP and has registered over 15,000 potential volunteer donors to the NMDP registry since its inception.

But the need is still great. Of the almost 4 million volunteer donors registered in the NMDP registry, only 7 percent are APIAs.

CLLF continues to address the severe need of recruiting more APIAs and minority volunteer bone marrow/stem cell donors. CLLF frequently holds donor recruitment drives at colleges, churches and other community locations, increasing public awareness and registering more APIAs and minority potential volunteer donors.

Cammy, who graduated from Rutgers University in May 1999, has actively spoken at collegiate and other events and venues to raise public awareness of the dire need of volunteer donors.

CLLF's mission also includes advocacy and support for the families of patients with leukemia and other fatal blood diseases. Cammy and her family often share their experiences with other patients who are currently searching, helping them in difficult times.

CLLF has successfully helped several patients find matching donors, though others are still searching.

Registering to be a potential volunteer donor entails filling out a consent form and giving a small sample of blood, which is tested for HLA type. If you are a suitable match for a patient, you will be contacted for further testing. Should you become the best possible match, you make the final decision to donate. The donation process is voluntary and at no financial cost to you.

Becoming a potential volunteer donor is not only for a patient in need. now. As diseases such as leukemia and other fatal blood diseases are not necessarily inherited, one may happen to you later in life or to someone you love. As time is of the essence, it is important to register as soon as possible.

But even if you never encounter the disease, becoming a potential volunteer donor revives our community — a community of people who need and can help each other.

Please become a potential donor and share life — it's a chance of a lifetime! ■

*Cammy Lee Leukemia Foundation, Inc. (CLLF) can be contacted at: 16 West 32nd St., Ste. 10D, New York City, NY 10001-3808; tel: 646/473-0044, outside N.Y. tel: 800/77-CAMMY; fax: 646/473-0045; e-mail: CLLF@juno.com; Web site: <www.CLLF.org>.*

# Organic Farming

By Mike Shinoda



My entire business career has been in the flower business. For a short period, I tried organic greenhouse tomato growing. During this time, I learned things about organic growing and the whole movement of "organic" foods in general. My views come from growing and selling the majority of the products in farmer's markets. A few observations:

**1. What does organic mean?**

I will use the organic laws of California to explain. To have organic vegetables or fruits, you have to have grown the product in organic soil. Organic soil means at least three years of no registered pesticide or chemically manufactured fertilizers used on the parcel. All farmers by law have to register all pesticides put on their soil every month. Chemically added fertilizers are not registered.

**2. How does organic growing differ from conventional growing?**

First and foremost, no use of any manufactured chemicals or pesticides is the biggest difference. This does not mean we do not use certain sprays for insect control and fertilization. The only overall spray we can use for insects is "Impede," which is the brand name for safer's soap. Composting before planting and covering crop rotation are the main sources of natural organic fertilizers. Beneficial predators are good bugs that eat bad bugs. These are the major forms of insect control.

**3. When I purchase organic fruits and vegetables at the supermarket, how sure can I be that they are what they are supposed to be?**

All the major retail food businesses only buy organically labeled products that are certified by a third party entity as to their validity. The certifying entity requires all spray records from the past three years. They also schedule a visit to the sight for inspections of the farm. They do not take soil samples for testing. Each county maintains and monitors the behavior of each organic farmer. In Santa Cruz, where my farm was, I was visited and inspected by the county officials once to three times each year.

Note: California has the most rigid rules within the United States as to spraying and registering pesticides.

**4. Are organic foods better for me or safer to eat?**

Yes. Some people are very sensitive to any chemicals put into their systems. For the environment, organic farming practices are much better.

**5. Does organic food taste better?**

Yes and no. ... What has happened is that many organic farms are smaller farms. To compete, the farmer chooses the more "market friendly" varieties. These different varieties may be tastier or brighter in color. They are probably not as long-lasting though. The organic farmers try to pick more mature products for better taste and appearance.

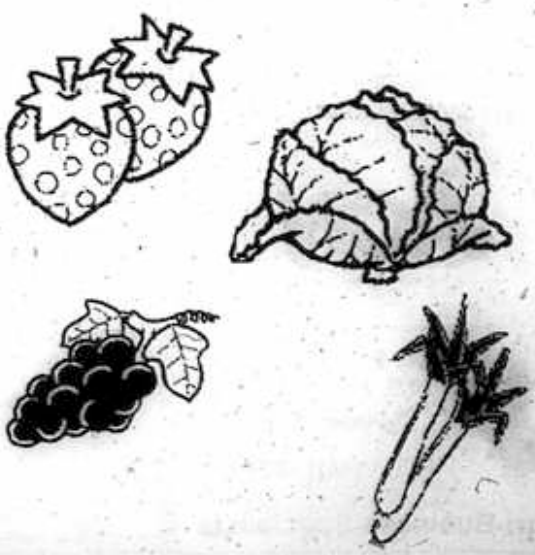
**6. If I am buying in a farmer's market and the vendor professes "no sprays or pesticides used in growing," can I believe this statement?**

If it is a certified or registered organic farmer, probably so. If not, I find it very hard to believe that a saleable product grown outside in the natural elements has no insect or disease problems.

**7. What is the major difference between organic and conventional farmers?**

Organic farmers use sustained growing practices in their production. Conventional farms add the necessary chemicals or additives to achieve success in growing. Think of the soil as a sponge with little or no growing properties. The conventional farmer uses an analysis of the soil content to add all the necessary chemicals for growth. When his crop is harvested, most of the chemical nutrients are used up and you end up with depleted soil. The organic farm uses compost, organic soil additives and "cover crop" to add nutrients to the soil. During the growing season other organic fertilizers can be added, but the majority of the nutrients must already be in the soil. This is what the term "sustainable agriculture" means: not taking everything out of the soil for plant growth.

Organic farming is a difficult pursuit. The continued use of manufactured chemicals to replenish your soil content is not environmentally sound. Farmers are faced with difficult times, and the economy will dictate the ultimate financial success of organic farming. ■



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# The Golden Acres

By HARRY K.HONDA

TWENTY-FIVE YEARS AGO, (Nov. 19-21, 1976, to be precise), there was, in conjunction with the National Institute of Mental Health, national JACL's first conference preparing Nisei to retire, as 12 percent of the Nisei generation then was in the 65-69 age group — about 14,000 in number nationwide. (That means: in the 90-95 age group today.)

Of the next group, the 50-64-year-old Japanese population, then of 120,349 (1970 Census), there were 105,509 (three-quarters) of them concentrated in the West. Or today, the 75-90 group.

Median income then of the elderly half of the Japanese population for men ($2,482 per year) was almost double the amount earned by women ($1,312). Did I hear you say, "wow"?

So much for the demographics. *FYI: I was in the 55-59 group then.*

WHICH BRINGS ME to the theme of this year's Holiday Issue: "Health, Wellness, Aging."

The late Kumeo Yoshinari, who was the national JACL president in the mid-1960s, had floated a concept before his colleagues that he tagged "The Golden Acres," where JACL might undertake or sponsor a modest retirement model for members and friends. His exciting idea was shoved to the back burner. But he lived to see retirement homes for Nisei rise in the 1980s. A Hood River, Oregon, native who lived the bulk of his life in Chicago working for Turtle Wax, he finally retired in Southern California to be near his grandchildren.

Asian American elderly was the prime group focus at the 1971 White House Conference on Aging, with then assistant Washington JACL Representative David Ushio and the late Mike Suzuki, California chief of social services in Sacramento, among the planners.

In 1972, after longtime National Director Mas Satow had retired, national JACL's young leadership recognized middle-aged Japanese Americans were facing the last quarter of the 20th century rather stoically.

IT WAS THE late Dr. Minoru Masuda of Seattle who proposed at the 1974 national convention at Portland a "JACL Development Committee" to explore aging and retirement. In turn, he approached the National Institute of Mental Health for financial assistance.

At the 1976 national convention at Sacramento, the Masuda project was reaffirmed with a policy statement, "On Japanese American Elderly," which simply stated: "The JACL recognizes that a significant number of the Nisei population will soon be joining the Issei as senior citizens. We, therefore, recommend that the organization accept the special needs of the elderly as a priority concern of JACL in the coming biennium and mobilize resources at every level of the organization to meet these needs."

In mid-November 1976, JACL held its NIMH-supported Nisei Retirement Planning Conference at San Francisco. Conference chair Dr. Sharon Fujii, her doctorate in special welfare from Brandeis, was with the USC faculty, David School of Gerontology. The outcome of that can be gleaned from presentations made at the panel discussion.

Karen Ishizuka, a Sansei doctoral student in anthropology at UCLA, said there was a push in San Diego underway for housing for Nisei seniors, with a convalescent facility should such care be necessary. "Nisei do not believe that they want to be a burden on their children," she reported. San Diego JACL, with Nisei veterans and church groups, is operating senior citizen housing, minus the convalescent facility, in Chula Vista today.

Dan Kuzuhara, psychologist-director of Adult and Aging Studies at Northeastern Illinois University, emphasized that one important aspect of future planning should be social binding — bringing people together. He added, "I would like to see adult education programs include classes on Japanese culture."

Dr. Y. Scott Matsumoto, a Nisei professor of public health at the University of Hawaii, Hopolulu, felt many Nisei tend to be too busy to stop and contemplate their twilight years. "There is no magic number as to the exact age for retirement. ... Keep busy! Do something, and do it as though your very life depended on it — because it probably does." It was something he had read elsewhere. "This seems a simple and wise counsel to follow throughout life." *From longtime friends who have already retired, the same counsel, "keep busy," comes forth to one still gainfully employed with JACL since 1952.*

The Rev. Harry Murakami, then pastor at the West L.A. United Methodist Church, discussing the role of religion in retirement, hoped the Nisei will give "religion another try to tap the spiritual resources for a more satisfying life and retirement." He spoke of the spiritual resources in one's faith, of forgiveness if burdened with guilt, of death and dying. To the Nisei who were schooled in the years when the A-bombs were unleashed, science encouraged one to think rationally and to question religion. JA communities, in his opinion, "failed to appreciate the prewar richness of Buddhism, and the Protestant faith may have turned many Nisei off."

The other Sansei panelist, Sandy Ouye,

See GOLDEN ACRES/ page 60



Little Tokyo Towers in Los Angeles faces East Third Street and the afternoon sun. The 16-story, 300-unit high-rise built in 1975 was organized by a unique partnership of four nonprofit organizations: Pacific Southwest JACL, Los Angeles Buddhist Church Federation, Southern California Japanese Christian Church Federation and Southern California Gardeners Federation. The trees were not there at the 1974 groundbreaking.

## NAKATANI

(Continued from page 41)

tantly, our sons did not have the benefit of such education. Who knows how our lives may have turned out if they did.

### Activities

Besides appearing before varied groups and organizations, HTC, Inc. is involved in several educational projects. One is to develop an educational curriculum that helps others to understand HIV/AIDS within the context of human denigration.

This project has come about as a result of HTC, Inc. being validated and supported by the Office of HIV/AIDS Policy in Washington, D.C., and the Asian Pacific Islander Health Forum in San Francisco. We envision the program to include, amongst the educational materials produced, an educational video titled, "Human Denigration: The Nakatani Family Experience."

Another project is to complete the full-feature documentary, "Honor Thy Children," which has been in production for over three years. This has been a grueling, time-consuming, creative effort, made difficult by the complex story line and personalities of the individual Nakatani family members.

Limited funds have also slowed the production of the documentary, but as of this writing, we are confident that we are near to completing the edited film/video segments. The musical score and transferring the footage to film are the last hurdles to completion.

Another project is currently in its planning stages. HTC, Inc. has been invited to associate with a large national organization for the purposes of benefiting both organizations. Since we are still in the negotiation and planning stages it would be premature to discuss the specifics, but we remain quite confident that something will happen, and in the near future.

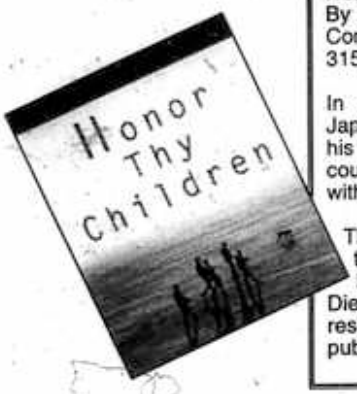
We're also in the process of having an Honor Thy Children Web site. I can't wait, as it would make it much easier for us to stay in touch.

To those who are active supporters of HTC, Inc., I want to again thank you for the nature of your support and hope we have been able to give a better understanding of what we are about.

To all of you, Jane and I wish you a happy holiday season and best wishes for the New Year. ■

To those of you who wish to join our list of supporters, you can do so by sending your tax-deductible donations to:

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**Honor Thy Children**
By Molly Fumia
Conari Press (1997)
315 pp., $21.95 hardback, $15.95 paperback

In 1993, author Molly Fumia received a telephone call from Guy Nakatani, a gay Japanese American man in his mid-20s battling AIDS. Guy wanted Fumia to document his life to educate the world about the ravages of AIDS. Fumia agreed, and during the course of a year — before Guy's death in 1994 — Fumia conducted numerous interviews with Guy, his parents Al and Jane Nakatani, and family friends.

This book chronicles the Nakatani family's saga, and follows how Jane and Al outlive their three sons — Glen, Greg and Guy. Both Glen and Guy would pass away after being infected with the AIDS virus, while Greg is fatally shot in a confrontation in San Diego. But despite the tragedy, Fumia captures Jane and Al's resurrection and their resolve to "honor thy children" by breaking through cultural and personal constraints to publicly share their pain in an effort to help other families facing similar issues.

## GOLDEN ACRES

(Continued from page 59)

a nutritionist and key player at San Francisco's Kimochi hot meal program, observed an increasing number of Nisei being served, as the criterion for participation is age 60 or older. At that time she wondered whether a separate program specifically for the Nisei was needed, for the original Kimochi emphasis was upon Issei needs. Judging by the appearance nowadays of the Nisei in their 70s on up, many can be mistaken as "an Issei."

Karen Ishizuka's project to stimulate the conference discussion sampled 43 Nisei in San Diego, whose ages ranged between 40 and 72. As for ethnic orientation, 72 percent read the *Pacific Citizen* regularly; 80 percent celebrated New Year's Japanese style and had attended Japanese school as a child from 2 to 12 years; 65 percent usually understand Nihongo and 30 percent sometimes.

K. Patrick Okura, then executive assistant to the director of NIMH, was surprisingly stimulated by the openness of the participants. "We have finally reached the point where we can discuss some of these problems and lay them on the table without accusing one of being abnormal." He saw this whole area of Nisei retirement as a concern that can be carried on the local JACL level and buzzed the national JACL leaders in not doing enough for the older Nisei with a program that has merit and meaning.

EDISON UNO, WHO attended the retirement conference, voiced a minority opinion. (His maverick *P.C.* columns were titled "A Minority of One.") "It was a good conference, but it made me feel a bit guilty since the people who have real retirement problems were not there. It was like us trying to decide if we're going to have white or red wine with our steak dinner, while others are wondering if they can afford beans." His note was dated 11/22/76. A month later, he succumbed to a massive heart attack. As Sachi Seko thoughtfully observed, "His last piece, in the 1976 Holiday Issue that he never saw, anticipated growth in the area of Sansei self-expression."

If a JACL chapter were not involved, certainly motivated JACL members took a big step forward as housing aimed at the Nikkei seniors broke ground from the late '70s. We regret in not listing all of them but we note some which are successfully ongoing:

In Seattle (157-unit Kawabe Memorial House and Keiro Nursing Home), in Chicago (a 200-room apartment), Denver (Tamai Towers), San Francisco (with another facility on the drawing boards in its Japantown), San Francisco Eastbay, San Fernando Valley, Los Angeles (the "Umbrella" of Keiro Nursing Homes; Little Tokyo Service Center developments that include low-income housing; Little Tokyo Towers — pride of Pacific Southwest JACL District Council with other co-sponsoring organizations), Gardena Valley, San Diego, Spokane, Salt Lake City and San Jose. *Our folder in the P.C. archives on "Retirement" has room for what we didn't mention above.* ■

### 25 Years Ago — 1976
### Bicentennial Year

**Feb. 19**—President Ford erases 1942 Executive Order 9066 in his document, "An American Promise."

**March 11**—NBC-TV airs two-hour version of Jean Wakatsuki Houston's "Farewell to Manzanar" nationwide.

**May 1**—JACL reparations-redress committee drafts definitive campaign; Ed Yamamoto of Moses Lake, Wash., committee chair.

**June 26**—JACL supports presidential pardon for Iva Toguri, who was convicted of treason in 1949 for broadcasting from Radio Tokyo during World War II intending to demoralize American troops in the Pacific theater. [Pardon was granted in January 1977, by one of the last acts of President Ford.]

**June 26**—Michi Nishiura Weglyn, author of "Years of Infamy," selected JACL's Nisei of the Biennium.

**July 6**—Los Angeles Superior Court Judge Robert Takasugi, 45, nominated by President Gerald Ford, sworn as judge to U.S. District Court.

**Nov. 2**—Prof. S.I. Hayakawa, 70, of San Francisco upsets incumbent Sen. Gene Tunney, D-Calif., with 3 percent margin; Rep. Spark Matsunaga, 59, defeats Rep. Patsy Mink, D-Hawaii, in October primaries and is elected to U.S. Senate; Rep. Norman Mineta, 45, D-San Jose, wins second term in Congress; two Nisei in California state assembly re-elected: Paul Bannai, R-Gardena, third term; Floyd Mori, D-Pleasanton, second term.

**Necrology:** Prewar journalist, MIS veteran **Koji Ariyoshi, 62,** Honolulu, Oct. 23; pioneer flower grower **Sadakusu Enomoto, 96,** San Francisco, Nov. 23; first *P.C.* Editor **Iwao Kawakami, 69,** San Francisco, June 20; National JACL director (1946-72) **Masao W. Satow, 68,** San Francisco, March 3; **Edison T. Uno, 47,** San Francisco, Dec. 20; Intermountain JACL pioneer **William Yamauchi, 66,** Pocatello, June 23.

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# A Paradigm for Aging



PHOTO: MARIO G. REYES/Rafu Shimpo

**Kats Kunitsugu with her calligraphy, shortly before her retirement as executive secretary of the Japanese American Cultural and Community Center in Los Angeles' Little Tokyo.**

By
KATS KUNITSUGU

Last May, I finally retired from my full-time job as executive secretary of the Japanese American Cultural and Community Center. Seven months later, I am having to assure my friends that yes, indeed, I am enjoying my full-time leisure. It really is nice to open my eyes at 6 a.m., look at the clock and go right back to sleep.

"But what do you do with the rest of the day? And the other six days in the week?" I am asked. The answer to that query is, "I'm happy not having to DO something, because I have to. My schedule is pretty much up to me, and if I feel like taking a nap, I'll do so."

I do go down to the JACCC every Wednesday, mainly for my Japanese calligraphy class. If there is any translation that I can do, I'll take it home. I thought I would still be attending the monthly executive board meetings and the every-other-month board meetings to take minutes, but Robert Hori has been handling that aspect very efficiently, and I frankly don't feel like going out that much in the evenings.

Once a week, on Fridays, I trot out to the Keiro Retirement Home to work as a volunteer there. Except for an occasional mailing or translation work, I seem mainly to go there to keep in touch with my friends Betty Yumori and Mary Hatate, who are indispensable cogs in the volunteer machinery there. They are both there practically every weekday. I only show up on Fridays about 10 a.m. to enjoy a leisurely coffee hour (coffee brewed from scratch and served with home-baked goods by the Kasa no Kai Japanese-speaking volunteers — 25 cents for residents and $1 for others) and as likely as not, a healthy, home-cooked lunch by Betty.

Betty, whom many JACLers from "the old days" will remember as the Hostess with the Mostest for her celebrated "ochazuke feasts" at the Culver City Yumori residence, has been serving as president of the Friends of the Keiro Retirement Home, one of the support groups there which has been in existence as long as the retirement home. Betty has been president of the Friends since 1994.

One of the reasons that the Keiro Retirement Home has such a fine reputation for its home-like atmosphere and devoted service is the corps of volunteers who help the staff. In addition to the Friends and Kasa no Kai, there is Visions, a younger group of volunteers who hold occasional bingo sessions for the residents, as well as Bridge, members of whom help out not only at Keiro but volunteer for other community organizations, such as the Little Tokyo Public Safety Association.

On the days that she is at Keiro, Betty leaves her home by 6:30 a.m.! (exclamation, mine) in order to beat the rush-hour traffic and arrive at the home in time to share breakfast with the residents. She makes it a point to sit at a different table each time and tries to get to know all the residents personally.

"Ever since my parents passed on, I find that making friends with the Keiro residents fills a real need for me," she says. "I enjoy talking to them and finding out about their lives, and most of them are so eager to have outside contacts."

As president of Friends, Betty is in charge of two annual events that the group sponsors each year for the residents — the picnic on the first Saturday in June and the Christmas party on the first Saturday in December. The picnic is also the occasion of the benefit drawing for the annual raffle, the main source of income that the Friends donate to Keiro Services, Inc., to support operations.

This year, Friends will have donated $100,000 to Keiro, and their total donations since 1975 go well over the $1.5 million mark.

Preparations for the raffle begin in March with the mail-out of the tickets on the first Saturday. The nearly 100 volunteers who gather for the event are so well organized that more than 20,000 mail pieces are assembled and ready to mail by 11 a.m. Betty makes sure that the volunteers are supplied with coffee and home-baked goods, including her famous bagels and lox. Volunteers are also treated to a yakisoba lunch.

The Christmas party is a truly joyous occasion to which the residents look forward with real anticipation. The Friends make up a goody bag of presents for the residents, passed out by Santa Fumio Yoshida. Community businesses, such as Mikawaya and Umeya donate dessert and Christmas-packaged crackers, wholesale produce market firms like Giumarra Brothers, Giumarra Distributors and Umina Brothers donate fruits, and Mutual Trading Co. donates tea.

Lunch for the volunteers is made by the other volunteers with culinary talent, headed again by Betty. In addition, these volunteers make sushi once a month to help vary the diet of residents.

Early in October, some residents and volunteers took a three-day bus trip to Las Vegas. I had never been to Vegas before, so I joined them. Betty and Mary had prepared snacks as well as games for the bus trip and were constantly looking out for the needs of others.

At the present time, Betty is concentrating on helping to raise enough funds to renovate the auditorium structure to increase space for the activities staff as well as have an auditorium which can accommodate a larger audience.

My sister Helen volunteers each Tuesday at the Japanese American National Museum. I plan to volunteer there, too, as soon as I begin to feel that I don't have enough to do with my leisure time. I dropped in at the JANM shop the other day to gather material on an article on shopping in Little Tokyo for Christmas presents that the Little Tokyo Business Association asked me to do for the *Downtown News* and was surprised to see Yae Aihara there helping as a docent for a group of school children. Yae is still selling Naris Cosmetics, and I know that she teaches yoga at the Keiro Retirement Home, and here she was helping out at the museum as well.

It seems to me that the happiest retired people are those who are involved in helping others. I know the World War II veterans who this year dedicated the memorial to JAs killed in action in WWII in the Veterans Memorial Court at the JACCC are a scrappy, lively bunch full of life and laughter.

We in the JA community are fortunate to have facilities like the JACCC, JANM, the Keiro Services and countless others, that not only help enrich our lives but at the same time provide opportunities for volunteering. ■

# Keys to Fitness: Boosting Immunity

Physical Therapy

BY SHEILA YONEMOTO
Physical Therapist

There is a shift taking place in the majority of my patients. Many have come to me with a particular condition that is hindering their function but most have expressed a desire to get healthier and prevent further deterioration of their health.

They are no longer satisfied with taking medications to make them feel better. They want to improve their health to the point that they no longer need medications and are healthy enough to fight off getting sick in the future.

This is quite a change from when I first started practicing as a physical therapist. Most of my patients then wanted a quick fix that didn't require much work on their part.

For the most part, people know that diet, exercise and mental states affect health. And they know that changing their lifestyles and habits can improve their health.

They know that taking control of their health habits now will help to keep them away from hospitals in the future. Most are including fresh fruits and vegetables into their diets as well as restricting red meat intake.

The exercise part is still a hard activity to incorporate into a daily habit for most people, but they know they should, and once they have experienced an injury, they are more likely to develop this exercise habit.

The stress levels are also hard to change and manage for most people. Once it is recognized, it soon follows that people take steps to reduce the stress in their lives.

One of the ways that you can boost your immune system is to find ways to make you smile and feel happy. Studies have shown that happier people are healthier. Norman Cousins cured himself from an incurable disease by laughing when watching funny movies.

Relaxation techniques help to calm the nervous system and stimulate your own body's healing capabilities to stir into action. Some simple ways to activate this are to do deep, diaphragmatic breathing or just take a pleasant walk around the neighborhood looking at the flowers and trees, and admiring them. When the body is relaxed, more oxygen can get to more parts of the body, thus increasing the nutrition to the body.

As a physical therapist, some of the techniques I use in the treatment also help to boost the immune system. There are osteopathic techniques and acupuncture/acupressure tech-



niques that can boost the immune system. One study done in Japan showed definite improvement in the immune factors of the blood when a particular acupuncture point of the stomach meridian (energy channel) was stimulated.

As a qi gong (Chinese energetic exercise) instructor, I teach my students specific exercise forms to boost the immune system. In the Chinese medical theory, there are energy manufacturing centers that can be influenced with movement to improve the body's ability to defend against disease.

There are also environmental factors that can influence health, such as electromagnetic fields, chemical exposure and weather. Exposure to strong electromagnetic fields such as microwaves, high tension power lines, computer monitors and TV screens have been linked to health problems. Chemical exposure even from household cleaning products can have detrimental effects.

Chronic dampness, excessive heat/cold and excessive wind have been shown to affect health. The Chinese system of feng shui, which means "wind — water" attempts to maximize the environmental energies for best living conditions. This system takes into account the electromagnetic forces of nature that make living possible. An example would be how one side of a mountain that receives more rainfall has more vegetation. Another example would be how more vegetation grows on the side of the bank of a slow moving river, rather than along a rapid, powerful moving river.

There are many suggestions for nutrition and supplementation that will boost the state of health of an individual. Processed foods and depletion of the minerals from the topsoil make foods less nutritious than 50 years ago, almost making it a necessity to supplement eating with vital vitamins and minerals to get adequate nutrition.

Taking care of oneself is getting to be a full-time occupation. So where do you start?

Something really simple is to just sit down, take a few deep breaths and relax your body. Sit quietly for a few minutes, turning off the radio and TV, and just notice the sounds, smells, sights and sensations around you. See if you can relax your body further and then think about a very happy thought. Smile and enjoy the way you feel. Then think about being healthy and active. Reorient yourself to the environment and see if things appear different to you. Try doing that for the next two weeks and see if it makes a difference in how you feel, look and act. If it makes you feel better, pass the word on to a friend! ■

*Sheila Yonemoto is a licensed physical therapist, qi gong instructor and president of Yonemoto Physical Therapy Services, Inc., in Alhambra, Calif. For more physical therapy information or to enroll in qi gong classes, contact the office at 626/576-0591; fax 626/576-5890; Web site:<www.yonemoto.com>; 55 S. Raymond Ave., Ste. 100, Alhambra, CA 91801.*

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*Season's Greetings!*



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# Season's Greetings



**Wishing you the best this holiday season**



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# A Senior Care Delivery System That Works

# KIMOCHI

### *The Challenge of Caring for the Elderly*

Kimochi, Inc., a nonprofit organization based in San Francisco's Japantown, provides services in the eight major elder need areas. Kimochi has been serving both healthy, independent seniors and the frail elderly since 1971. Today it provides care and support to more than 3,000 seniors and their families.

Kimochi's services cover the needs of seniors in the following ways.

•**Residential care:** Kimochi Home, 1532 Sutter Street, provides housing for 20 seniors in single or shared rooms. They receive supervised non-medical care and assistance with activities of daily living such as bathing, dressing and taking medications. Daily social and recreational activities are also provided.

•**Health-related support services:** Kimochi provides health-related services including lectures on health issues, assisting with access to psychiatric services, and facilitating family caregiver support groups. In addition, Kimochi's complete array of programs is designed to foster good health by addressing the major physical, psychological and nutritional problems that seniors face.

•**Nutrition:** Kimochi Senior Center, 1840 Sutter St., Ste 101, serves a nutritious well-balanced Japanese-style hot lunch seven days a week. Any senior 60 years of age or older is welcome. An average of 300 meals are served daily. For individuals who are physically unable to travel to the senior center, Kimochi delivers hot meals to their homes. Approximately 120 lunches a day are delivered to homebound seniors in Japantown, the Western Addition, Sunset and Richmond Districts of San Francisco.

•**Transportation:** Kimochi's transportation program provides safe, reliable, door-to-door van services which help seniors maintain a connection with their community and friends.

•**Personal Assistance:** Kimochi's in-home supportive services provide help to seniors and families in locating, hiring and retaining care providers to help with personal care and household chores.

•**Social Interaction and companionship:** Kimochi Lounge in Japan Center is the agency's original site. Seniors come to the lounge to catch up on community news, socialize, read Japanese newspapers and books, and participate in Japanese discussion groups.

•**Activities and entertainment:** Kimochi Senior Center offers morning exercise classes, a ceramics class, karaoke and group singing classes, odori, bingo, arts and crafts, bonsai, tai chi, day trips and overnight Reno trips.

•**Information:** Kimochi Lounge in Japan Center is an important location for seniors to get information (see above). Kimochi's social services program also offers language translation, naturalization assistance, counseling, assistance with insurance and government benefits, seminars and workshops on aging, as well as advocacy for the elderly. "Senior Central" is a resource center for information, referral and outreach services to let seniors know what resources are available to them.

The most important factor to Kimochi's success is embraced in our name. "Kimochi" in Japanese means "deep feeling — from the heart." For Kimochi, Inc., the word refers to feelings for the older generation.

Kimochi began when a few Sansei realized that because of language and cultural barriers, many elderly Issei were unable to take advantage of mainstream social services. In response, the Sansei volunteers began looking for ways to assist the older generation, and Kimochi, Inc., was born.

Steve Nakajo, executive director of Kimochi, says the organization grew out of a deeply felt sense of filial piety, or devotion and reverence to parents and family. "Filial piety is not a phrase that's heard very much today, but in our culture it was very real and strong."

### *Other Kimochi success factors include:*

•**Located within walking distance of many of the people it serves** — Kimochi's main office is located in the heart of Japantown on Buchanan Street, and all its service sites are nearby. The organization has grown to be able to serve seniors throughout the Western Addition and Marina areas and now is a resource for the San Francisco community at large. Its beneficiaries have many ethnic backgrounds.

•**Staff and volunteers have a depth of understanding of older people and the community culture** — From its inception, Kimochi has been dedicated to understanding the special needs and sensitivities of elderly Japanese Americans. Most staff members are bilingual and trained to understand the special sensitivities of older persons living in a bicultural community.

Executive director Nakajo says, "By 'bicultural,' we mean that we have tried to embody the best characteristics of both Japanese and American traditions in our services — for example, the individuality and drive of Americans and the importance of family and community among Japanese. It's sometimes difficult to strike a balance of the two, but we try every day.

•**Maintains a focus of purpose** — Without losing its focus on elderly JAs, Kimochi has achieved a level of success that enables it to broaden its scope to include persons of other ethnicities who are over 60 years old and who by proximity or mobility are able to take advantage of Kimochi's programs.

•**Recruits, trains and recognizes volunteers** — Kimochi was conceiv d and organized by volunteer , and throughout its existence it has enjoyed the support of many hundreds of volunteers from the community, including many able-bodied seniors who are still active in helping other seniors.

•**Earns business support by communicating its value to the community** — Many leading San Francisco corporations, appreciating the contributions that Kimochi makes to the multicultural life of the city, support the organization through their charitable contribution programs.

•**Employs a sound and regularly updated business plan** — Kimochi has operated according to a comprehensive business plan since 1989. The plan is updated annually by the staff and reviewed and approved by the board of directors.

Kimochi's success can be strongly associated with its close affinity with the JA heritage of the community it serves, and not every community has such a unifying culture. We welcome the opportunity to tell our story to interested parties. Visit us at www.kimochi-inc.org, or call us at 415/931-2294. ■



*Continuing the Japanese Tradition of Care and Support for Seniors*



# Man Takes Secret to His Grave

By CHERYL BAUN,
API Coalition on HIV/AIDS (APICHA)

Secrets are sometimes the source of distress, but rarely do they determine the difference between life and death. For Tom, a Chinese doctor who came to the United States on a work visa, keeping his HIV status a secret ultimately was this difference. He did not tell anyone for fear of living in isolation, and perhaps when he eventually did tell someone, it was for fear of dying in isolation.

When Tom first became ill, many tests were performed, and he was diagnosed with meningitis. He refused an HIV test. As his health deteriorated, his coworkers grew suspicious that he had HIV and increasingly distanced themselves from him.

This was the burden of Tom's daily life. Despite the fact that he was a physician himself, the thought of living with the stigma of having AIDS was so unbearable that he revealed his status to his friend, David, an American who was giving Tom English lessons, only weeks before his death. David took him in to care for him while he was sick, but Tom waited to tell him because he feared that he would be thrown out of the house, as he knew was a common occurrence in China for people with AIDS.

The first time that Dr. Adarsh Tiwathia, a case manager at the Asian and Pacific Islander Coalition on HIV/AIDS (APICHA) met Tom, he was barely able to see or hear. He read about APICHA in a Chinese newspaper and came to the APICHA office, seeking to be tested for HIV. Dr. Tiwathia scheduled an appointment for him to be tested the following day.

After learning that he was HIV-positive, Dr. Tiwathia went through an intake process with Tom and became his case manager. When Tom was in the hospital being treated for meningitis, Dr. Tiwathia visited him, Because his vision and hearing were so poor, she had to write on a piece of paper in bold letters, "ADARSH FROM APICHA," to identify herself to him. According to the social worker at the hospital, Tom's face lit up when he realized that Dr. Tiwathia was there to make sure that he was being cared for properly.

Tom had no family here. His only sister lives in China and is in the process of obtaining a visa to come to the United States. She does not know the cause of his death, and if his last wish is honored, she never will. Dr. Tiwathia attempted to write a will with Tom, but his poor vision and hearing and overall weak condition made it difficult for him to even comprehend the concept of a will. After Tom's death, David found a note that Tom had written indicating his last wishes. He had asked that nobody be told about the reason for his death. He left instructions that he is to be cremated and that his ashes are to be scattered over the Pacific Ocean. But because the paper was not notarized, no funeral home can legally handle the body, which will remain in a Manhattan morgue until his sister can claim his body. Yumiko Fukuda, director of programs at APICHA, commented, "If only he came to us earlier, we could have helped him fulfill his last wishes."

Tom, and others like him, would have passed away virtually unnoticed, if not for APICHA. One afternoon shortly after his death, a group of about 20 staff members, most of whom had never even met Tom, gathered in APICHA's conference room in the middle of the workday to observe his passing and to reflect on the importance of their work in the fight against AIDS. Two told his story to the rest of the group. Many shed tears. A moment of silence was observed. This has become a ritual among the staff members of APICHA, to whom the death of a client does not constitute merely another number, but a personal loss. For many Asians and Pacific islanders with AIDS, APICHA literally becomes an alternative family.

Tom's story illustrates the immobilizing effect that AIDS has on Asian and Pacific Islander (API) communities. HIV is so highly stigmatized in our communities that HIV-positive individuals often do not disclose their status because they are afraid of being ostracized by their own friends and family members. Moreover, cultural and language barriers also make it difficult for many API immigrants to receive health services. As a result, APIs with HIV do not seek help until very late — often too late. Statistics have shown that APIs with HIV have the highest rates of delayed access to care and of PCP pneumonia, which is a preventable AIDS-related pneumonia.

Much of APICHA's work focuses on "de-stigmatizing" AIDS, by facilitating dialogue among APIs about taboo topics, such as sex and homosexuality — topics that are essential to any HIV prevention discussion. APICHA challenges stereotypes held by many APIs that AIDS exists only within the gay community and among people with multiple sex partners. Because many in our communities still view AIDS as a "Western" disease, they feel that HIV prevention messages do not apply to them. As a result, even the most basic information regarding how HIV is transmitted is largely absent from many APIs' understanding of the disease.

The newest strategy that APICHA will use to break the silence about AIDS in API communities is to launch an intensive media campaign in Chinese, Japanese, Korean, Tagalog, Urdu and Bengali, which will advertise APICHA's new multilingual HIV Info-Line. The HIV Info-Line provides information and referrals by trained counselors in a confidential and culturally sensitive manner. As a result of providing even a mention of HIV and AIDS in API languages in highly public venues, APICHA believes that the media campaign will be successful in breaking the silence about AIDS in API communities.

Ultimately, they hope that the Info-Line will avoid preventable deaths, as in the case of Tom. As Therese Rodriguez, executive director of APICHA, laments, "It was really fear that killed him, way before the disease took its toll." ■

*The mission of the Asian and Pacific Islander Coalition on HIV/AIDS (APICHA) is to combat AIDS-related discrimination and to support, empower, and enhance the quality of life of APIs in the New York City area — particularly community members living with AIDS and HIV infection. They accomplish this mission through client services, education, training and technical assistance, community organizing, coalition building, policy analysis and research.*

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| NISHIZAKA, John/Harriet; Scott, Stacey, Steve, Susan | 10600 Forbes Ave. Granada Hills 91344 |
| OKUI, Toshio/Joyce | 5828 Canlli Ave, Tarzana 91356 |
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# Hi Nakamura, Robust Skin Diver

By NAOMI KASHIWABARA



Every year from May to November until the ocean water gets too cold, Hiomi "Hi" (pronounced "High") Nakamura skin dives for halibut off La Jolla Shores in San Diego.

Swimming past the breakers to a depth of about 15 feet, Hi spears the flat, bottom fish with his homemade aluminum shaft spear after determining that the fish are at least 22 inches long, the legal size.

Most of the time he gets only exercise; bringing back one fish on his stringer is a bonanza.

Hi swims all the way — no boat, no float. He goes alone usually; with a companion sometimes.

When not diving, Hi swims thrice weekly in a neighborhood pool. Once a week he and his wife Marie square-dance at a recreation center.

Four times Hi has participated in the La Jolla Rough Water One-Mile Swim Race held every September and he has won a cup for being the first La Jolla resident to finish the race. He has also swum on the San Diego Rowing Club swim team.

Hiomi stands 5'7" tall and weights 160 lbs. He is a Stanford University graduate and he has served as president of the San Diego chapter of the JACL. At college he competed in frosh swimming and water polo.

Enjoying the best of two great locations, Hi and his wife leave San Diego twice a year to stay at their house on the island of Maui.

By the way, Hiomi Nakamura, father of three children, will be 88 years old on January 24, 2001. He wears no glasses, no hearing aide, and he claims to be the oldest living male native of La Jolla, California. ■

*Naomi Kashiwabara has lived in San Diego since 1950. He, never alone, used to dive for abalone using an inner tube for a float.*


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# Be Well

Be Well

By LINDA JOFUKU
Executive Director, Yu-Ai Kai

Yu-Ai Kai/Japanese American Community Senior Service (Organization of Friendship and Love) is a 26-year-old multi-service senior center located in San Jose's Japantown.

Yu-Ai Kai serves over 2700 seniors per year who reside in the Silicon Valley. According to the U.S. Census Bureau, in Santa Clara County the Asian and Pacific Islander (API) senior population will more than double (+101.54 percent) from 1990 to 2000. The 1990 Census, Social and Economic Characteristics showed that:

- The Japanese population has the highest percentage of elderly (12.5 percent, second to the non-Hispanic White population that is comprised of 14.4 percent elderly).
- 25.2 percent of the Japanese population do not speak English very well and 14.8 percent are linguistically isolated.
- Approximately one-quarter of the API population in the United States lives in linguistically isolated households.

To respond to the emerging needs of seniors in the Silicon Valley, Yu-Ai Kai, Self-Help for the Elderly, Korean American Community Services and Portuguese Community Center formed the "Minority Senior Service Providers Consortium" in 1996 to share resources and expertise to provide services to ethnically and linguistically diverse seniors.

Recently, Yu-Ai Kai and the Minority Senior Service Consortium has secured funding from Santa Clara County for a tobacco cessation project. Yu-Ai Kai and the Consortium have also successfully worked with the San Jose City Council and Mayor Ron Gonzales to set aside 25 percent of the tobacco settlement funding ($8.5 million for January 2000-June 2001) for senior services.

This is the first time that the City of San Jose has actually set aside funding for senior services and paid attention to the requirements in the City's Master Plan on Aging.

Yu-Ai Kai and the consortium have applied for ongoing, 25-year funding from the City of San Jose's Healthy Neighborhoods Venture Fund (tobacco settlement funds) for a new wellness program for minority seniors.

Yu-Ai Kai's wellness nurse and a physical therapist will be shared with six senior centers throughout San Jose, providing free blood pressure testing, cholesterol (lipid) testing, diabetes testing, hearing tests, vision tests and various health education and caregiver workshops.

The Yu-Ai Kai Minority Senior Service Consortium's Wellness Project represents a true sharing of resources and an effective, efficient, and innovative way of serving the ever-growing culturally and linguistically specific senior populations.

As we all age we all need access to wellness programs for healthy and complete lives. Our circle of friends needs to expand so that no one falls through the cracks. We need to do what our Issei and Nisei grandparents learned to do long ago ... share resources and help one other out ... and be well together. ■


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Rock of Ages

# USE IT OR LOSE IT!

By Grayce Uyehara





Hiroshi and Grayce Uyehara

After experiencing 80 years of living life to the hilt and finding the years catching up and telling me to slow down, I turn to my favorite mantra, "Use it or you'll lose it." I confess that without my daily schedule of walking two miles each morning before making breakfast and settling down to the *Philadelphia Inquirer* and the *New York Times*, I couldn't look forward to the activities and schedule of each day.

I fall right in the midst of the Japanese American second generation between the ages of 70 and 90, give or take a few years. This senior group are devotees of fitness and balanced meals.



I was a senior at the College of the Pacific in Stockton when E.O. 9066 took effect, which placed me in the group representing the largest number of Japanese Americans, ages 15 to 25, who were affected by the order. The Issei had arrived in the United States in the early 1900s on until the Immigration Quota Law of 1924 excluded immigration from Japan.

During the redress hearings before the House in 1987, I had to remind Lillian Baker of Gardena, who was testifying against redress for JAs, that we were not having more children than all other groups while we were in camp. It just so happened that the majority of our population were the Nisei who were 20 or over, the childbearing years.

This limited history of Japanese immigration explains why, instead of a pyramid shape growth for our community, we have the truncated pyramid as compared to the European immigrants and their growth pattern.

Another reason why I mention our special population pattern is because JACL membership is going down, showing a big loss because the Nisei membership with an average age of about 80 is not being replaced by the Sansei and Yonsei members.

To bring the membership problem to the attention of the younger leadership we now have in JACL, this piece is being written with a two-pronged approach. One is an attempt to tell the new leadership that increasing JACL membership is no longer the responsibility of my generation. The other is the great theme of "Health and Wellness" for this Holiday Issue which is a daily concern for the senior Nisei.

The Nisei today are living to various ripe ages, with the potential of reaching 100 years, and living a good quality of life. Look around you and you will see this nation's senior citizens sending the message that there is nothing wrong with turning gray with a few wrinkles.

In fact, life is more appealing because we have enough energy and health than ever before to still do the things we want to do. We have more time and resources to increase our volunteerism in our communities and to work harder in our social activism because we have experienced and learned that we can make a difference in our nation.

Seniors are no longer just sitting in rocking chairs knitting or reading. We do so much more and know much more about fitness and good health. We take responsibility for maintaining good health. We have learned that lack of physical activity aided by poor eating habits can lead to bad things happening to us, such as putting on extra weight or losing our wind early in the day.

Since my husband Hiroshi and I have been living at Medford Leas in Medford, N.J., we as residents here are focused on "Health and Wellness." We moved here after my work as executive director of the JACL-Legislative Education Committee (LEC) was completed with the signing of the redress bill into law on Aug. 8, 1988.

Prior to our move to Medford, we lived in the rolling hill country of Westtown in Pennsylvania for 30 years. Our urban-rural area was excellent for my stress-filled job as a school social worker where I was responsible for the stu-

# MPB: Male Pattern Baldness

By MIKE SHINODA

Some time back, my daughter asked me if I would write an article about male pattern baldness. Since this is a touchy subject with any man that at one time had a full head of hair, she had to convince me to do it. I asked if I could write the article anonymously. Her answer was no. Since my only qualification is I am going bald, I reluctantly accepted the assignment.

I have two older brothers and they are both in the advanced stages of MPB (male pattern baldness). My one brother has tried Rogaine with limited success. I have tried to almost always wear a hat, which has helped. In reality, our maternal grandfather was completely bald by age 44. My brothers' and my own chances of needing a hairstylist in a few years is slim.

For those of you that are wondering, it is your mom's father that dictates your hair longevity, not your father or his father. Your father could have a full head of hair into his senior years or be as bald as a cue ball. It does not matter. My maternal grandfather was 44 years old when my mother was born. She never remembers him with hair. When my oldest brother asked about grandpop's hair, I told him mom's comment.

All men have some level of vanity. For us to lose our hair is another sign of aging. Most Japanese American men have the advantage of not looking our age. I take pride in looking younger than I am.

Going bald is a fact of life. Many years ago, my father had a triple bypass heart operation. Lots of his friends asked him about the ordeal. He said that the triple bypass was no fun, but 100 times better than the alternative. I guess I have the same feeling about MPB. All of us should take that attitude.

### Facts About Male Pattern Baldness

There are an average of 100,000 to 150,000 hairs on the human scalp. The hairs come from hair roots or follicles, according to the American Medical Association Health Insight Web site. Hair loss is a normal part of the hair growth cycle, and a person normally loses 50 to 150 scalp hairs per day. Baldness (or alopecia) results when hair loss occurs at an abnormally high rate, and hair replacement is at an abnormally slow rate.





Around 95 percent of cases of hair loss are caused by androgenetic alopecia (AKA male pattern baldness). It occurs more frequently in men than in women, affecting about 40 million men in the United States. Approximately 25 percent of men begin balding by age 30. Two thirds of men begin balding by age 60. There is currently no way to prevent male pattern baldness from occurring.

It is important to note that male pattern baldness is not a medical disorder. It is also a myth that balding is caused by wearing hats. Massaging or brushing will not help regrow hair, and excessive cleaning of the scalp will not "unclog" follicles and stimulate growth.

Male pattern baldness is indeed a hereditary trait. There are many genetic factors that influence MPB. A tendency toward baldness in the men on either the mother's or father's side of a man's family indicates a genetic predisposition to baldness, the speed pattern, time of onset and degree of baldness. Usually, the earlier the onset of balding, the more extensive hair loss will be.

Although many men let male pattern baldness take its course, there are treatment options for those who choose otherwise. Prescription medications approved by the Food and Drug Administration are Minoxidil (Rogaine) and Finasteride (Propecia). Other men choose hair transplants, which are plugged into the empty hair follicles. Cosmetic treatments include synthetic hair, also known as a hairpiece, toupee or rug, or using hair-care products claiming to thicken and strengthen hair. ■

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dents who needed very specialized educational programs to meet their exceptional needs.

The same thinking was transferred to my new position when I went to Washington from 1985-1988, working for JACL's underfunded Redress program. I had to keep my spirits up and so I also woke up early in Washington and ran each morning from my hotel to Georgetown and back.

I no longer run today but I have an affinity with early morning hours. My pace today at 81 years is a brisk walk. My short legs do a mile in 17 minutes. I walk for 35 minutes each morning and by 7 a.m. many of the arriving staff at the Health Center wave to me on my return trip. More recently, with more signs of aging soreness and creakiness, I have the whole staff pulling for me.

I walk two miles at 6:30 a.m. and then come home to make breakfast for us. Hiro then goes to the fitness center three days a week for his 10 minutes of weights, 10 minutes of rowing and 10 minutes of treadmill. He sometimes joins me on my morning walk but usually goes to his vegetable garden to weed and pick his vegetables and in the late summer brings home one pint of raspberries a friend planted along our fence. We have frozen some for the winter.

I also have a role model, a gentleman friend I met 11 years back on my morning walks. He told me he did five miles each day. We have been attending his annual birthday party now and this year he turned 100. He has a mischievous smile and can still dance. (Last year was a sad period for me when Ed gave up his walking route where we would stop for a pause to say a few words about what was happening in our country).

Hiro and I maintain all the garden area around our condo, cutting back bushes and trees which are now getting too large for the space while planting new varieties of flowers. During the summer months we sit and relax to knock out any stress that could sap our energy. We actually admire our handiwork as we wait for the bright stars to shine down on us.

The third Monday of the month we join our friends in the social dancing group to twirl around for an hour, even attempting a Viennese waltz or rumba. We reward ourselves with yummy refreshments at the end.

In the winter when the walks get too icy, I spend some mornings at the fitness center using the treadmill and pushing and lifting weights to strengthen my arm and leg muscles. Hiro goes three days a week for his routine with weights, rower and treadmill. His hard work has aided his recovery from a couple of minor strokes after his open-heart surgery. I'm sure that without the workout program he religiously follows, he would be leading a much more limited life today. At 84 he continues with many of the heavy physical tasks of his younger days, along with his vegetable gardening.

I do hope I have fulfilled the goal of selling the benefits of exercising, which can be as simple as walking every day. There is no expense involved except to wear good walking shoes. It's not like playing tennis or skiing where you have to refine your technique and have good equipment.

Walking uses the total body. For maximum gain, the correct posture, arm swing and stride add up to higher intensity exercise and lower risk of injury. Walking is addictive but an okay one and most helpful to lifelong fitness. I guarantee you will enjoy many other benefits.

All of us should remember and adopt the *gambare* spirit of our Issei parents. Many of the fitness and wellness efforts can be done around your neighborhood and at home. The payoff will be so great the workouts should become second nature.

Good walking to you! ■

"Here we come and here we go;
Others come to take our place;
Our generation lived through the
Great Depression and World War II,
Our generation is seen as explorers,
Psychic energy of old age —
More time to act and to reflect."

Author Unknown

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# Recipes for Diabetics from Naomi Tanikawa's Kitchen



Naomi Tanikawa, 69, a registered nurse and certified diabetes educator, recently retired as the coordinator of the Diabetes Care Center of the Daniel Freeman Hospital in Southern California but retirement hasn't slowed her mission of educating the public about diabetes.

"The sheer numbers of Asians with diabetes is huge and rising," said Tanikawa.

For the past few years, Tanikawa has been hoping to pull together a cookbook for Asian American diabetics but work and her many diabetes-education activities have kept her busy. And even in retirement, Tanikawa teaches diabetes classes at two senior citizen centers in the Antelope Valley (Lancaster and Palmdale senior centers).

She has, however, shared with the *Pacific Citizen* a few of her personal recipes that she and another nurse concocted, as well as other recipes she clipped for her files.

Tanikawa is a Sansei, originally from Sacramento, Calif. During World War II, she and her parents — John and Kikue Hatanaka Tanikawa — were sent to the Walerga Assembly Center and then shipped to the Tule Lake and Amache relocation camps. Her father, who was a member of the Sacramento JACL before the war, served in the Military Intelligence Service. She currently resides in Lancaster, Calif. ■

—**Martha Nakagawa**

## Chicken Teriyaki

Cut 3 pounds chicken into serving pieces, pat dry and hold in refrigerator while preparing sauce.

Teriyaki Sauce (for a 3-pound chicken)
1/3 cup low salt soy sauce
6 teaspoons Sweet-N-Low
1/4 cup saké wine or dry cooking sherry
2 cloves garlic, minced
1 tablespoon grated fresh ginger
1 teaspoon MSG (optional)

Combine all ingredients and heat only to dissolve Sweet-N-Low. When cooled, pour into a large bowl into which you have placed chicken pieces and marinate overnight. Turn or rotate the pieces occasionally so the chicken pieces are marinated thoroughly.

Line roasting pan with foil. Place chicken, skin side up, and brush on the marinade. Bake in 350-degree oven for 30 minutes. Turn the pieces, brush on the marinade and continue baking. Every 10-15 minutes, baste and turn. Bake until dark, golden brown. Chicken wings may require about 45 minutes baking time. Larger pieces may take around an hour.

## Low-Calorie Pumpkin Pie

1 16-oz. can solid pack pumpkin
1 13-oz. can evaporated skim or non-fat milk
1 egg or 1/4 cup egg substitute
2 egg whites
1/2 cup biscuit mix (Bisquick type)
2 tablespoons sugar
8 packets sugar substitute (not aspartame)
2 teaspoons pumpkin pie spice
2 teaspoons vanilla

Heat oven to 350 degrees farenheit. Lightly spray 9-inch pie pan with non-stick spray. Place all ingredients in blender, food processor or mixing bowl. Blend one minute or beat two minutes with mixer. Pour into pie pan and bake for 50 minutes or until center is puffed up. To serve, cut pie into eight pieces.

Makes 8 servings
1/8 pie =
1 starch exchange
1/2 medium-fat meat exchange
114 calories
2 grams total fat
18 grams total carbohydrate
6 grams protein

## Spicy Shrimp With Udon Noodles

*(From "Cooking Light," Jan./Feb. 1997 edition)*

2 lbs. large shrimp, peeled and deveined
1 teaspoon grated lime rind
3 tablespoons fresh lime juice
3 tablespoons low-sodium lite soy sauce
3 tablespoons red curry paste
1 teaspoon Sweet-N-Low
1 tablespoon chili oil or vegetable oil
1-1/2 cup (2 x 1/4 inch) julienne-cut red bell pepper
1/2 cup thinly sliced green onions
1/3 cup minced fresh cilantro
1 cup fresh bean sprouts (about 2 ounces)
6 cups cooked udon noodles (thick, round, fresh Japanese wheat noodles or cooked spaghetti — about 8 ounces uncooked)
cooking spray
6 tablespoons chopped peanuts

Take shrimp, and starting at the tail end, butterfly each shrimp, cutting to but not completely through the shrimp. Set shrimp aside.

Combine lime rind and next five ingredients (lime rind through chili oil). Stire well. Combine 1/3 cup marinade with shrimp in a large Zip-lock plastic bag. Seal bag and marinate shrimp in refrigerator for 30 minutes.

Combine remaining 1/3 cup marinade, bell pepper and next four ingredients (bell pepper through noodles) in a large bowl, tossing to coat.

Place a large nonstick skillet coated with cooking spray over medium to high heat until hot. Add shrimp and saute five minutes or until done. Combine shrimp with pasta mixture and toss gently. Sprinkle each serving with nuts. Serve warm or chilled.

Makes 6 servings (serving size: 1-1/3 cups)
calories 350 (23 percent from fat)
fat 9.6 gram (saturated 1.5 grams, mono. 3.3 grams, poly. 3. 6 grams)
protein 31.3 grams
carbohydrates 39.3 grams
fiber 2.6 grams
cholesterol 172 grams
iron 5.3 grams
sodium 470 grams
calcium 93 miligrams



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2. Civil & Human Rights for all
3. Full Redress for Japanese Latin Americans
4. PC to go back to weekly
5. Unite the JA community
6. Rec Center in Little Tokyo Los Angeles
7. Recruit younger JAs
8. Rafu Shimpo to write about the JA community
9. PS2 & GT2000
10. Wish "Mr. Mike Honda goes to Washington" a fantastic session

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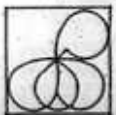
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| 1. | Hokkaido Snow Festival (Enhanced Route) | 02/04-02/13 | Bill Sakurai | $3,025 |
| 2. | Best of France | 04/04-04/15 | | |
| 3. | Japan Cherry Blossom Tour | 04/09-04/18 | Toy Kanegai | $2,795 |
| 4. | China Special & Hong Kong | 04/18-05/01 | | $2,595 |
| 5. | Tulip Time Holland w/Belgium & Germany | 5/02-05/13 | | $2,598 |
| 6. | Japan Spring Ura-Nihon Tour | 05/14-05/24 | Ray Ishii | $3,295 |
| 7. | Revisit Washington D.C./Atlantic Cty/Baltimore | 05/21-05/27 | Roy Takeda | $1,599 |
| 8. | China Yangtze River Cruise | 06/03-06/17 | | $2,795 |
| 9. | Canadian Rockies | 06/23-07/02 | | $1,650 |
| 10. | Japan Summer Tour | 06/25-07/06 | Ray Ishii | $2,675 |
| 11. | Islands of Pacific Northwest | 08/14-08/21 | | $1,845 |
| 12. | Canadian Discovery by Rail | 09/05-09/14 | | $3,550 |
| 13. | Japan HokkaidoTohoku Tour | 09/17-09/27 | Tosh Mizuno | $3,095 |
| 14. | Australia & New Zealand | 09/19-10/05 | Bill Sakurai | $3,349 |
| 15. | Splendors of Turkey | 09/24-10/08 | Toy Kanegai | $2,395 |
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| 17. | China Special & Hong Kong | 09/29-10/12 | | $2,695 |
| 18. | New England Back Roads & Fall Foliage | 10/04-10/11 | | $1,495 |
| 19. | Takayama Festival & Gero Onsen | 10/08-10/17 | Miki Ebata | $3,210 |
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| 21. | Smoky Mountain, Georgia/N. Carolina/Tenn. | 10/14-10/21 | | $1,595 |
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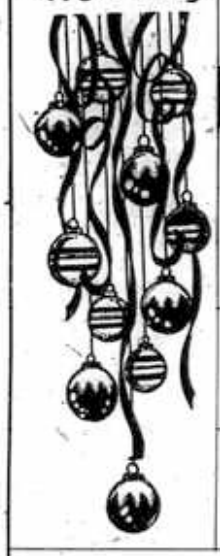
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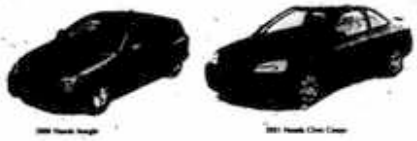
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# A Retiree's Reminiscences



By BUDD FUKEI

I read and hear about scores of people volunteering their service at Keiro Nursing Home and scores more getting involved in community, church and club activities. By staying active, these people are improving the quality of their lifestyle. Cheers.

Unlike other productive, lively retirees, I haven't done anything worth bragging about.

Like many a retiree, I love to reminisce.

A veteran of more than 40 years in the newspaper business, I'd like to tell you how I got started. I was then a greenhorn English-section editor (fresh out of high school journalism) at *Great Northern Daily News* (*Taihoku*). I turned in a five-year stint.

In early January 1941, the paper's treasurer denied me my traveling expenses; I was on an assignment covering a convention. So, I quit. Then, *Taihoku* sent a two-man delegation with a settlement offer to my house, hoping my dad would talk me into returning to *Taihoku*.

My dad was a little guy but he didn't scare easily. He told the delegation: "If Budd says he doesn't want to work for you — that's it. I can't speak for my son." The delegation left. Then, surprise. The next day the paper carried an editorial praising me — and wishing me well.

I began studies at University of Washington. Shortly after, Sumiyoshi Arima, publisher of the *North American Times* (*Hokubei*), offered me a job. What's my monthly pay? Mr. Arima started with $40. "It wouldn't cover expenses." Fifty dollars. Silence. Then he upped the offer to $60. That was $20 more than what I was getting at *Taihoku*. "Oh, boy!" I accepted — and never regretted working for Mr. Arima.

In those days, $60 for a month's work was a fortune to a struggling news worker.

A scholarly-looking man, Mr. Arima never bothered me. I was always looking busy — shuffling paper, telephoning people.

I spent part of the war years east of the Rockies on the copy desk of several newspapers, including the *St. Paul Pioneer Press*.

I came back to Seattle to rejoin my family in 1947. And before long, I met a friend of mine on Jackson Street. He encouraged me to think about starting a newspaper for the returning Japanese Americans. The *North American Post* (*Hokubei Hochi*) published in the Japanese language but had no English section then.

After looking over the possibilities, I decided to take the plunge. Joe Hirabayashi came up with the name "Northwest Times" for me. The *Northwest Times* opened in January 1947. The paper never overcame its rocky start.

But despite its financial woes, the *Northwest Times* never missed a beat. The paper tried its best to present a fair picture of what was going on among the JAs. News about the Nisei Veterans Committee and the JACL rated top play. As the community expanded, news space grew for such groups as churches, sports teams and social clubs.

Meanwhile, the lobbying efforts of Mike Masaoka in Washington, D.C., for our welfare made headlines in the *Northwest Times*. Mike, national representative of JACL, was recognized by *Reader's Digest* as Washington's most successful lobbyist.

In retrospect, I think Mike was the right man, at the right time and at the right place. An outstanding speaker, Mike was known for being at his best when the chips were down.

The *Northwest Times* closed March 1955, at which time we expressed our hope that the paper was of some assistance to the JAs during their insecure period of postwar years when they returned to the West Coast to readjust themselves to a normal way of life in a greater American society.

Publishing the *Northwest Times* was a costly adventure. To save costs during the closing years, I even learned how to operate a linotype to set type. But I feel the sacrifice was worth it. The incredible postwar success of JAs in many fields speaks for itself.

After I folded the *Northwest Times*, I went to work for the *Post Intelligencer* as a copy editor.

After a year or so in various editor jobs, I was assigned as one of two editors to join the night city editor for the final 6 a.m. edition. (The *Post Intelligencer* no longer publishes the 6 a.m. edition nor the bulldog, first sunrise, second sunrise or Sunday lark editions.)

During my 27-plus years at the *Post Intelligencer*, I worked under six managing editors. I helped out in five different departments (news, lifestyle, op-ed, sports, Sunday). Awards? Won my share. No big deal.

My self-imposed quiet life was interrupted when three Nisei veterans talked me into taking over as editor of the Nisei Veterans Committee Newsletter.

Although I wasn't exactly thrilled at first, I am glad Shiro "Kash" Kashino, Dick Naito and Joe Nakatsu asked me. All volunteers, they were with the famed 442nd Regimental Combat Team. Later on, I appreciated their seeking me out.

During my watch, the NVC Newsletter's top story was the news that "Kash" was exonerated in a court-martial conviction case of 52 years ago. The news was exclusively ours, thanks to Louise Kashino. Follow-up stories ran in both the *Seattle Post-Intelligencer* and the *Seattle Times*.

Another attention-grabber in our newsletter was the intensive fundraising campaign launched in the Pacific Northwest for the National Japanese American Memorial to Patriotism dedicated last November in Washington, D.C. Bob Sato, 100th Infantry Battalion veteran, was the leader of this extremely successful push.

I served on the NVC newsletter for approximately seven years with a year or so "off" on a voluntary leave of absence. Briefly during my absence from the NVC Newsletter, I contributed articles to the *North American Post's* English section to stay out of mischief.

That's about it. As I said earlier, I haven't done anything worth bragging about.

My reminiscing is over. I hope I didn't put you to sleep. ■



# Hanging in There



By DR. ROY M. NISHIKAWA

I will write about mortality. Why? Because I have attended too many funerals and memorials of family and friends in my 84 years on earth.

I believe most people over 70 realize that autumn is here and winter is inevitable. I have seen good friends curled up in fetal positions on their death beds.

The discussion is personal and subjective.

In JACL some who have gone before me are Mike Masaoka, his brothers Joe and Ike, Chiz and Mas Satow, George Inagaki and Saburo Kido.

These were my heroes and mentors. I was privileged to spend many years with them.

The subject of mortality may have some resonance among my contemporaries.

For the young who believe they will live forever (as I once did) the resonance, if any, will be more subdued.

The coming of death should not be filled with dread or fear. Instead there should be quiet acceptance, even some curiosity, awe, and a degree of serenity.

You are embarking on a new and uncertain adventure.

You are hoping to be reunited with old friends and family.

Who can say with certainty that this is not possible?

• • •

With aging all of the senses of the body are diminished.

Even the mind is not as sharp.

For example among my fellow bridge players, mostly above the age of 70, some including myself, cannot remember what trump is!

For non-bridge players there are other examples of short-term memory loss. I take so many medicines that I have to write down quantities and times taken on a daily basis in order to keep track.

Sometimes I will go into another room for something. I get there and realize that I have forgotten why I am in this room.

There are too many things to remember in this high tech information age, in almost every field: medicine, biology, physics, chemistry and cyberspace, etc. The rapid changes seem to be exponential.

My theory on why the above examples happen is that the brain "goes automatic" as a defense mechanism against information overload and shuts out those matters which it considers of secondary importance.

Again, this is a personal and subjective view. Call it the crazy ramblings of an old geezer. I will not get defensive or angry.

• • •

How does one cope with aging? By age 70, most Nisei have come to believe in the importance of family. This is where our roots are.

My wife Alice and I feel blessed because of our son Kenneth, grandchildren Mike and Noelle and great-grandchildren Melani and Byron. They are our legacy.

But family and occupation are not enough. Most Nisei feel the need to engage in activity which is greater than our own limited circle of family and friends.

For me this activity has been the JACL since 1936.

For others it could be a church or senior citizens group or a community group. For others it could be golf, tennis or even Las Vegas. To each his own.

In conclusion, there are a few people who are familiar with my health problems (hundreds of medical and lab tests, MRIs, cat scans, physical therapy and five operations). They ask, "How do you keep going?"

I always say, "Just hang in there." ■

# HEALTH AND WELLNESS FOR JACLERS

By FRED K. OSHIMA



In "America's Salad Bowl," here along this picture-postcard Central California coast that rims the blue Pacific, "Health and Wellness" to JACLers, of course, means a steady healthy diet with plenty of fresh vegetables produced by some of the nation's premier, large-scale grower-shippers — like the Tanimura Brothers of Tanimura & Antle, and George Higashi's Easton Enterprises, Inc.

Complementing this daily dinner table program of staying in shape in Salinas Valley, for many also means plenty of outdoor exercises like earnest rounds of golf — hitting the elusive little white ball to eternity. The ever-popular golf culture also serves as a healthy dual pastime — a love of the game, and especially when "walking" the pristine fairway course — rain or shine! A typical round of playing 18 holes is like walking (not riding a cart) some four miles and more — if searching for wayward, lost ball in lush, ankle-deep grass or in the wooded forest.



(L-r): John Ishizuka, Fred Oshima, Robert Oka, and Ted Ikemoto.

An object demonstration of how this prophylactic game is "properly" played — pictured here in a classic, million-dollar Tiger Woods swinging stance at Corral de Tierra Country Club in Salinas, is none other than one of *Pacific Citizen's* top Holiday Issue advertising generators, lean-mean Ted "Sandbagger" Ikemoto. Watching with more than just passing interest is the fearsome foursome of (from left to right, Monterey dentist John Ishizuka, Fred Oshima, and Salinas Valley JACL chapter delegate Robert Oka. ■

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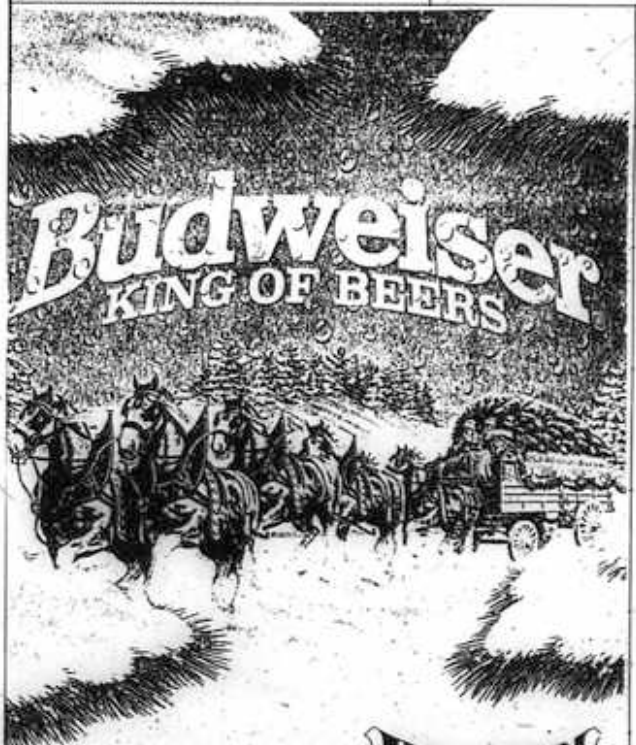
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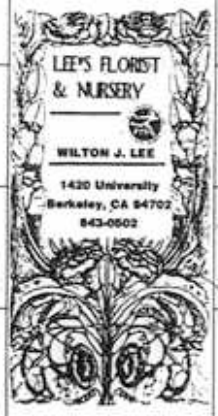
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# alternative medicine



(Continued from page 11)

treating minor cold and flu symptoms. Constipation, stomach ulcers and hypoglycemia can also be relieved with licorice, and when taken in combination with red clover, it helps the body build resistance to allergens. Steep one teaspoon of each for five minutes in a cup of boiling water and drink three of four times daily. Or take a caplet of each three to four times daily.

**PEPPERMINT**: The candy's been known to temporarily freshen breath, but peppermint, drunk as tea for example, also helps to calm an upset stomach. When taken with ginger, it is effective in staving off heartburn, indigestion and other digestive disorders.

**PINEAPPLE**: Many are unaware of its hidden healing powers but this tropical fruit contains an enzyme called bromelain which breaks down essential proteins to relieve gastrointestinal problems, diarrhea and lack of appetite. Pineapple also contains vitamin C, folic acid and potassium, making it a natural remedy for cramps and muscle aches like arthritis and tendinitis. Its diuretic properties help lower fevers and flush toxins, while its alpha hydroxy acids are useful for exfoliating facial skin. But beware of the natural acids which can corrode your teeth. To reduce fever, relieve digestive disorders or alleviate joint pain, drink three ounces of pineapple juice three times a day or eat a fresh slice of it with every meal.

**RADISH**: Like its sister root, radish contains mustard oils which have antibacterial properties effective in promoting digestion and absorption and clearing respiratory infections and mucous build-up. It can also help relieve sore throats, coughs, tonsillitis and bronchitis. Radish contains a compound called raphanin which helps the thyroid gland release necessary hormones. For coughs and respiratory problems, mix two tablespoons of honey with half a cup of radish juice. Take two teaspoons of the syrup three times a day and store in a cool, dark place. For liver and gallbladder problems, squeeze the juice from two pounds of dark winter radish into a bottle and add honey to taste. Drink a cup of the juice once a day for three days.

**SOY**: Medical studies have shown that Asian women have a six times lower risk of breast cancer than their Caucasian and Asian American counterparts, in part due to their higher consumption of soy products. Researchers are currently trying to determine whether the isoflavones found in soybeans (specifically genistein) inhibit the growth of breast cancer cells. Studies of soy's effect on prostate cancer, colon cancer, diabetes, heart disease and osteoporosis are also being conducted. Soy can be found in a wide variety of food products from milk to tofu.

**TEA TREE OIL**: A member of the Myrtaceae plant family, tea tree oil is the organic alternative to the chemical benzoyl peroxide, which is often used to treat acne and oily skin. Its antiseptic, antiviral, antifungal properties make it a great immune system booster effective in treating colds, flus, cold sores, sinusitis and athlete's foot. As a disinfectant, it purifies air in the home or hospital and, when used as a spray or compress, eliminates body odor. Unsightly warts can be removed painlessly by directly applying tea tree oil, as can chicken pox blisters, cuts and bruises and mouth ulcers.

**Disclaimer:** When taking herbal drugs, beware of negative reactions that may result from taking them in combination with one another or with prescribed medications. Always consult with both your regular doctor and a licensed holistic physician to best determine the benefits and risks of any alternative treatment.

## Eastern arts of healing

While traditional medicine in the United States is biologically-based — doctors diagnose the biological cause of an illness and determine the proper treatment — alternative healing practices originating in Asia focus largely on the balance of the body, mind and spirit to heal physical ills. Meditation, relaxation and massage are common treatment techniques, while plants and herbal concoctions often replace conventional prescription drugs, which can contain harmful chemicals. Here are a few Asian healing methods that have been adopted by Westerners in recent years:

**ACUPUNCTURE**: This practice of inserting fine needles into the skin's surface originated in China over 5,000 years ago and functions according to the theory that the body has channels of energy known as *Qi*, consisting of complementary parts, the Yin and the Yang. *Qi* is believed to be the balance of physical, emotional and spiritual health. A total of 14 meridians travel throughout the body and when one of these channels becomes unbalanced or obstructed, illness manifests. The needles are placed in a given meridian to restore the balance of energy needed to maintain the functions of a healthy body. Although scientists are not exactly sure how it works, it is believed that the needle sends a signal through the nervous system to the brain. Acupuncture is used to treat disorders relating to arthritis, asthma, blood pressure, circulation, muscles, strokes and ulcers, among many others.

**AYURVEDA:** A Sanskrit word derived from two roots: *ayur*, meaning "life," and *veda*, meaning "knowledge," Ayurveda is an ancient Indian medical science dating back to 1500 B.C. Based on Prana, which is the balance of the five elements — earth, water, fire, air and spirit — it is a complex method of treating an ailment by treating the whole system of mind, body and consciousness. While the body's structure is composed of the five elements, people are divided into three types of biological humors: vata, pitta and kapha. Food, for example, can have a different effect on each humor, which can cause an imbalance of the elements and result in illness. Determining a person's constitution, or their humor, can help restore harmony to the body, but it is also dependent on maintaining a spiritual connection with God.

**QI GONG**: The ancient Chinese practice of qi gong dates back at least 3,000 years. It is believed that the concept of *Qi* was first mentioned in the *Yi Jing* "Book of Changes" in 1122 B.C. Modern qi gong is the result of an evolution that, over time, incorporated practices imported from India and Japan. The general purpose of this healing science is to achieve harmony in the body, mind and spirit. Certain body movements and postures (such as walking, standing and sitting), ways of breathing and methods of mental concentration help us to develop and channel our *Yi*, or "consciousness," thereby strengthening our *Qi*, or "energy." There are a variety of different methodologies today, such as Shaolin. In fact, qi gong is closely related to the Buddhist and Taoist religions and its philosophy forms the basis for contemporary martial arts.

**REIKI:** This healing art is thought to have its roots in Tibet but was revived in Japan by Dr. Mikao Usui in the 1870s after he had consulted some Buddhist monks and discovered a method of spiritual healing using the symbols from an ancient text. The word reiki comes from *rei*, which means "universal, transcendental spirit," and *ki*, which means "power" or "energy." It is based on five ethical principles: not to worry, not to be angry, to live in gratitude, to work honestly and to respect every living thing. Today, it is a popular technique for reducing stress and inducing relaxation. To help regulate our vital "life force energy," the reiki practitioner places his or her hands on a patient's body, generally starting at the head and working down. Basic positions include covering the eyes, ears or neck with the palms of the hand, and clasping the knee and ankle with either hand in order to increase the flow of energy.

**SHIATSU**: Adapted from "anma" (the traditional Chinese art of massage) over 2,000 years ago, shiatsu is related to acupuncture, except it relies on the power of touch to increase the flow of *Qi* rather than needles. It literally translates into *shi* — "finger," *atsu* — "pressure." The fingers, thumbs, hands, elbows, knees and even feet are all used by the practitioner to stimulate or sedate the circulation of energy through the body to promote health. Applying pressure along the meridian lines and on the major regions of soft tissue are common techniques, as are exercising the reflexes and stretching. Shiatsu is often used to reduce fatigue, stress, blood pressure and muscle stiffness and to increase energy, stamina and the circulation of blood and lymph systems. There are many different techniques available today. Specific ones include Namikoshi style, Ohashiatsu, Shiatsu-do, macrobiotic shiatsu and Zen shiatsu. ■

# Your Health and Long-term Care

By MARIAN L. BAYHAM
Master Long-term Care Specialist

All of you have fallen victim to either an injury or illness at least once in your lives. You certainly don't like to dwell on the possibility that sometime in the future there will come a time when you will be laid up either through an accident, illness, or an injury that will leave you unable to take care of yourself.

You never really know what lies in your future. It could be a car accident that leaves you paralyzed, possibly a medical illness such as a stroke or cancer that leaves you bedridden. It may be the deteriorating effects of aging or just getting old, or it could be something more devastating such as Alzheimer's or dementia where your mind slowly fails even though your body remains physically fit.

Hardly a week goes by without a newspaper or TV program presenting a family in crisis faced with the needs of long-term care. In addition, diseases such as arthritis, osteoporosis, Parkinson's disease, emphysema, to name a few, result in a frailty that demands long-term care.

We all would like to believe that bad things just happen to other people. None of us want to dwell on the possibility that at some point in our lives we might require extended care. It may take place in a hospital, a nursing home, an assisted living facility, or even in your own home.

You're probably thinking, "I can certainly take care of myself if something bad happens to me; and if I really need help I can always call on my family and friends to assist me."

Well, that may be true up to a point. Many families will rally around a family member or friend who has developed a need for constant long-term care. Unfortunately, the reality is that the day-to-day demands of caring for a seriously ill person are enormous in terms of the financial, physical and emotional impact on the spouse, children, and extended family.

In a nutshell, long-term care is assistance with the activities of daily living (or ADLs) that you would not be able to perform by yourself such as personal care (e.g. bathing, dressing, eating, going to the bathroom), homemaker services (e.g. cooking, laundry, housekeeping, going to the doctor), or licensed physical care from a nurse, physical or speech therapist, occupational therapist, or audiologist.

This assistance is normally provided in a setting determined by the amount of care required, preferences, and your financial resources. A stay in a nursing home often costs several hundreds or thousands of dollars. If you were to receive the same quality of assistance for 24 hours at home, expect to pay two to three times as much for your care. This cost can impoverish even a financially astute family, leaving a spouse and children with a lower standard of living.

You may already know that Medicare pays very little for long-term care and that Medi-Cal only pays when you are impoverished. Unfortunately, once on Medi-Cal, your choices for care are limited to only those nursing homes that have voluntarily chosen to participate in the Medi-Cal program. This may not be your best choice. So, if Medicare and Medi-Cal won't cover you, what are your options?

Long-term care insurance is one solution. But the majority of you will put yourselves at risk and remain unprotected. Why? Because it is an unpleasant subject and you are invincible. You will insure your car, you will insure your home, but you will not insure yourself for long-term care even though the odds of you needing long-term care are greater.

Yet many people put off getting long-term care insurance because they're betting against the odds of ever needing it. Unfortunately, these same people have chosen to risk their family's quality of life and peace of mind by gambling that they will not be struck by a catastrophic long-term care event.

**A smart, thoughtful person will purchase long-term care insurance for the following reasons:**

- A thoughtful person doesn't want to be a burden on their family;
- A smart person wants access to the best quality care;
- A thoughtful person wants to preserve as much inheritance for his or her surviving spouse and family;
- A smart person wants to remain independent and in control of their own life.

**Some facts for you to consider:**

- An estimated 7 in 10 people over age 65 will need home care (*Business Week*, 7/20/98);
- There is a 43 percent chance that a person 65 years or older will go into a nursing home (*Working Woman*, 9/97);
- Forty percent of working-age adults between 18-64 require long-term care (U.S. General Accounting Office, 4/95);
- The cost of long-term care is expensive today ($40,000-$50,000 per year). Expect the cost to be $136,000 per year in 20 years;
- Children of aging parents are finding it difficult to take time off to care for ailing family members;
- Children live farther away from their parents, making it difficult to provide quality care when needed;
- Many parents don't want to burden their children when the time comes that they need care.

**Several remedies you and your family might consider:**

- Discuss as a family, what arrangements may be put in place BEFORE a long-term care crisis happens. How will you pay for the care? Who will provide the care? Where will the care be provided?
- Meet with a long-term care insurance specialist to determine if insurance is a possible solution for your needs.
- Most importantly, address this problem BEFORE you need long-term care! ■

*Marian L. Bayham is a GE Capital Assurance Long-term Care Specialist. She attended the 2000 JACL National Convention in Monterey, Calif. For additional information on long-term care insurance please call 800/207-8250, ext 23, or JACL headquarters at 415/921-5255.*

*• An estimated 7 in 10 people over age 65 will need home care*

*• There is a 43 percent chance that a person 65 years or older will go into a nursing home*

*• The cost of long-term care is expensive today ($40,000-$50,000 per year). Expect the cost to be $136,000 per year in 20 years*

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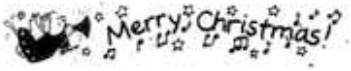
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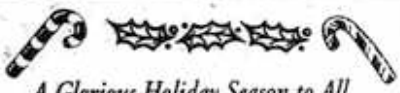
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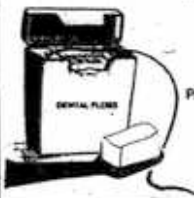
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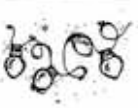
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# WWII Combat Medic James J. Okubo

*The following article is a tribute to James K. Okubo, a World War II combat medic who is currently being considered for a Medal of Honor upgrade for his heroics on the battlefield.*

*Okubo, then living in Bellingham, Wash., falsified his age in 1940 in order to work at a Canadian fish cannery. In 1942, he and his family were interned at Tule Lake from where he volunteered for the 442nd and was assigned as a combat medic.*

*Ed Ichiyama of Honolulu, also a 442nd veteran, was in Washington, D.C., in 1999 to collect material on Nisei soldiers who were decorated with the Distinguished Service Cross during WWII, for review by the Senior Army Decorations Board. He discovered that Okubo was recommended for the Congressional Medal of Honor in the original text prepared in 1945 but was re-graded for a Silver Star.*

*At the request for re-consideration by Ichiyama with Sen. Daniel Akaka, Okubo's case is entirely separate and not related to the MOHs bestowed last June 22 in Washington.*

*Following the war, Okubo was a professor of dentistry at the University of Detroit and also had his own private practice.*

**The following is from the text of Okubo's original recommendation for the Medal of Honor.**

On 28 October 1944, the second day of the 442nd's four-day drive (in the Vosges Mountains) that effected the relief of the "lost" 1st Battalion, 141st Infantry (36th Division), Company K suffered six killed and 28 wounded when in addition to the intense automatic weapon and grenade fire of strong counterattack, it was subjected to the heaviest and most continuous artillery barrage of any campaign.

The attack was developing southwesterly along the thickly forested ridgetop in the Forêt Domaniale de Champ, about two kilometers east of Biffontaine, Eastern France, against an enemy deeply entrenched behind mine fields and roadblocks.

Exposing himself to the same tree bursts that were causing numerous casualties, Tec 5 Okubo left his covered position and went forward 50 yards among the fighting troops. He was treating a wounded man when a call came from up forward for an aid-man to treat a seriously wounded rifleman.

Over flat terrain that gave no cover except for the trees, under enemy small arms fire and machine gun fire, Tec 5 Okubo crawled and ran 150 yards toward the front. He was stopped twice by concentration of mortar and artillery shells, but continued forward in spite of the developing enemy counterattack. He found the wounded man 10 yards from the enemy lines, in a completely exposed position.

The firefight was raging at grenade range, but Tec 5 Okubo gave the wounded man, who had been completely paralyzed by a fragment, treatment on the spot. He then carried him on his back a distance of 150 yards through small arms and rifle grenade fire toward the rear. Twice, he was forced to hit the ground by mortar and grenade fire. On each occasion he covered the body of the wounded man with his own. Under the same hazardous conditions as before, he crawled back again to the front line. He was 50 yards away when he saw a BAR man who had been wounded by a grenade fragment. He hugged the ground as an enemy soldier threw a grenade in his direction.

Unhit, he hastily crawled the 50 yards to the wounded man. As the enemy soldier was preparing to throw another grenade, Tec 5 Okubo, who could have found cover for himself, instead picked up the BAR man and carried him to a depression nearby. As he reached it and threw his body over the wounded man, the second grenade exploded a few yards away. Disregarding the danger, he was continuously exposed to, he gave medical attention to the BAR man and had him evacuated at the first opportunity.

Later, as he was treating another wounded man, a tree burst wounded five men. Although that particular forward area was being heavily shelled, Tec 5 Okubo, without waiting for the barrage to lift, ran 100 yards without taking cover, gave medical treatment to the wounded, and had them evacuated. Throughout the day, under the same hazardous conditions, he carried on his work with complete disregard for his life, and with only the welfare and safety of his comrades in mind.

He gave medical attention to 17 men in the 3rd Platoon and in addition aided several wounded men of the adjacent Company I. On 29 October at what the men later called "Suicide Hill," where four were killed and ten wounded, he treated eight men in addition to men in other platoons and companies.

On 4 November, Company K engaged the enemy in an intensive see-saw firefight to drive him off a heavily forested hill about three kilometers northeast of La Houssiere. The terrain was flat, giving a good field of grazing fire for the enemy, who had at least four machine guns covering this area with interlocking fire. The attack against the enemy about 150 yards distant was led by three medium tanks, supported by the 2nd squad of the 3rd Platoon. The advance was stopped at 50 yards by hostile fire and the leading tank maneuvered to a clear field of fire. It was disabled by an enemy bazooka. Two members of the crew were wounded, one of them fatally. The enemy at once placed covering bursts of machine gun and sniper fire on it to prevent its further use.



The late Dr. James Okubo

The tank was in such an advanced position that at one time when the enemy counterattacked, he used the tank as a roadblock. But disregarding the fact it was so far forward, in a virtual no man's land, Tec 5 Okubo, upon hearing a call for a medic from the tank, ran 75 yards through hostile grazing fire to the slowly burning tank.

Although he was completely exposed and become the main target for enemy machine guns and snipers who did not respect his Red Cross brassard, Tec 5 Okubo climbed upon the tank and pulled the wounded crewman to the top of the tank. Jumping down to the protected side of the tank, he lifted the man down to the ground and because he was seriously wounded, immediately applied first aid without a thought to the danger from another rocket or a possible explosion inside the tank. As his comrades counterattacked, he had the wounded man evacuated to the rear.

The enemy counterattack, in turn, sought to take the tank. To prevent the enemy from using it, one of the friendly supporting tanks threw three shells into it. Tec 5 Okubo, by his prompt action, saved the tank crewman from either being captured, burned to death, or perhaps killed in the course of the counterattacks that followed. ■

*The above material was contributed to the Pacific Citizen by Tooru Kanazawa. Kanazawa, 94, is among the rare Nisei pioneers who hail from Alaska, a graduate in journalism from the University of Washington in 1931. He volunteered from camp and served with the 442nd Cannon Co. as a radio-telephone operator during WWII.*

*Kanazawa published his first book in 1989, "Sushi and Sourdough," and in 1993 an informal company history of his outfit, "Close Support." A New Yorker most of his life as a writer, with temporary stints with JACL in Washington and as a travel agent, he has retired to Malibu country in Topanga, Calif.*


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DEATH NOTICE

**MARY YAMADA WAKASUGI**

BAKERSFIELD, Calif.—Mary Yamada Wakasugi, 82, passed away after a brief illness. Born in Emmett, Idaho, the third child of Sukeichi and Shin Yamada, she graduated from Middleton High School in 1936 and completed nurses training at St. Lukes Hospital in Boise. She married Mamoro Wakasugi in 1943. They were residents on Oregon Slope, continuously, except for a brief period from 1948-51 when they returned to the Wakasugi farm in western Oregon. They moved to Bakersfield in late 1999. Mary was a worship leader and Sunday School teacher. She was active in the Community Concert Association, Malheur County Comprehensive Health Planning Steering Committee, the Welfare Commission, community hospital auxiliaries, American Red Cross bloodmobile, American Cancer Society, Pregnancy Resource Center; Local Progress Club, Farm Bureau, Republican Central Committee, Annex School release time class and other community organizations. She is survived by her husband Mamoru, children Mary Ann Wight and husband Larry, Kathy Bowe and husband Darryl, and Scott Wakasugi, grandchildren Cynthia Wight, Justin and Stacia Bowe, brother Manabu Yamada and Mary his wife, sister Rina Fukuda and sister-in-law Kimi Yamada. She is also survived by many cousins nephews, nieces, brothers and sisters-in-laws. Funeral services were held Nov. 20 in Ontario, Ore.


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Mar 26 Tohoku Onsen Tour #4 - 9 Days - All Meals - $2995 - Tokyo, Izu, Kanzanji, Suwa, Nagano & Lake Kawaguchi.
Apr 02 Spring Classic "Cherry Blossom", 11 Days - 23 Meals - $3095. Tokyo, Takayama, Nara, Hiroshima, Tsuwano, Shodo & Kyoto.
Apr 16 Japan by Train #1 "Far Corners of Japan" 25 Meals - $359r/ Tokyo, Kobe, Karatsu, Takahashi, Atami, Atsumi & Hironaki.
Apr 25 China Deluxe with "Yangtze Cruise" 13 Days - All Meals - $3295. Tokyo, Beijing, Xian, Yangtzee River Cruise & Shanghai.
May 17 Europe Classic "2 Days in Each City" 14 Days - 24 Meals - $3495. Rome, Florence, Venice, Lucerne, Paris & London.
May 30 South of France River Cruise + Paris - 11 Days - 23 Meals - $3295. Paris+7-day South of France - Sacne & Rhone Rivers Cruise.
Jun 16 America Once More #2-14 Days-28 Meals-$1995. LA to Arizona New Mexico-Texas-Arkansas-Kansas-Colorado-Nevada-LA. Visits National Parks & Poston-Gila-Rohwer-Jerome-Amache Camps.
Jun 30 British Isles -15 Days-26 Meals-$3395 - London-Bath-Ireland-Waterford-Killarney-Dublin-Ruthin-Edinburg-York-Stratford.
Aug 06 Niagara, Canada & Nova Scotia - 16 Days - 30 Meals - $2595.
Sep 01 Egypt & Israel "Nile Cruise" 16 Days - 32 Meals - $4295 - Cairo & 4-day Nile Cruise, Egypt - Tel Aviv, Tiberius, Nazreth, Galilee, Jericho, Dead Sea & Jerusalem, Israel.
Sep 27 Japan by Train #2 -11 Days-24 Meals-$3595. Fukuoka, Kagoshima, Beppu, Hagi, Himeji, Lake Kawaguchi, Nagano & Tokyo.
Oct 08 Hokkaido & Tohoku - 11 Days - 24 Meals - $3595 - Sapporo-Sahoro- Ainu Shiraoi-Noboribetsu-Hakodate-Aomori-Lake Towada Hachimantai- Matsushima Bay-Sendai-Tokyo.
Oct 15 Uranihon Vista - 11 Days - 25 Meals - $3595 - Tokyo-Sado-Toyama Kanazawa-Fukui-Amanohashidate-Kinosaki-Matsue-Daizen-Kyoto
Oct 29 Japan Fall Classic - 11 Days - 23 Meals - $3095 - Tokyo-Takayama Nara-Maiko-Hiroshima-Tsuwano-Inland Sea-Shodo Island-Kyoto.
Nov 07 Okinawa-Kyushu-Shikoku - 12 Days - 28 Meals - $3695 - Okinawa Nagasaki-Kirishima-Takachiho-Ashizuri-Kochi-Takamatsu-Osaka.
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# Japanese American Citizens League

JACL also sponsors Long Term Care Insurance. See the following pages to learn more.



# $1,000,000 Catastrophe Major Medical Insurance Plan

In the best of Japanese-American tradition, we have always cared for our families. In the 1940s and 50s, young Sanseis would have their grandfather or grandmother living with them. Whether it was a financial hardship or not was never a consideration. In our families, we take care of our own.

Times have changed. The Nisei and Sansei now have to think about health care issues such as a catastrophic accident or illness, even though we think it might not happen to us or a close family member. Most health plans, including Medicare, have a limit on the benefits they will pay. To prevent any shortfall in your medical coverage, protect yourself with the JACL-sponsored Catastrophe Major Medical Insurance Plan.

This Plan is designed to supplement your basic medical coverage, and it picks up where that coverage leaves off. Once you meet your deductible ($35,000 for each catastrophic event or the amount paid by your basic medical plan, if higher), the Plan pays up to 100% of all reasonable and customary eligible expenses to a maximum of $1,000,000 for up to three years.

## Convalescent Care

Convalescent Care is a benefit not included in many medical plans and one that is also limited by Medicare. Under this Plan, should any insured person be confined as an inpatient in a convalescent care facility, the Catastrophe Major Medical Plan will pay the actual expenses for charges made by a convalescent care facility for confinement for convalescent or custodial care for up to $300 per week for up to three full years (lifetime maximum). Benefits begin on the seventh day of convalescent care confinement.

## Home Health Care

This Plan will pay the reasonable and customary charges for covered home health care treatment up to 100 visits in any one calendar year, as provided by a certified home health care agency. Each visit by a member of a home health care team is considered one home health care visit; four hours of such home health visits is considered one visit.

## Common Disaster Benefits

If more than one insured family member is injured in the same accident or contracts the same illness within 30 days, only one deductible must be satisfied for all insured family members to be eligible for benefits.

## Pre-Existing Conditions Limitation

Pre-existing conditions will not be covered until 12 consecutive months from the effective date of your coverage under the policy have passed without having incurred charges, received medical treatment, consulted a physician or taken prescribed drugs for such condition or until you have been insured under this policy for two years. Any condition for which you have received any of these items or services in the 12 months prior to becoming insured is considered a pre-existing condition. All covered accidents and sicknesses which originate after the effective date of your insurance are covered immediately.

## Exclusions

Benefits are not paid for loss caused by or resulting from any of the following: intentionally self-inflicted injuries; war or act of war declared or undeclared; dental care or treatment, eye examinations, glasses, hearing aids, or the fitting of any thereof; or cosmetic or plastic surgery, except to the extent that they are necessary for the repair or alleviation of damages to the natural body of the Insured caused solely by an accident covered under this policy, or unless such treatment is necessitated by congenital defects in newborn children who are covered from birth under this policy; any treatment or service furnished to an Insured by any person who is a member of the immediate family of the Insured; services rendered in a hospital or institution owned or operated by the Federal Government for which no charge would be made if this insurance was not in effect; treatment for mental or nervous disorders, alcoholism or drug addiction except as provided in the group policy. Eligible expenses for Home Health Care do not include: services or supplies not included in the Home Health Care Plan, custodial care, transportation services or care provided while the person is not under the continuing care of a physician.

## Am I required to have an existing basic plan?

To be eligible, you must have a health insurance plan (or Medicare Parts A & B) which provides a minimum of 70 days of full coverage for in-hospital confinement or a major medical plan with a lifetime maximum of not less than $100,000, co-insurance of not less than 70% and a deductible of not more than $3,000. If you do not have basic insurance equal to these benefits at claim time, any charges incurred during the first 70 days of each hospital confinement will not be covered.



## How your deductible works

This Plan is designed to help provide coverage for the extraordinary expenses not covered by your present hospitalization, major medical insurance, Blue Cross/Blue Shield or even Medicare.

For this reason, the Plan includes a deductible of either the amount paid by all your basic health insurance or $35,000 (whichever is higher) for each covered sickness or injury. All reasonable and customary eligible expenses count toward your deductible, including those paid for by your basic medical insurance or out of your own pocket. You have two full years to satisfy your deductible beginning with the date the first eligible expense is incurred for a covered accident or illness.

## Termination of Benefit Period

Your benefit period will cease at the earlier of: completion of three years from the day eligible expenses began; $1,000,000 has been paid; you recover; or 12 months pass during which no eligible expenses were incurred. If the group policy is terminated while you are totally disabled, your benefit period will cease 12 months from the termination date for covered charges incurred to treat the injury or sickness which caused that disability if you remain so disabled and are not covered for the disability under another group plan.

## HOW TO APPLY ...

1. Complete the application on the next page ... remember to include any eligible family members.
2. Make your quarterly premium check payable to: Seabury & Smith
3. Mail your application and check to:
   Seabury & Smith
   JACL Group Insurance Plans
   1440 Renaissance Drive
   Park Ridge, Illinois 60068-1400

APPLICATION

**Questions?**

Call toll-free: **1-800-503-9230**

www.seaburychicago.com

*Underwritten by: The United States Life Insurance Company in the City of New York*
*Coverage may vary and may not be available in all states.*

# Application for $1,000,000 Catastrophe Major Medical Insurance Plan

Japanese American Citizens League

**ECONOMICAL QUARTERLY PREMIUMS**

| | Applicant's Age | Applicant Only | Applicant & Spouse | Applicant, Spouse & Child(ren) | Applicant & Child(ren) |
|---|---|---|---|---|---|
| $35,000 DEDUCTIBLE PLAN | Under 40 | $29.84 | $51.86 | $76.03 | $45.12 |
| | 40-49 | 38.54 | 75.12 | 85.94 | 63.26 |
| | 50-59 | 65.49 | 125.98 | 143.41 | 79.42 |
| | 60-64 | 86.75 | 171.90 | 193.62 | 98.87 |
| | 65-74 | 108.58 | 214.78 | 224.40 | 116.87 |
| | 75& Over | 128.50 | 254.60 | 266.80 | 138.80 |

NOTE: All premiums – including those for spouse – are based on applicant's age when insurance becomes effective and will automatically increase on the next policy anniversary date the insured enters a new age category. The Insurance Company reserves the right to change premiums on a class-wide basis. Premiums include a $2 processing fee.

## Who is eligible to apply?

You and your spouse are eligible to apply regardless of age as long as each individual applying meets the eligibility requirements. Parents and parents-in-law are also eligible to apply even if you do not apply. Unmarried, dependent children from birth to 21 years of age (27 if attending school full-time) are also eligible. You must be able to perform the normal activities of a person of like age, sex, occupation or retired status. If you are not performing your normal duties, your effective date of insurance will be delayed until you resume customary duties.

*Coverage may not be available in all states. Residents of FL, IA, KS, KY, NC, SC, and NY must contact the insurance administrator for a separate application.

## Satisfaction Guaranteed

When you receive your Certificate of Insurance, take a moment to review it. If you are not completely satisfied with the coverage this Plan provides, simply return your Certificate within 30 days to the Insurance Administrator and any premiums you have paid will be completely refunded with no questions asked.

This portion is to be retained by the applicant.

JACL 16099 / 16102 / 24511 / 1001

# APPLICATION

## JACL $1,000,000 Catastrophe Major Medical Insurance Plan
## The United States Life Insurance Company in the City of New York

APPLICANT'S NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAYTIME TELEPHONE ( ) _____ AGE _____ DATE OF BIRTH _____

SOCIAL SECURITY NUMBER _____ SEX : ☐ MALE ☐ FEMALE E-MAIL ADDRESS: _____

### DEDUCTIBLE PLAN: $35,000 NURSING HOME BENEFIT: $300 PER WEEK

Please complete the following for spouse and/or children if applying for insurance. Use a separate sheet of paper if more space is needed for your answer(s).

| | Name | Age | Date of Birth month/day/year | Sex | Height/ Weight |
|---|---|---|---|---|---|
| Spouse | | | | Male/Female | |
| Child | | | | Male/Female | |
| Child | | | | Male/Female | |

**Spouse's Social Security Number (if applying)** _____

Are the proposed insureds covered under a basic medical plan or by Medicare Parts A & B? ☐ Yes ☐ No
(If NO, you do not qualify for coverage.) If YES, name the insurer and state whether coverage is group or individual.

_____

I understand that this Plan will not pay any benefits for the first 70 days of hospital confinement if coverage under a basic health insurance plan, or by Medicare Parts A and B, is not in effect for the proposed insured at the time of such confinement.

Important Notice – Any person who knowingly and with intent to defraud any insurance company or other person files a statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact materially thereto, commits a fraudulent insurance act, which may be a crime. This notice does not apply in Virginia.

I authorize the sources stated below to give The United States Life Insurance Company in the City of New York, or any consumer reporting agency acting on its behalf, information about me and my children, if applying for insurance. Such information will pertain to other insurance coverage and medical care, advice, treatment, or supplies for any physical or mental conditions. Authorized sources are: any physician or medical professional; any hospital, clinic, or other medical care institution; the Medical Information Bureau, or any consumer reporting agency.

I understand that this information will be used by United States Life to determine eligibility for insurance. I understand that I may revoke this authorization at any time. I agree that such revocation will not affect any action which Untied States Life has taken in reliance on the authorization. I understand that this authorization will not be valid after 30 months, if not revoked earlier. I know that I have the right to receive a copy of this authorization if I request one. I agree that a photocopy of this authorization is as valid as the original.

To the best of my knowledge and belief, I attest that during the five (5) years immediately prior to completing this Application, I or anyone else for whom coverage is being requested, have not been treated for, or diagnosed as having, heart disease, kidney disease, cancer, any immune disorder, Acquired Immune Deficiency Syndrome (AIDS), or AIDS Related Complex (ARC), diabetes, neurological disease, mental or nervous dysfunction, alcohol or drug dependency, pulmonary, liver and circulatory disease.

I understand that the insurance applied for will take effect on the date specified by The United States Life Insurance Company in the City of New York provided I, and those other persons indicated above for whom application is made, have not been hospitalized on that date. It is also understood that a sickness or injury caused by a preexisting condition is not covered until treatment, care, use of prescribed drugs or advice has not been received for 12 consecutive months after coverage has been in force or after coverage has been in force for 24 straight months. A preexisting condition is one for which medical treatment, care, use of prescribed drugs or advice was received within the 12 months just prior to the date the person's coverage takes effect.

Applicant's Signature X _____ Date _____

0-24075

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Group Policy No. E-160, 398 12/00

# Season's Greetings from National JACL Staff & Volunteers

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# THANK YOU

## FOR HELPING TO PRESERVE AND SHARE THE JAPANESE AMERICAN STORY

As the Chairman of the Board of Trustees for the Japanese American National Museum, I want to personally thank all of you for your support in 2000. This year, the National Museum opened two major exhibitions *(More Than a Game* and *Allen Say's Journey)* in Los Angeles. In November, I joined U.S. Ambassador to Japan Thomas S. Foley, Okinawa Prefectural Governor Keiichi Inamine, U.S. Senator Daniel K. Inouye and Hawai'i Lt. Governor Mazie Hirono at the international debut of our traveling exhibition *From Bentō to Mixed Plate* at the Okinawa Prefectural Museum.

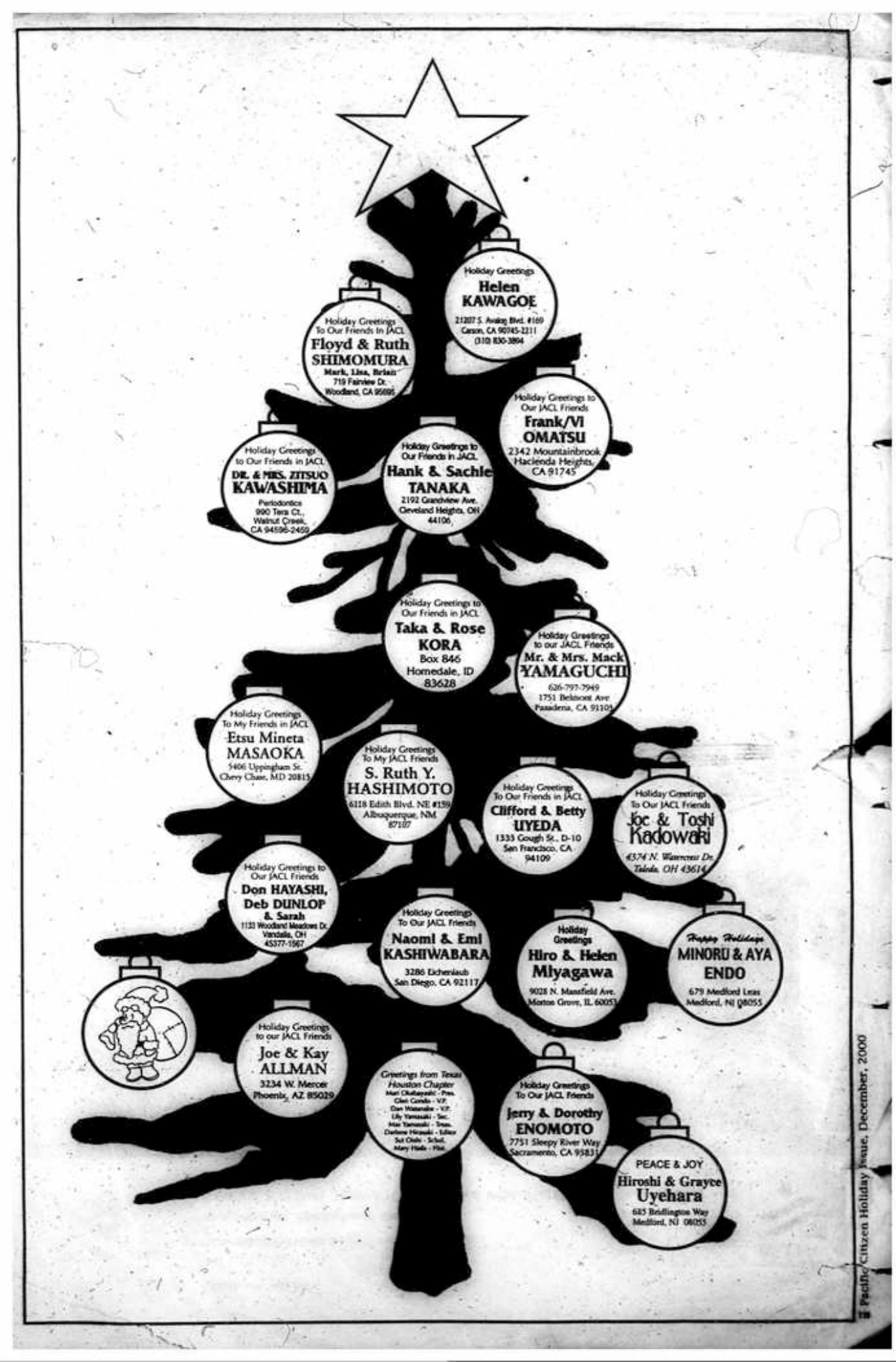
The National Museum also earned official Smithsonian Institution Affiliate status, was named a Cornerstone Arts Organization by the James Irvine Foundation and was recognized with meritorious grants from the Ford Foundation and the Institute of Museum and Library Services. And the National Museum established the new National Center for the Preservation of Democracy, which will be housed in our Historic Building.

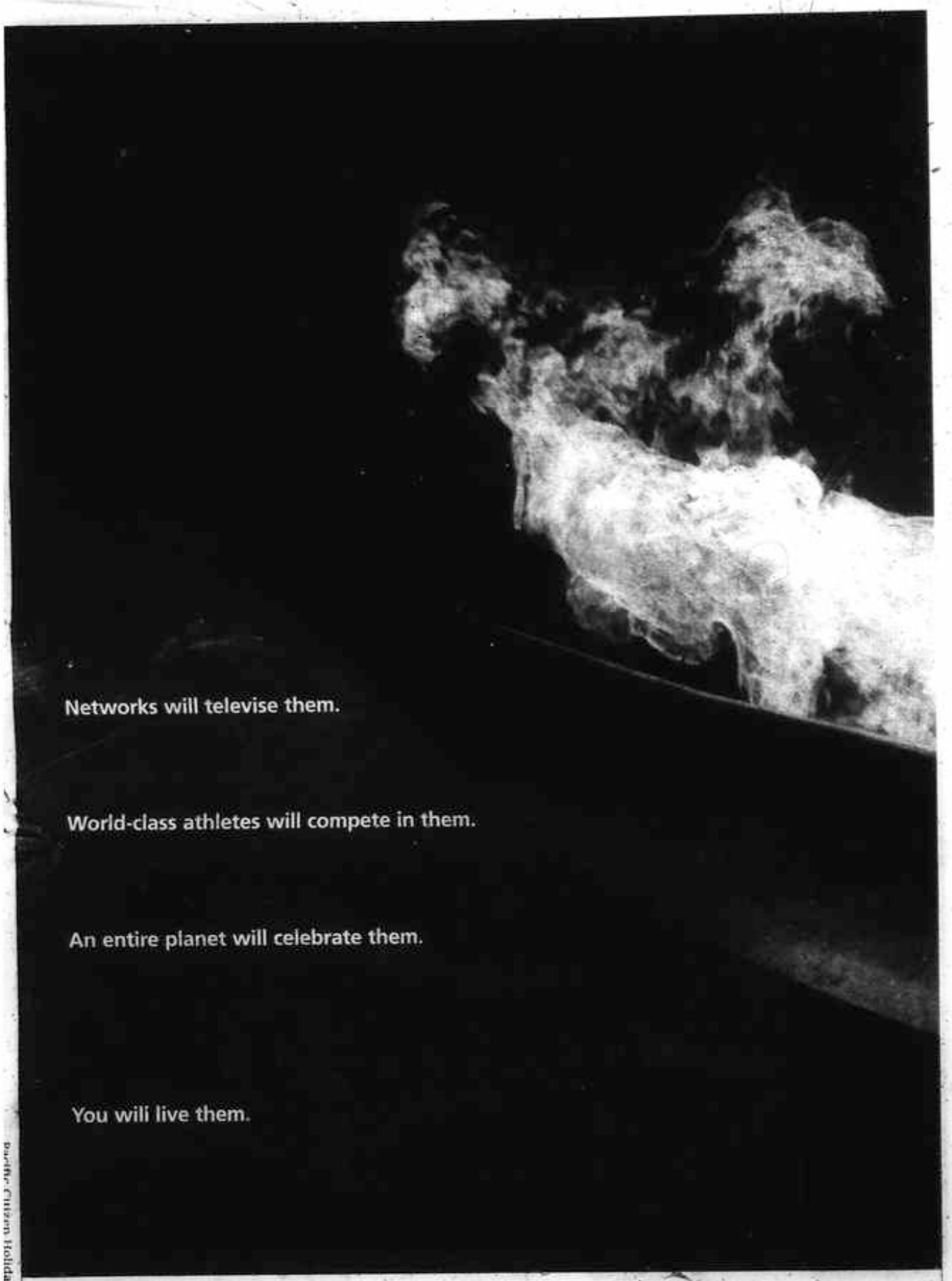
In my travels across our nation and around the world, I have been gratified at the respect for our National Museum not only within our own Nikkei community, but also throughout the museum industry and from people in general. All of this is a tribute to our generous members, donors and dedicated volunteers and staff. Without this vital support, none of this would have been possible. Working together in 2001, we can continue to break new ground while preserving and telling the story of Americans of Japanese ancestry.

Thank you again for your support. Our best wishes for the New Year.

George H. Takei
Chairman, Board of Trustees

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