



PACIFIC CITIZEN



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PHOTO: ALAN MIVATAKE

LETTERS TO THE EDITOR

Dear Editor,

The conversation around Black Lives Matter has started to enter the Berkeley JACL, JACL in general and the *Pacific Citizen*. There are so many different views of this issue in our society, and I wanted to provide a perspective I have developed based on my reading, experiences, values and being a young Asian American woman living in the Bay Area.

I recognize that we all have different experiences and values that we have developed throughout our lives and think it is important to learn about as many viewpoints as possible to develop a more informed opinion on controversial matters.

First, I want to thank everyone for sharing your views. I think it is really important to learn about all of the different views so we can all come together and see where we are similar, different and what we can all fight for together as a civil rights organization.

I used to think that "Black Lives Matter" implied that all lives don't matter, but as I learned more, I realized that "Black Lives Matter" actually is saying that all lives matter. The reason it is called "Black Lives Matter" is because there is a focus on black lives, and so it is "Black Lives Matter also." And there is this focus because statistics show that they are targeted much more often than other groups. (President Obama's words around Black Lives Matter: Source 1 (*The Guardian* "Obama Defends Black Lives Matter Movement at Town Hall") and Source 2 (*The Guardian* "Obama Praises Black Lives Matter Movement") and Source 3 (visual representation created by Kris Straub)).

I also wanted to be clear that I am not against all cops. In fact, I believe that most of our cops have good intentions and are here to protect us. I actually saw a video about how some cops arrested a white racist lady who grabbed at/hit a black lady and told her to leave a public park. (Source 4 ("This Is What Is Going on in the World" Facebook page). If you are for Black Lives Matter, that doesn't mean you have to be against cops, too. At the same time, we still have many African-Americans disproportionately targeted by some cops.

There is a great amount of racial prejudice in our society that goes beyond police shootings.

These biases are shown in statistics and real-life stories. As a black American, it is harder to get a job, it is harder to buy a house and it is much more likely a black American will be stopped by not only law enforcement but also shop owners.

There is a larger percentage of black Americans who live in poverty, 26.2 percent in 2014, than white Americans who live in poverty, 12.7 percent in 2014 (United States Census Bureau "Income and Poverty in the United States: 2014" (Source 5).

This racial prejudice also enters our justice system, something that is supposed to be fair.

For example, Brock Turner and Cory Batey both raped an unconscious woman and were both star athletes. However, Brock Turner was only sentenced to six months in jail, and Cory Batey was sentenced to 15 years in prison. What's the difference between these two men? Brock Turner is white, and Cory Batey is black. This *New York Daily News* article by Shaun King "Brock Turner, Cory Batey Show How Race Affects Sentencing" (Source 6) also has statistics of the disparities between white and black convictions. If you want to hear more experiences, see the *New York Times* "A Conversation With Black Women on Race" (Source 7) and see New York Civil Liberties Union's Stop and Frisk Data (Source 8).

All of these stories and statistics demonstrate that racism is deeper than a few cops, it extends to our judicial system — those who convict the disproportionate number of African-Americans in prison — it extends to the job market and it extends to everyday people who judge the African-American person walking down the street.

We all can list out a number of stereotypes of each ethnicity or subgroup of the population, yet we all know that these are only stereotypes and not all people of one ethnicity has the same traits. Not all Asians are good at math. Not all African-Americans are fast runners. Not all Asians are passive. Not all African-Americans are angry. But we can list these stereotypes. I have bias, we all have bias, and it is so important for us to recognize this because it is only when we recognize our personal biases that we can overcome them and then we can realize when we are being unfair and can open our minds to other viewpoints and possibilities.

We tend to generalize in our society. . . all cops are this . . . all black people are that . . . all Muslims are like this . . . when in reality, it isn't "all" it is "some" or "a select few" but definitely not "all." Even within organizations and within parties and within ethnic groups, etc., there are differences in opinions and attitudes and values and choices. But we often forget this.

>> See LETTER 1 on page 12

Dear Editor,

There seems to be some confusion as to what took place at the NY/SC Awards Luncheon. Since I was there (the whole time), I will report what took place, using the speaker's own words, and let people decide for themselves. Unfortunately, there is no transcript, as the speaker was "too busy" to prepare her remarks, so she just "winged it." Fortunately, I took copious notes, probably the only written record of what took place.

There was a brief video of the "performance artist" in action. The video was taken on the sidewalk in front of LAPD headquarters, which apparently is serving as her dance studio, living room, dining room and sleeping quarters. She was giving a tutorial in modern dance, which consisted of moving one of her legs forward and backward several times. I guess the hokey pokey is what it is all about.

She used the phrase "black on black violence" at least four times. The NY/SC, the sponsors of the luncheon, had determined that this simple four-word phrase was so "offensive and racist" that they wanted to ban its usage from the council meeting. I'm not sure how or why this woman was granted an exemption.

She used the words "white supremacist nation" twice, as well as phrases like "state-sponsored killing" and "white patriarchal society." She made no distinction between good law enforcement officers and bad law enforcement officers, and indicted all police officers as "killers and murderers."

In particular, she referred to both George Zimmerman and Darren Wilson as murderers. Both men have gone through the legal system, and both have been exonerated of any criminal acts. Both of them should sue her for slander.

Those Black Lives Matter individuals who engaged in acts of violence (including murder) against law enforcement officers were praised. This was particularly ironic since the funerals of three Dallas P.D. officers were taking place at the same time as the luncheon.

She referred to the "freedom fighter" Assata Shakur, who is "forced to live in exile." There is no one by the name of Assata Shakur. There is a woman named Joanne Chesimard. She was a Black Panther member who killed a New Jersey state trooper in 1973. She received due process and a fair trial and was convicted of murdering a law enforcement officer. She escaped from prison and eventually made it to Cuba, where she is a fugitive. This is the kind of person Black Lives Matter considers to be a heroine.

In the interest of brevity, I will stop here. I have heard some people describe the speaker as "positive" and "uplifting." I have also heard those who were disgusted by her remarks described as racists. I will always speak out against those who speak hatred and advocate the murdering of police officers. If that makes me a racist, then so be it. I think it makes me a patriotic American and proud JACL member. The NY/SC presented the speaker with the Vision Award. I don't share her vision, and I don't think the majority of JACL members do either.

Sincerely,

David Unruhe,
Placer County JACL Member

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A MOTHER'S TAKE WISDOM FROM PORTLAND

By Marsha Aizumi

I recently received a very kind note from a Portland JACL member named Herb. In his note, he talked about reading “A Mother’s Take” and expressed his amazement at my bravery. He also said, “This may be easy for me to tell you, but live each and every day to the fullest with gratitude.” His note came at a very important time for me . . . and here is the reason why.

I was on a plane from Dallas/Fort Worth to Los Angeles recently. It had been a very successful trip with a LGBTQ training in Shreveport, La., followed by a leadership summit in New Orleans. I was feeling good about everything that had happened on this trip.

We were 90 minutes into a 2.5-hour flight back home, when the pilot came on the PA system. We were being diverted to the closest airport to check out something that was off in the cargo area. I thought, “Oh no, not another problem,” since on my way to Louisiana, we had an air-conditioning problem that delayed us two hours in Dallas. But what happened next sent a ripple of fear through me.

The pilot calmly indicated that we would land in Albuquerque, N.M., in about 10 minutes. The flight crew needed to pick up all drinks and food and prepare us for an emergency landing and immediate evacuation. I knew at that point it was not just a simple problem. As attendants rushed around to pick up our drinks and food, they announced that we should look at the safety brochure to get familiar with an emergency landing. Then a flight attendant demonstrated the two ways that we could get into emergency position if we were advised to brace.

For the next eight minutes, everything was quiet. One woman was quietly crying. The 18-year-old girl sitting next to me kept asking her mother sitting in front of her, “Are we going to be alright, mom?” The mother reached behind and held her hand. I was scared, but I kept trying to keep my thoughts positive. Inside, I could feel myself shaking. The woman in front of me grabbed my hand to give me assurance



PHOTOS: MARSHA AIZUMI

Marsha Aizumi is grateful for her life and the joys of her family, including her husband and (pictured) her son, Aiden, and his wife, Mary (top), along with her other son, Stefan.



and so did the man across the aisle from me. One of the flight attendant’s face had lost all its color, and another looked very concerned. The lead flight attendant did a final sweep through the cabin but stopped to ask me if I was OK. I said, “No, I was nervous,” and she said, “The pilot says we might not have to evacuate.” That gave me some assurance. The next few minutes seemed to move so slowly with fear of the unknown hanging in the air.

In the end, the landing gear came down, there was no fire in the cargo area and we taxied down the runway uneventfully past at least 15 fire engines and emergency vehicles with flashing lights. We did not have to get in an emergency landing position, but you could tell that the airport was prepared for something major to happen, so the potential severity of the situation sent another jolt of fear through me.

We all cheered and clapped when the plane wheels touched down. I remember holding hands with my seat partner, even though we had barely spoken a word before, and I could feel the tears running down my face in relief.

The findings were that a faulty sensor had signaled heat in

the cargo area. Since the pilot did not know what was causing the heat, he decided to land at the closest airport and sent out a distressed plane signal. Thankfully, his greatest fear of fire in the cargo area was not the cause of the sensor reading hot.

I have often heard that life holds no guarantees, and during those eight minutes, I realized how true that statement was. I had no card that said that I was going to get out of this situation alive. All I knew was I was trusting this pilot to make the right decisions to get us on the ground safely, but I had no guarantees about that as well.

The next day, I decided to stay in bed to recover physically and emotionally from the trip. It gave me time to reflect on what had happened the day before. The scared part of me wanted never to get on another plane, stop doing advocacy that would take me out of the Southern California area and just enjoy being a retired person. I could dote on my plants, organize all the photos I have always wanted to do and read all the books that I bought but never cracked the cover. The determined part of me wanted to double up on my advocacy, accept every speaking engagement or project that came my way, because who knows how many more days I have to live. But these two reactions were based on me being afraid, and I never want to make decisions based on fear.

And so Herb, I choose to live my life to the fullest with gratitude and with love. I am grateful for my family and want to have time and space to be there for them. I am grateful for time with my two sons and daughter-in-law, to laugh while working on a puzzle, to travel to share our story, to wave good-bye from my porch as they leave our house or share a meal together. I am grateful for time with my husband while we make dinner together, explore new restaurants or walk our dog, Mochi. And I am grateful for my LGBTQ advocacy, which has given me a purpose and connection to amazing people that I have fallen in love with. I will continue to do all those things I love.

Life has no guarantees except for this moment. And a sweet note from a man from Portland has reminded me to savor each moment and be grateful for the life that I am living. So that is what I am going to do, Herb . . .

Marsha Aizumi is an advocate in the LGBT community and the author of the book “Two Spirits, One Heart: A Mother, Her Transgender Son and Their Journey to Love and Acceptance.”



A YONSEI TRANSPLANTED DEPUTIZING JOURNALISTS, EN MASSE

By Matthew Ormseth

It’s a cliché, but it’s true — anyone with a smartphone is a journalist nowadays. You can shoot and edit photo and video using technology carried in the average person’s pocket. Apps like Twitter, Instagram and Facebook can then upload that footage onto the web in seconds, allowing us to share breaking news (or, as is more often the case, photos of the family cat) with the rest of the world.

When the Arab Spring erupted in late 2010, traditional American media outlets like the *Washington Post* and the *New York Times* relied on tweets from local activists and protesters to piece together a semblance of sense from the chaos. Bystander footage of police shootings now appears regularly on TV news. Self-produced podcasts streamed on the Internet are gaining popularity.

This trend has incorporated the citizenry in the news-gathering and news-making process. Arming ordinary people with the tools to make and disseminate journalism

has lengthened the media’s reach. But this democratization of media has blurred the boundary between rumor and truth and thrown consumers of news into a confusing snarl of opinion and fact that’s often difficult to untangle.

Professional news outlets have in-house rules that mandate fact checking. Reporters and editors are required to paint a balanced picture of a situation or issue — if someone is accused of something, they get a chance to explain or defend themselves. Dissenting opinions are incorporated into stories. No statistic goes unchecked, no assertion unchallenged.

Citizen journalists have no such obligations. Their content is published without vetting from editors or fact-checkers. And so we often get incomplete, if not deliberately misleading, stories from such citizen journalists.

What’s more, publications like the *Odyssey Online*, *Elite Daily* and the *Huffington Post* enlist the aid of college students like myself to write opinion pieces on the day’s hot topics. Too often, these are misconstrued as news stories.

Let me be clear: This is not a news story. This is an opinion piece.

But this erosion of the strict distinction between professional journalism and citizen journalism challenges the long-held assumption that media is fair, balanced and purely informative.

Professional journalists have to follow rules that mandate fairness; their work is reviewed by even more experienced journalists who point out errors and flaws in a story. But media is still produced and edited by human beings with built-in biases. The professional journalist is only slightly better-equipped (and more obligated) than the citizen journalist to identify them and weed them out.

Biases can be rooted in anything — race, gender, class, sexuality, geography, level of education — and in this respect, the democratization of media with smartphones and social media can help hold these biases in check.

>> See JOURNALISTS on page 9

KYLE LARSON FINALLY SECURES RACING VICTORY

CHARLOTTE, N.C. — Kyle Larson first took off his steering wheel and hung it out the window as he did celebratory burnouts. Then he climbed to the roof of his car and raised his arms in triumph.

Larson gave a rare display — by NASCAR standards — of raw emotion after winning his first Sprint Cup Series race on Aug. 28. It came in his 99th start, three long years after he burst onto the national scene with projections of being the next big thing in a sport that hypes up young drivers and then spits them out when they fail to produce.

Larson, a 24-year-old California native, became the first driver of Japanese American heritage to win in the sport's top series, the NASCAR Sprint Cup Series. Larson's mother is Japanese American, and her parents spent time in a Japanese internment camp during World War II.

Larson took the lead on a restart with nine laps remaining and held off Chase Elliott at Michigan International Speedway in a dual between two of NASCAR's up-and-coming standouts. Elliott had a comfortable lead before a tire problem on Michael Annett's car brought out the yellow flag. Larson had the better restart and went on to win by 1.48 seconds.

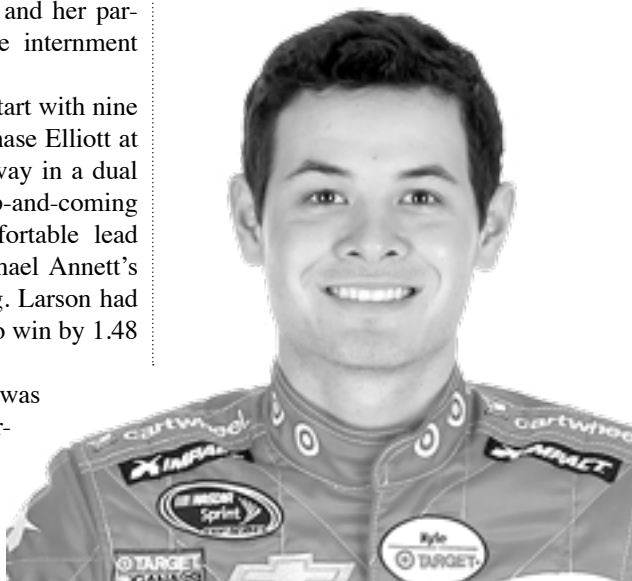
"I think with two to go, I was starting to get choked up," Larson said. "We worked really, really hard to get a win, and just haven't done it. Finally, all the hard work by

everybody, hundreds of people at our race shop, people who have got me through to the Cup Series, it was all paying off."

With his victory at Michigan International Speedway, Larson has clinched a spot in NASCAR's playoffs — the chase for the NASCAR Sprint Cup.

Larson dedicated his win to friend Bryan Clauson, who died from injuries in a sprint car crash on Aug. 7.

"It was all emotion," Larson said. "I had spent two or three minutes screaming and jumping and running and I was pretty light-headed. I just wanted to take a second and regain my composure. I didn't need to be passing out in victory lane."



CAUSE, LTSC AND GVJCI TO HOST VOTER INFORMATION WORKSHOP

GARDENA, CALIF. — Changes to health-care, taxes and other laws are at stake! The Center for Asian Americans United for Self-Empowerment, Little Tokyo Service Center and Gardena Valley Japanese Cultural Institute will be holding a Voter Information workshop at the GVJCI Nisei Veterans Memorial Hall on Sept. 24 from 1-3 p.m.

This voter education session will be geared primarily toward Japanese, Korean and English-speaking seniors who are seeking easily accessible information about voter registration and voter reregistration, in addition to absentee ballot information, ballot propositions and other information regarding the Nov. 8 General Election.

"The stakes are at an all-time high for Asian Pacific American communities in the November 2016 elections," said CAUSE Board Chair Charlie Woo. "CAUSE is proud to work with LTSC and GVJCI to ensure that our senior and limited-English-proficient voters have access to the resources they need to make their voices

heard this election cycle."

The session will be conducted in English, Japanese and Korean and will begin with an overview of the voting process and ballot measures, followed by a Q & A session. An opportunity drawing will conclude the workshop. Light refreshments will be provided.

"GVJCI is excited to work with CAUSE and LTSC in a program targeted toward Asian Pacific American communities in the South Bay. We are proud to be able to host this workshop in multiple languages to ensure that our communities have the tools and resources they need this upcoming November election," said GVJCI Program Manager Michelle Yamashiro.

The event is free and open to the public. Every senior that attends the workshop will receive a five-pound bag of rice.

To RSVP for this event, please visit <http://tinyurl.com/SBVoterWorkshop>, email info@jci-gardena.org or call (213) 617-8596.

NewsBytes

University of California, Davis, Professor Killed in Bicycle Crash



SACRAMENTO — A bicyclist who died of injuries suffered in a collision with a refuse truck in West Sacramento on Aug. 31 was identified as Kentaro Inoue, 47, of Sacramento.

Inoue was a plant sciences professor at the University of California, Davis. The accident occurred at 7:50 a.m. on the 2000 block of West Capitol Avenue. When officers arrived on the scene, Inoue was pronounced dead.

Inoue and the truck were both westbound on West Capitol when the truck driver made a turn and the collision occurred, according to police. The driver stopped and fully cooperated with officers. From witness testimony, the collision appears to be an accident.

Inoue joined the university faculty in 2002. His specialties, according to the UC Davis website, included cell and developmental biology, molecular biology, biochemistry and genomics.

Inoue, who was from Niihama, Japan, is survived by his wife, Amy Brown.

Priyanka Yoshikawa Wins Miss Japan Title



TOKYO — Priyanka Yoshikawa, 22, was crowned Miss World Japan 2016 on Sept. 5, becoming the second woman of mixed-race heritage to win a beauty pageant in Japan.

Yoshikawa's father is Indian, and her mother is Japanese. She has a certificate in elephant training, teaches English to children, enjoys kickboxing and volunteers as a translator at medical meetings. She beat out more than 6,900 other applicants to win her title.

The newly crowned Yoshikawa is now preparing for the worldwide pageant in Washington, D.C., in November.

Yoshikawa dreams of pursuing a career in Bollywood while building a children's home in India.

"I think (being mixed race) is getting more acceptable," said Yoshikawa, citing her victory as the second in a row following the crowning of Ariana Miyamoto, a half-American of African descent, as Miss Universe Japan. "It's a matter of 'who can represent your country (best).'"

Federal Officials Take Humpback Whales Off Endangered Species List

HONOLULU — Federal authorities took most humpback whales off the endangered species list on Sept. 6, saying their numbers have recovered through international efforts to protect the giant mammals. They had previously been listed as endangered since 1970.

Humpback whale numbers have grown steadily since a global ban on commercial whaling started nearly 50 years ago. The whaling moratorium remains in effect, despite the new classification.

The National Marine Fisheries Service said it first had evidence to indicate there were 14 distinct populations of humpback whales around the world. It then said nine of these populations have recovered to the point where they no longer need Endangered Species Act Protections. These include whales that winter in Hawaii, the West Indies and Australia.

"Today's news is a true ecological success story," said Eileen Sobeck, assistant administrator for fisheries at the National Oceanic and Atmospheric Administration, in a statement.

The whales will continue to be protected under other federal laws, including the Marine Mammal Protection Act. Vessels will also continue to have to stay a specific distance away from the whales in Hawaii and Alaska waters.

Japanese Prince Turns 10 Amid Talk on Emperor's Abdication



TOKYO — Japan's Prince Hisahito turned 10 on Sept. 6 amid national attention over the future of the Japanese monarchy after Emperor Akihito, his grandfather, indicated a wish to abdicate.

Akihito, 82, in a rare public address last month, expressed concern about fulfilling official duties as he ages, suggesting he would like to abdicate.

Hisahito, a fourth-grader who enjoys playing with bugs and helping rice-growing at the palace farm, is third in line to the chrysanthemum throne. His father, Prince Akishino, 50, is second after his brother, Crown Prince Naruhito, 56.

The government is reportedly considering enacting a special law allowing Akihito's abdication that would not be applicable to his successors, although discussions over revising the Imperial House Law could reopen debate over the divisive issue of whether to allow female emperors.

Akihito and his wife, Michiko, have four grandchildren, but only Hisahito is eligible to assume the throne under Japan's male-only succession system. The three granddaughters, Naruhito's daughter Aiko and Hisahito's two sisters, will lose royal status when they marry.

— P.C. Staff and Associated Press

JACL COMPLETES SUCCESSFUL WORKSHOPS FOR TEACHERS

“I feel really privileged to have participated in it,” said one of the teachers in commenting on JACL’s recent workshops on the incarceration. The participant went on to say, “I love that it wasn’t just professors imparting their knowledge, but speakers who were instrumental in the redress movement, the Korematsu case, as well as those who lived in the camps.”

National JACL held two weeklong workshops for teachers from July 24-29 and from Aug. 7-12. Titled “Civil Liberties in Times of Crisis: The Japanese American Incarceration,” the workshops were sponsored through a \$165,000 grant from the National Endowment for the Humanities. A total of 72 teachers from throughout the United States attended the sessions.

The workshops were designed to provide experience-based insight into the incarceration by visiting sites such as the Santa Anita detention facility and Manzanar concentration camp. In addition, the workshops were held at the Japanese American National Museum in Los Angeles, and the first session consisted of a walking tour of the Little Tokyo area led by Alan Nishio and his colleagues from the Little Tokyo Service Center.

“The power of place cannot be underestimated,” commented one of the teachers who participated in the workshops. “The trips in Little Tokyo, Santa Anita and Manzanar are experiences I will never forget.”

Jeanne Wakatsuki Houston, author of “Farewell to Manzanar,” captivated the teachers with episodes from her book



PHOTO: COURTESY OF JACL

A total of 72 teachers took part in JACL’s recent Teacher Training Workshop, where participants, volunteers and presenters visited the Manzanar concentration camp and the Santa Anita detention facility in Southern California.

and with the manner in which some of these episodes were translated into a movie version of her work.

June Aochi Berk and Minoru Tonai also shared personal stories about their experiences at Santa Anita as well as at Rohwer and Amache, respectively. Their recollections were a highlight for the teachers who appreciated the opportunity to hear these firsthand accounts.

Valerie Matsumoto, a professor of history at the University of California, Los Angeles, made a presentation on art in the camps by depicting camp life through numerous works of artists such as Mine Okubo, Estelle Ishigo and

and Greg Marutani, chair of JACL’s Education Committee, served as facilitators. They also assisted the teachers who collaborated on a project to develop learning activities to be used in their classrooms.

In a closing comment, one of the teachers said, “I am leaving this workshop with a deeper understanding of a topic that is important, yet rarely or too quickly discussed. I can’t wait to share the wide array of primary sources with my kids! I am so excited to share with other educators whose responsibility it is to highlight the importance of civil liberties and equality.”

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RETURN TO MANZANAR 71 YEARS LATER

Shizuko Fujioka (née Sakihara) makes her first — and perhaps her last — visit to the concentration camp that was her home during World War II.

By Charles James,
Contributor

Shizuko “Shiz” Fujioka is a lovely, soft-spoken and increasingly frail, delicate Japanese American woman in her late 80s. In June, she leaned on the arms of her sons, Robert and Thomas, as she gingerly exited from the back seat of their rental car in the parking lot of the Manzanar National Historic Site, which is a three-hour drive from Los Angeles. This is her first — and perhaps her last — return to the Manzanar National Historic Site, where she was incarcerated more than 70 years ago from 1943-45 while just a teenager along with her parents and forced to live behind barbed-wire fences for three years.

This was the first-ever visit as well for her sons, Robert and Thomas, to the Japanese American concentration camp formerly and euphemistically called the Manzanar War Relocation Center, when their mother was still known by her maiden name, Shizuko Sakihara. This trip would be a learning experience for both sons, who admitted they both know very little about their mother’s experiences at the camp.

Waiting inside the auditorium for the Fujioka family was National Park Service Ranger Rose Masters, who had been called ahead of time to expect them. Masters was looking forward to meeting the Fujiokas and giving them the VIP tour of the museum’s exhibits and camp barracks’ exhibits.

Shizuko and her sons viewed the various exhibits inside the visitor’s center, which included seeing her parents’ and her own name listed on the floor-to-ceiling wall of scrolls on which is listed every



Shizuko Fujioka (center) with her two sons, Thomas and Robert Fujioka, along with NPS Ranger Rose Masters at the end of her Manzanar tour



Shizuko Fujioka shares her experiences at Manzanar with NPS Ranger Rose Masters.



NPS Ranger Rose Masters looks for Shizuko’s 1944 Manzanar High School yearbook photo, which is part of the exhibit.

family and family member ever incarcerated in the camp during the war. Some 11,000 names are listed.

Ranger Masters provided Shizuko with copies of the Sakihara family’s registry from old camp records. The family viewed the exhibit with the model of the camp and identified the barracks where the Sakihara family was housed.

At another exhibit featuring the 1944 Manzanar High School Yearbook, there is a photo of Shizuko as a young girl standing almost exactly in the center of the 11th grade class photo. Masters would later send copies of the yearbook photo to the family.

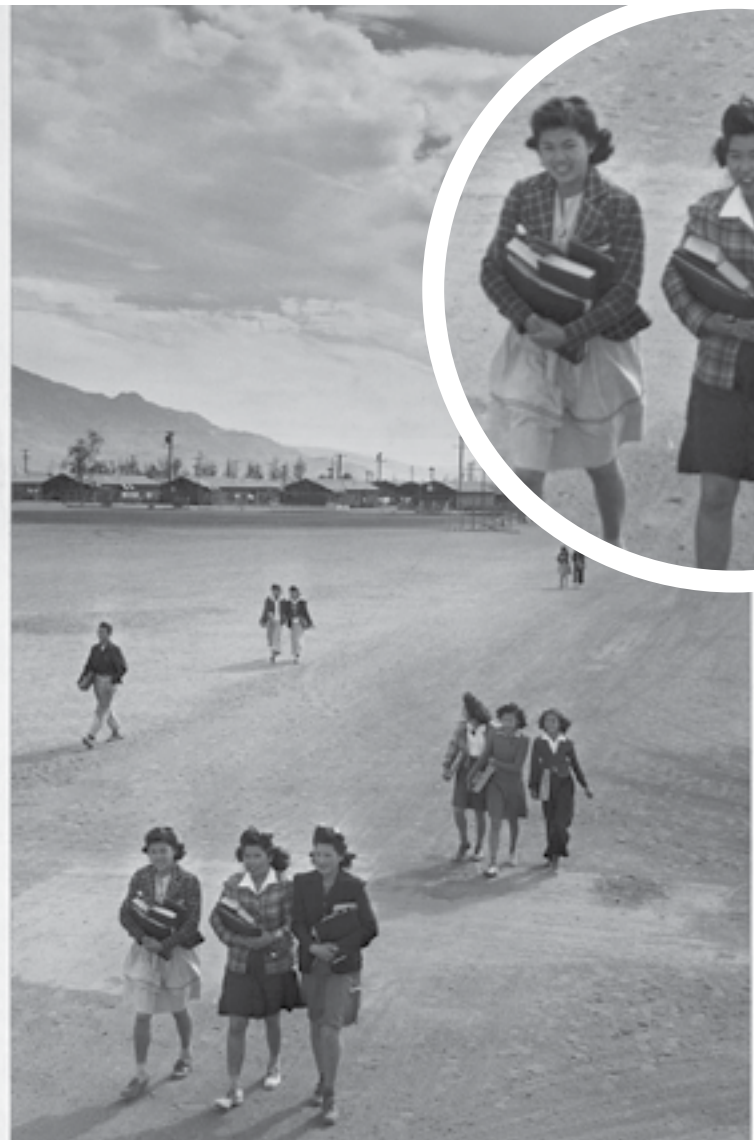
The trip inside the museum was followed by a tour outside of the barracks, which features exhibits of how the incarcerated lived while in Manzanar, including one of the rebuilt barracks of a communal mess hall. “Shiz,” as she is known by her family and friends, could be seen talking softly of her experiences at the camp as a young girl with Ranger Masters, telling her that she has many fond memories of

her time at Manzanar.

Shizuko Sakihara was only a young 15-year-old girl from West Los Angeles when she and her parents (her mother, Hisako, and father, Ikumori Sakihara) were sent to the Manzanar War Relocation Camp in the Owens Valley in early 1943 after the surprise Japanese attack on Pearl Harbor on Dec. 7, 1941.

In one of the most flagrant violations of citizens’ civil rights under the U.S. Constitution, some 120,000 people of Japanese ancestry living on the West Coast of the United States, most all of them American citizens, were ordered imprisoned in camps located in remote areas of the country, with more than 11,000 of them sent to Manzanar.

Some aspects of Shizuko’s story in describing camp life in Manzanar might remind a few readers of the best-known book on the Japanese American concentration camp experience, Jeanne Wakatsuki Houston’s “Farewell to Manzanar,” published in 1973.



Shizuko Sakihara (pictured far left in the foreground) is featured prominently in Ansel Adams' "School Children, Manzanar Relocation Center, California" photo.

PHOTOS: COURTESY OF THE FUJIOKA FAMILY



A young Shizuko in a family portrait with her parents, Hisako and Ikumori Sakihara

The shared experiences included communal baths and restrooms with no privacy, communal mess halls, barbed-wire fences, watchtowers with armed guards and spotlights, majestic mountains rising above a desolate landscape and, of course, the extreme weather — very hot in the summer, icy cold in the winter — and the never-ending dust.

"Farewell to Manzanar" was based on the remembered experiences of a 7-year-old. Houston told of the devastating effects the incarceration had on her family members, which resulted in resentment, withdrawal and a sense of isolation that undermined their relationships.

Unlike Houston's tale of a dysfunctional family, broken and isolated by the forced move, and the cultural upheaval that camp routines had on their traditional Japanese family life, Shizuko said that her family did well in the camp.

Both of her parents worked, as did most adults in the camps. Her father was one of the camp barbers, and her mother worked in the main camp cafeteria. If a book were to be written based on Shizuko Sakihara's life while at the camp, it could well be titled "Return to Manzanar," and it would be a story of a family and a young girl's acceptance, optimism and sense of adventure.

"As a young girl," says Shizuko, "I just did whatever I was told to do whether that was moving to another place (Manzanar) or waiting in line for everything while living in the camp. You just accepted and adjusted to it."

She went on to say, "I was not frightened by the move to the camp. I found it very interesting to live around so many Japanese Americans of all ages after having lived around mainly white Americans in West Los Angeles." She noted that, "It was interesting to go from being a 'minority' in West Los Angeles to a 'majority' at the camp."

In the book "Farewell to Manzanar," while Houston wrote about the freedom she had to explore the camp without parental interference mostly from the indifference of parents that allowed her to do whatever she wanted, Shizuko talks about how much she loved her parents and the care-free life she enjoyed while exploring the camp on her bicycle and visiting with her friends, all with the support and knowledge of her parents.

The difference between the two points of view on their experiences at Manzanar demonstrate how vastly different some families dealt with the experience, which ranged from resentment and depression to acceptance or optimism that things would work out in the end.

When pressed to describe what she and her friends at the camp were like, Shizuko says that they were just like any other American kid during the 1940s; they were interested in the same types of music, singers, dances, films and movie stars as the rest of the country. Shizuko says that she never considered herself anything other than an American for all of her life and that she is very proud of her country.

"I loved attending the camp's school, and I had a group of a half-dozen girlfriends with whom I would play table games and sit around and talk about our day," Shizuko recalled. "We would visit each other and go to movies that were held at the camp. I would borrow a neighbor's bicycle to ride around the camp. I spent a lot of time reading and

doing homework."

During their stay in Manzanar, Shizuko's family would often be allowed to travel on "furloughs" inland away from the West Coast. They would travel to Utah or Idaho, where her parents would be paid to work on independently owned farms and stay at the owner's home or in separate housing for two to three months during harvest season.

There is a photograph of Shizuko taken by the famed photographer Ansel Adams on one of his several trips to Manzanar in 1943 and 1944. The photo titled "School Children, Manzanar Relocation Center, California," shows three young schoolgirls in the foreground, with others following behind them across a barren roadway leading to a block of barracks in the background. Shizuko is prominently featured in the photo.

After graduating in the last Manzanar High School Senior Class of 1945 and leaving the camp, Shizuko and her family returned to West Los Angeles. She said the family was treated well on their return, and there was little hostility from the white community.

On returning to West Los Angeles and working as a film developer for Susan's Photo Studio in Beverly Hills, Shizuko attended Los Angeles City College, where she met her future husband, Yoshiro "Babe" Fujioka, while eating lunch in the cafeteria. She was 26. He was 25. Apparently, "Babe" needed the encouragement of his best friend, Bob Ogawa, to introduce himself. The couple was married and went on to have four children.

According to her four children, Margaret, Robert, Janice and Tom, their mother is described as "loving, optimistic and always encouraging to others." Shizuko's children added that she has also always been very patriotic and proud of being an American and that she is also a very forgiving person.

Shizuko Fujioka now lives in Texas with her youngest daughter, Janice Frey. She is looking forward to attending the 70th Manzanar High School Reunion in Las Vegas this month.

At the end of her tour of Manzanar in June, Shizuko stood beside her sons, Robert and Thomas, with Ranger Masters at the entrance to the camp, and she had a big smile on her face. She was looking forward to visiting her friends and fellow incarcerated in Las Vegas at the 71st Manzanar Reunion, which was set for early August. ■



Shizuko and her husband, Yoshiro "Babe" Fujioka

COMPETITIVE EATER MATT STONIE ON FOOD AND FITNESS

PHOTOS: ALAN MIYATAKE



Competitive food eating champion Matt Stonie considers the gyoza championship one of his favorites because it's tied in to the Nisei Week festival and celebrates his heritage.

The trim eating champion, who has traveled the world in his food conquests, shares insight on what drives him to always consume more.

By **Connie K. Ho,**
Contributor

Imagine downing 323 gyoza in one sitting. That's the feat professional competitive eater Matt "Megatoad" Stonie accomplished recently at the Day-Lee Foods World Gyoza Eating Championship in Los Angeles' Little Tokyo. Stonie, who is half-Japanese and a quarter Lithuanian and a quarter Czechoslovakian, was the first back-to-back winner to do so since 2009.

Stonie, who was born in San Francisco, moved to San Jose, Calif., with his family when he was five years of age and has lived there ever since. He holds several world records for his eating accomplishments, among them: consuming 25 McDonald's Big Macs in 22 minutes, 241 Hooters Chicken

Wings in 10 minutes, 182 slices of bacon in five minutes, 22 pounds of Smoke's Poutinerie Poutines in 10 minutes and 71 Smithfield pork ribs in five minutes. In addition to having an extremely popular YouTube following, he's traveled the world to compete in speed eating competitions, visiting big cities such as Toronto and Los Angeles to smaller towns in Massachusetts and New Hampshire. The 24-year-old professional competitive eater, who stands in at five foot eight inches and a trim 130 pounds, told the *Pacific Citizen* about his career highlights and what he's looking forward to next.

The *Pacific Citizen*: What was your entry into competitive eating, and what prompted it?

Matt Stonie: The first contest I ever did was in 2010. I was 18. It was Maine lobster rolls — whoever ate the most in 10 minutes got \$1,000. I was working a summer job at the time — I signed up for the contest and ended up winning it. I had a fun time doing it, and I just had a knack for it. From there, it just sort of snowballed. I've always been competitive, and I've just been pushing myself and working hard.

The *Pacific Citizen*: What exactly is competitive eating? Have you experienced any health risks because of it?

Stonie: We are professionals first — we work hard, there's money involved, titles, etc. It's a little different for me now since this is going into my fifth, sixth year with contests I go to. For the prep, it'll depend on the contests I go to. For the Nathan's (Famous International Hot Dog Eating) Contest,

it'll be about two months of preparation since it's a big event. It really comes down to how I'm feeling about the contest. If I'm worried, I'll practice more. If I feel like I'm in a good place, I'll just practice a little bit to get ready.

Just like any sport at the competitive level — football, basketball, etc. — it's hard on the body, and it's just a matter of figuring out how to take care of yourself and how to maximize. The thing about competitive eating is that if you aren't healthy, you won't do well. If you're out of shape cardio-wise and you go onstage, you won't eat as much. It's a sprint — you have to be in shape.

One of the biggest decisions I made three years ago was I decided that I wanted to make sure I was focused — getting to the gym, making sure I can eat in intervals, drinking plenty of water and taking care of myself. [I decided] I would take a break from school. So right now, competitive eating for me is full-time. That was the biggest thing: shifting the focus and really making sure that six days of the week I watch my diet, exercise properly, take care of myself, get enough sleep — all that stuff.

You have to figure out what works best for you. I took a few nutrition classes when I was still in school to figure out what eating 50 hot dogs would do to your body, do to your system, and figuring out multivitamins, how long to fast for, how long to not fast for. It's one of those things I'm still working on because there are no books written on competitive eating. A lot of it is experimentation.

The Pacific Citizen: How do you stay in shape?

Stonie: I do focus a lot on cardio but also low weight, high reps and keeping my cardiovascular system going — getting a good sweat. One of the things I've also found out in the last few years is that working out isn't always the answer — sometimes your body just needs to rest. I don't have a strict regimen — I just cater to whatever my body needs.

The Pacific Citizen: How do you prepare for these food competitions — do you stay away from any specific foods you'll be eating in the contests?

Stonie: Last weekend, I was at a chicken sandwich competition, and twice I cooked those up, and I got used to the texture and the flavor. It's like learning about your enemy, figuring out what your game plan is going to be when you're onstage and know what you're dealing with. Some people ask, "Do you get tired of the food? Do you get tired of the taste? Does it taste good? Does it not taste good?" It's work. My focus is on what I'm doing — it's a one-track mind.

The Pacific Citizen: What are some of the competitions that you're preparing for now?

Stonie: Most immediately, there's a hamburger contest in Massachusetts close to where my dad's family is from — I'll be getting ready for that. I might not do too much preparation for that since hamburgers are pretty simple, but a month from now there's a contest in Canada with poutine (French fries, cheese and gravy).

The Pacific Citizen: Do you have any interesting stories to share from competitive eating?

Stonie: One of the highlights was the first time I ever beat (world champion competitive eater) Joey Chestnut. It was a local contest in Stockton, Calif., and I think it was my third year. I remember we were going at it, and I remember I kept watching Joey the whole time and I was thinking, "I'm still ahead of him . . . I'm still ahead of him . . ." Winning that contest was kind of crazy because I always looked up to Joey as this unbeatable mountain of a competitor, and to beat him the first time was



Matt Stonie celebrates his gyoza championship win with the 2016 Nisei Week queen and her court.

definitely a highlight of my career.

The second was obviously when I won the Nathan's contest last year. It's like the Super Bowl of competitive eating — to be onstage and to be there that year and to beat Joey Chestnut was something. It took me about a week to fully grasp everything that had happened.

The Pacific Citizen: What is the experience like being in a competitive eating contest?

Stonie: With Nathan's, just the whole vibe of being in Coney Island with 40,000 people live, cameras — it's an insane time.

It's an experience in itself. A few weeks ago, I was down in L.A. for a Japanese potsticker contest, which is one of my favorites, personally, because it's part of the Nisei Week Festival, and it's part of my heritage. That one is really fun, and the sponsor really cares about the competitors and takes care of us. It was held right outside of the Japanese American Cultural and Community Center, and it was in the plaza right outside of Little Tokyo. The energy is fun, and the same people come out every year to support it. ■

JACL Berkeley chapter and NSU present

TALK STORY AND TREASURES
Nikkei artifacts tell tales we must not forget

Saturday, October 8, 2016
Berkeley Methodist United Church
1710 Carleton Street

Open viewings
12 noon - 1 pm
6:2 pm - 4 pm

Speakers "talk story"
1 pm - 2 pm

Sponsored by Berkeley JACL and UC Berkeley Nikkei Student Union with support from Friends of Topaz, J-Sei, Berkeley Methodist United and others

The display of historical objects, crafts, albums, documents, photographs and other items will be composed of family treasures lent by community members for the afternoon. If you have an artifact you would like to share, please contact Nancy Ukai 510-666-8859 (nancyhukai@gmail.com) or Ranko Yamada 510-524-8135 (rankoy@aol.com). Please RSVP at berkeleyjaci@gmail.com by September 20 as we expect to reach capacity. Thank you!

Please join us for an extraordinary benefit sale of Paintings, ArtWear, Jewelry, Artisan Papers and Antiques by internationally known Japanese American artists Then and Now.

Art Then & Now
A THREAD THAT CONNECTS US

October 7, 2016 • Reception 5 to 7pm
light hors d'oeuvres

October 8+9, 2016 • 11am to 5pm
refreshments

J-SEI Building 1285 66th Street
Emeryville CA 94608

Keiki Fujita of Colourdance, producer of this show can be reached at keikicolour@gmail.com. Art Then & Now is generously sponsored by the Japanese American Citizens League (JACL), Berkeley Chapter.

JOURNALISTS >> continued from page 3

To be a professional journalist in this day and age, you have to have a college degree. This removes the voices of a huge percentage of the population from traditional news outlets. A professional journalist has a profoundly different view on life than, say, a fast-food worker. They'd probably live in different neighborhoods and probably associate with different friend groups. The things a professional journalist sees on an average day would differ considerably from what a fast-food worker would see.

This is why the democratization of media is important. It allows people who were previously excluded from the news-making process to publish content without having to go through the traditional media avenues that require approval from well-educated and often well-off professionals. And if such citizen-produced media is tinged with bias, it is bias that

counteracts the biases of traditional media — media that has long been dominated by educated, white and wealthy men.

Media in 2016 is complicated. The old arbiters of news are being challenged by smartphone-wielding, live-streaming citizen journalists and blogs that accept contributions from anyone with an opinion and a keyboard. It's becoming more difficult to distinguish truth from rumor and fact from opinion when reading the news, but this inclusion of everyday people into the news industry has made for more comprehensive and diverse coverage of the issues that matter most to us.

Matthew Ormseth is currently a student at Cornell University majoring in English. He seeks to give an honest portrayal of life as both a university student and member of the Millennial generation.

Polaris Tours 2016 Schedule

| | |
|-------------------|--|
| Oct. 05 – Oct. 16 | Portugal In Depth: "Lisbon, Oporto, Viseu, Evora, Algarve" |
| Oct. 16 – Oct. 25 | Autumn Japan: "Hiroshima, Miyajima, Himeji, Kyoto, Kanazawa, Takayama, Shirakawa-go, Tokyo" |
| Oct. 27 – Nov. 07 | Discovering Poland: "Warsaw, Krakow, Wroclaw, Gdansk" |
| Oct. 30 – Nov. 10 | The Best of Kyushu: "Fukuoka, Nagasaki, Kumamoto, Ibusuki, Kagoshima, Miyazaki, Beppu" |
| Nov. 27 – Dec. 14 | Icons of India & Dubai: "Dubai, Delhi, Agra, Ranthambore Nat'l Park, Jaipur, Mumbai, Cochin" |



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A NATIONAL GUIDE TO NOTABLE COMMUNITY EVENTS

CALENDAR

NCWNP

Sake Day 2016
San Francisco, CA
Oct. 1; 5-9 p.m.
The Armory
1800 Mission St.

Price: Advance purchase, \$75 (ends Sept. 30); event day, \$85; 21 and over only, valid I.D. required
 Eleven years of sake exploration, fascination and fun await attendees at Sake Day 2016. Taste and buy more than 200 amazing sake offerings, explore the growing U.S. craft sake market and talk to importers and distributors directly connected to the sake business. Come join this incredible tasting experience, with all proceeds benefitting the JCCCNC.

Info: Call (415) 840-5025 or visit www.sakeday.com.

Art Then & Now — A Thread That Connects Us
Emeryville, CA
Oct. 7 Opening Reception, 5-7 p.m.; Oct. 8-9, 11 a.m.-5 p.m.
J-SEI Building, 2nd Floor Atrium. 1285 66th St.

This exhibit and benefit sale will offer unique paintings, art wear, jewelry, artisan papers and antiques by internationally known Japanese American artists from the past and today. Works by artists including Ruth Asawa, Chiura Obata, Arthur Okamura, Vicky Mihara Avery, Ellen Bepp and Keiki Fujita will be featured. A portion of the proceeds will be donated to the Smithsonian Institution's National Museum of American History in conjunction with the 75th anniversary of Executive Order 9066. The event is sponsored by the JACL Berkeley chapter.
Info: Email keikicolour@gmail.com.

'Talk Story and Treasures: Nikkei Artifacts Tell Tales We Must Not Forget'
Berkeley, CA
Oct. 8; Noon-1 p.m. and 2-4 p.m. (open viewings), Program 1-2 p.m.
Berkeley Methodist Church
1710 Carleton St.

Price: Free
 JACL Berkeley and NSU present "Talk Story and Treasures," sponsored by Berkeley JACL and JC Berkeley Nikkei Student Union with support from Friends of Topaz, J-Sei and Berkeley Methodist United. Community members are invited to spend an afternoon viewing historical artifacts, crafts, documents, photographs and family treasures lent by community members for the afternoon. The program will also feature speakers who will share their stories associated with the artifacts.
 RSVP by Sept. 20, as attendance is expected to reach capacity.
Info: Email berkeleyjacl@gmail.com.

PSW

Memories of Five Nisei
Los Angeles, CA
Sept. 24; 2 p.m.
Japanese American National Museum
100 N. Central Ave.

Price: Free
 As part of the Tateuchi Public Program Series comes this event that will feature five second-generation Japanese Americans (Takashi Hoshizaki, Toshi Ito, Willie Ito, Sam Mihara and Shig Yabu) who will share significant memories of their lives, with a focus on the World War II camp experience. Reservations are recommended.
Info: Visit www.janm.org.

2016 Akimatsuri Fall Festival
West Covina, CA
Oct. 1; Noon-8 p.m.
East San Gabriel Valley Japanese Community Center
1203 W. Puente Ave.

Price: Free
 Bridging culture, family and community, this annual event will feature food, taiko, ondo dancing, martial arts, games and much more. It's a great opportunity to experience the best of Japanese culture and tradition. In addition, playwright Jon Shirota, a longtime member of JACL,

will have two of his books on sale at the event: "Chronicles of Ojii-Chan" and "Ripples in a Pond." Proceeds from the sale will benefit the San Gabriel Valley JACL Scholarship Fund.
Info: Email info@esgvjc.org or call (626) 960-2566.

MDC

Aki Matsuri
Albuquerque, NM
Sept. 18
National Hispanic Cultural Center
1701 Fourth St. S.W.

The annual Albuquerque-based Japanese Fall festival (Aki Matsuri) welcomes the new season with the New Mexico Japanese American Citizens League in part supported by the New Mexico Arts Department of Cultural Affairs and the National Endowment of the Arts. Festivity activities include food and games for all ages.
Info: Visit www.nmjacl.org.

Annual Japanese Kite Flying Festival
Denver, Colo.
Oct. 2; 10 a.m.-4 p.m.
The Pavilions near Martin Luther King Jr. Pkwy.

Price: Free
 The Japan America Society of Colorado presents this beautiful event that is fun for all ages! Special guests will include Mikio Toki, Edo Kite Master from Japan, and Scott Skinner, kite maker and artist. All kites are welcome, and picnics are encouraged.
Info: Visit www.jascolorado.org.

PNW

Densho 20th Anniversary Gala
Seattle, WA
Sept. 24; 5-8:30 p.m.
Sheraton Seattle Downtown
1400 Sixth Ave.

Densho celebrates 20 years of collecting and preserving the living memory of World War II Japanese American incarceration. All are invited to celebrate the past two decades and support Densho as it works to build a more

just future. Keynote speakers include Dale Minami.
Info: Visit www.densho.org.

Portland Taiko's 'Sound in Motion'
Portland, Ore.
Oct. 16; 3-5 p.m.
Cabell Center Theater
8825 S.W. Barnes Road
 Price: Tickets \$22-\$26
 "Sound in Motion," Portland Taiko's fall concert, will feature Portland Taiko and Los Angeles' award-winning TaikoProject in an energetic evening of contemporary taiko works. TaikoProject is making its Portland debut.
Info: Visit info@portlandtaiko.org.

EDC

Encounters: A Musical Exploration by Susie Ibarra, Samita Sinha and Jen Shyu
New York, NY
Oct. 1; 8-9:30 p.m.
725 Park Ave.

Price: \$15 members; \$17 seniors/students; \$20 nonmembers
 Asia Society presents "Encounters: A Musical Exploration," in which three boundary-crossing performance artists will explore their creative encounters with different musical and cultural expressions. Each artist will present a 20-minute musical performance, then engage in a discussion about how explorations of the Asian American experience can lead to new aesthetics.
Info: Visit www.asiasociety.org.

Ramen Contest and Japanese Fall Festival
New York, NY
Oct. 15-16
Astor Center
399 Lafayette St.

Price: Free
 An indoor eating ramen contest will serve up some of New York's most popular Japanese ramen shop dishes. The weekend event will also host a Japanese fall festival along Broadway Street between 92 and 94 Streets as well. Come and enjoy Japanese heritage and

culture at the fair with about 60 vendors and stores.
Info: Visit www.japanblockfair.com or email todo@japanblockfair.com.

Philadelphia Asian American Film Festival
Philadelphia, PA
Nov. 10-20

Various locations in Philadelphia
 The Philadelphia Asian American Film Festival is back this year paying tribute to rising stars in Asian American filmmaking. This celebration is the only one of its kind in the Philadelphia area and is now the largest AAPI film festival on the East Coast. It attracts actors, filmmakers and audiences from the area and all around the world. Come support the films in this year's lineup.
Info: Visit www.phillyasianfilmfest.org.

IDC

Minidoka: Artist as Witness Exhibit
Boise, Idaho
Oct. 8-Jan. 15, 2017
Boise Art Museum
670 E. Julia Davis Dr.
 Price: Varies
 This exhibit features poignant works by Takuichi Fujii, Wendy Maruyama (Tag Project), Kenjiro Nomura, Roger Shimomura (painter) and Teresa Tamura (photographer), who have created art based on personal or family experiences related to Minidoka. It is sponsored by the Boise Valley and Snake River JACL chapters.
Info: Email britney@boiseartmuseum.org or call (208) 345-8330, ext. 26. ■

ADVERTISE HERE

Events in the calendar section are listed based on space availability. Place a 'Spotlight' ad with photos of your event for maximum exposure.

FOR MORE INFO:
pc@pacificcitizen.org
(213) 620-1767

IN MEMORIAM

Doi, Helene Mineyo, 93, Honolulu, HI, Sept. 7; she was a retired Pearl Harbor Naval Shipyard clerk typist; she is survived by her sons, Randall N. and John J.; gc: 1.



Fujino, Ricky Miyoshi, 65, Monterey Park, CA, Aug. 24; he is survived by his wife, Eiko; daughter, Mika (Eugene) Tamura; son, Hideki (Jamie) Fujino; gc: 2.

Fujiwara, Harry, 82, Nashville, TN, Aug. 28; he was known as "Mr. Fuji" in World Wrestling Entertainment and a martial arts master whose signature move was hurling a handful of salt into his opponents' eyes; he went on to manage several professional wrestlers and was inducted into the WWE Hall of Fame in 2007; he is survived by his children, Tyran Wong, Teri Deettula, Tami Nelson, Kimberly Brewster, Toni Will, Kelli Fujiwara Sloan and Kevin Fujiwara; gc: 13; ggc: 5.

Hayashi, Hide, 88, Honolulu, HI, Sept. 6; she is survived by her son, Walter "Wally"; daughters, Glenda Vinci and Merle Hayashi; gc: 3.

Ito, George, 81, Sacramento, CA; he was predeceased by his parents, Kichiyemon and Kimiyo Ito; siblings Bill, Hiro, Frank and Reiko; he is survived by his wife,

Ann; children, Tom (Kathy), Michael (Jodi), Mark (Rissa) and Brian; brother, Ray (Pearl); numerous nieces and nephews; gc: 7.

Iwata, Toshio, 92, CA, July 31; a Nisei veteran, he was predeceased by his wife, Jean Akiko; he is survived by his daughter, Ellyn; son, David (Lisa); sister, Jean Harue Ishida; as well as many in-laws, nieces, nephews and other relatives; gc: 5.



Kamimura, Kikuko, 97, Palm Springs, CA; Aug. 16; she is survived by her children, Nancie Self, Richard (Marilyn) and Russell (Cynthia) Kamimura; gc: 14; ggc: 16; gggc: 1.

Kawamura, Frank, 80, Sacramento, CA, Aug. 30; he was interned at Poston; he was predeceased by his wife, Lily; daughter, Amy; parents, Roy S. and Katsuko Kawamura; he is survived by his daughters, Mona Kawamura (Patrick) and Suzan Sae Lee (Lai); siblings, Harry Kawamura, Connie Okino (Sets), Elaine Nakahara, Stanley Kawamura (Janet) and Jane Abe (Robert) and numerous nieces and nephews; gc: 1.

Kawano, Mary, 89, San Francisco, CA, Aug. 21; she was interned at Gila River Relocation Center; she is survived by her son, Robert (Mary Eijima); daughter, Elinor (Ross Lee); and many

nieces and nephews; gc: 4.

Matsumoto, George, 93, San Francisco, CA; June 28; he was interned at Poston; he was predeceased by his wife, Kimi; he is survived by his daughters, Mari (John Ota), Kiyo (Colin Lee), Kei (Chris Lamen) and Miye (Randy Sears); son, Kenneth; brother, Dr. Kenneth Matsumoto; he is also survived by numerous nieces and nephews; gc: 7.

Mikuni, Willie Toshio, 88, Pasadena, CA, Aug. 30; he was predeceased by his parents, Kokichi and Sato Mikuni; son-in-law Ron Nakamura; he is survived by his wife, Betty; son, Darryl (Pat Van Der Veer) Mikuni; daughters, Janis Nakamura and Karen (Ethan Etnyre) Mikuni; nieces, nephews and many other relatives; gc: 4.

Miyashiro, Douglas Tadashi, 79, Kaneohe, HI, Aug. 28; he is survived by his wife, Jackie; daughters, Joanne Burgo, Donna DeBiasi and Susan Miyashiro; sisters, Marianne W. Hee and June Yamashiro; gc: 5; ggc: 1.



Nishikawa, Toshiro, 92, Gardena, CA; Aug. 22; he was predeceased by his wife, Mollie, and granddaughter, Lauren Taguchi; he is survived by his daughters, Susan (Dennis) Taguchi, Sharon (Paul) Landry,

Lori (Rick) Teraji; gc: 5.

Nishitsuji, Kyoko, 78, Fullerton, CA, Aug. 24; she is survived by her husband, Bill; children, Lori (Kevin Pratt), Wendy and Deron; also survived by many brothers and sisters-in-law, nieces, nephews and other relatives; gc: 4.

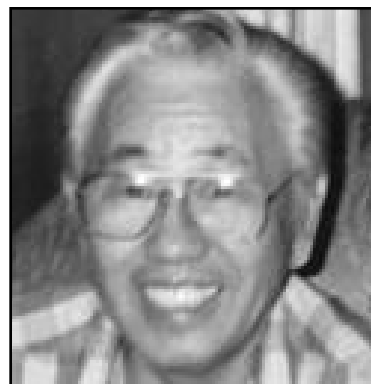
Omatsu, Cathleen Satomi, 59, Hawthorne, CA, Aug. 26; she is survived by her husband, Bob; daughter, Kelly Omatsu; son, Barry Omatsu; sister, Aileen (Peter) Ashley; brother, Jimmy (Marianne) Horimoto; father, Bill Horimoto; she is also survived by many nieces, nephews and other relatives.

Osato, Isami, 95, Honolulu, HI, Aug. 21; he was a retired Army veteran; he is survived by his son, Dexter, and daughter, Nan.

Sato, Shirley Sakiko, 86, Sacramento, CA, Sept. 3; she is survived by her husband, George; children, Jodi Sato-King (Lee), Ellen Sato (Fred Simon), Curtis Sato (Anne), Eric Sato (Julie); sisters, Miyo Yamada and Agnes Deguchi; gc: 4.

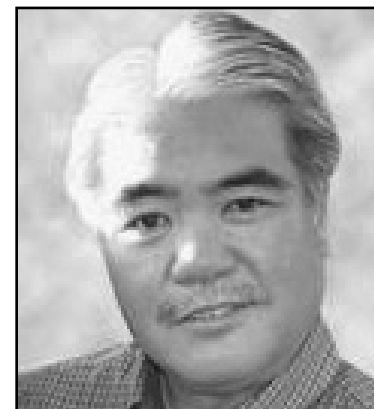
Takeda, Joe Kazuya, 45, Fountain Valley, CA, Aug. 21; he is survived by his children, Rebeca Rika, Joe Kazuhito and Jaida Ayumi; father, Kazuto (Tsugiko); he is also survived by many nieces, nephews and other relatives here and in Japan.

Takeshita, James Kazuyuki, 93, Waipahu, HI, Aug. 30; he is survived by his wife, Marilyn; son, Keith (Cindy) Takeshita; daughters, Avis (Joseph) Harrison, Terry (Ajit) Kundanani, Lori (Patrick) Guerin; gc: 4.



Taketomo, Tom, 91, Culver City, CA; Aug. 29; he was a military veteran who served in the Korean Conflict with

the U.S. Army; he is survived by his wife, Sachi; children, Paul (Laura), Ken (Stacy); and many other relatives; gc: 2.



Toyota, Craig, 53, Alhambra, CA; Aug. 22; the Alhambra, Calif.-born Sansei is survived by his wife, Angie Ayako; children, Curtis Takashi and Kristin Megumi; mother, Carol Hideko Toyota; brother, Neil Osamu (Gregory Williams); sisters, Denise Tokiko (Eric) Parker and Shelley Eiko (Tamlin) Dyvig; father-in-law and mother-in-law, Ted Takafumi (Susan Kazue) Imoto; sister-in-law, Margie Masako (Steve Isamu) Nakanishi; brother-in-law, Eric Eiichi (Julie Haruko) Imoto; he is also survived by many nieces, nephews and other relatives.



Umeda, Alice Yoshiko, 92, Los Angeles, CA; Aug. 20; she is survived by her children, Cheryl Nimori, Glenn and Kenneth (Arleen) Umeda; gc: 4.

Wong, Doris Asaye N., 91, Honolulu, HI, Aug. 19; she is survived by her sons, Winston D., Dwight D., Benedict D., Darrell F. and Dudley A.; daughter, Dorene B.W. Martin; gc: 4.

PLACE A TRIBUTE

'In Memoriam' is a free listing that appears on a limited, space-available basis. Tributes honor your loved ones with text and photos and appear in a timely manner at the rate of \$20/column inch.

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REIMAGINE EVERYTHING

MEMORY LOSS? ODDS ARE, IT'S NOT ALZHEIMER'S

By Ron Mori

For most of us these days, staying “mentally sharp” as we age is a high priority. With all we’ve been hearing and reading about Alzheimer’s in recent years, it’s perfectly understandable that virtually any sign of memory loss can trigger real fears about a possible onset of that deadly disease. Some might even unwisely decline to discuss it with their doctor out of fear of “hearing the worst.”

But there’s good news. For many, if not most people, a modest decline in memory does *not* mean you have Alzheimer’s. It may simply be a matter of cognitive aging, which can be addressed. Like other parts of your body, your brain changes with age, along with its ability to carry out various functions. The brain is responsible for “cognition,” a term that includes memory, decision making, processing speed, wisdom and learning. As a person ages, these functions may change — a process called “cognitive aging.”

AARP co-sponsored “Cognitive Aging: Progress in Understanding and Opportunities for Action,” a report from the Health and Medicine Division of the National Academies of Science, Engineering and Medicine. This report offers an extensive examination of how age changes the brain when it’s not affected by neurodegenerative diseases like Alzheimer’s, along with specific actions people can take to reduce their risk of mental decline with age.

Cognitive aging is not a disease. In fact, unlike Alzheimer’s, which affects about 10 percent of older Americans, cognitive aging is a process that occurs in *every* individual, beginning at birth and continuing throughout our life span. There is tremendous variability in how people’s cognition changes as they age. Some older adults may experience very few effects from cognitive aging, while in others, the effects might be more pronounced. In the more pronounced cases, cognitive aging can affect a person’s abilities to perform daily tasks,

such as paying bills, driving, following recipes and adhering to medication schedules. So, it’s not something to take lightly or ignore.

On the other hand, some cognitive functions can actually improve with age. Wisdom and knowledge often increase with age, and older adults report greater levels of happiness and satisfaction than their younger counterparts. And it’s possible to positively promote and support your “brain health” as you age. Important steps you can take include:

- **Be Physically Active** — Staying physically active can promote cognitive health in middle-aged and older adults by helping to reduce cardiovascular risk factors such as hypertension and diabetes.
- **Manage Your Medications** — A number of medications can have a negative effect on cognitive function when used alone or in combination with other medications. The effects can be temporary or long-term. It’s important to review all of your medications with a health-care professional and learn about their effects on cognitive health.
- **Be Socially and Intellectually Active** — Continually seek opportunities to learn new things.
- **Get Adequate Sleep and Reduce Stress** — Seek professional treatment for sleep disorders, if needed.
- **Eat a Healthy Diet.**

AARP is offering a new digital product — <https://stayingsharp.aarp.org> — that is packed with brain-boosting activities, articles and recipes designed to help you keep your brain in shape. Please check it out.

Ron Mori is a board member for the Washington, D.C., JACL chapter, and manager of community, states and national affairs — multicultural leadership for AARP.

NPS ANNOUNCES AVAILABILITY OF \$3 MILLION IN CONFINEMENT SITE GRANTS

WASHINGTON, D.C. — The National Park Service is now accepting applications for \$3 million in grants to support the preservation of places where more than 120,000 Japanese Americans were imprisoned during World War II.

“Through these grants, the National Park Service is giving communities and partners a voice in telling the difficult story of Japanese American confinement during World War II,” NPS Director Jonathan B. Jarvis said. “By doing so, we honor those who endured incarceration and ensure that a new generation of Americans can learn from this tragic episode in our history.”

Congress established the Japanese American Confinement Sites Grant Program in 2006 to preserve and explain the places where Japanese American men, women and children — most of them U.S. citizens — were incarcerated after Japan attacked Pearl Harbor in 1941. Japanese American Confinement Sites grants are awarded to eligible groups and entities, including nonprofit

organizations, educational institutions and state, local and tribal governments for work to preserve confinement sites and their histories.

In establishing the program, Congress authorized up to \$38 million in grants that can be awarded over the life of the program, with funds appropriated annually. To date, the program has awarded more than \$21 million in grants to 163 projects involving 20 states and the District of Columbia.

In fiscal year 2016, the NPS distributed 15 grants totaling more than \$2.8 million. The president’s budget for fiscal year 2017 seeks \$3 million for the next round of program grants.

Grants may be used for a variety of efforts, including the design and construction of interpretive centers, trails, wayside exhibits and other facilities, oral histories and site-history research, school curricula and the purchase of nonfederal land at authorized sites.

The program requires applicants to raise project funds from other sources to “match” the grant money, which is

awarded after a competitive review of project proposals. Successful grantees must match \$1 in nonfederal funds or “in-kind” contributions to every \$2 they receive in federal money. Matching funds can be raised and spent during the grant period and do not have to be “in the bank” when a group applies for a grant. Applicants may receive up to two grants a year.

More than 60 historic sites are eligible for grant-funded work. They include the 10 War Relocation Authority centers that were established in 1942 in seven states: Granada (Amache), Colo.; Gila River and Poston, Ariz.; Heart Mountain, Wyo.; Jerome and Rohwer, Ark.; Manzanar and Tule Lake, Calif.; Minidoka, Idaho; and Topaz, Utah. Also included are more than 40 other sites, including “assembly centers” and U.S. Army and Department of Justice detention and internment facilities.

The deadline for applications is Nov. 1 (5 p.m. MST).

For more information, including 2017 application materials and lists of the program’s most recent awards, visit <https://www.nps.gov/jacs/>.

LETTER 1 >> continued from page 2

While I agree the media should be showing everything and all sides of the story, the unfortunate current reality is that they don’t. So, we must take it upon ourselves to steer clear of the propaganda and read as many articles as we can from all sides of the story. We must also try to realize that “a few” do not represent “all” and that even a “majority” does not reflect “all.” If the president thinks we should go to war that doesn’t mean all United States citizens think we should go to war. If National JACL believes one thing that doesn’t mean that every JACL member also believes it.

Our society tells us to pick sides, but I don’t think it’s quite that simple. I think it’s OK to have exceptions and support some and not all. Our world and all of our current issues are not black and white. There are many shades of grey in the middle that we cannot forget. We must all do our best to learn as many different viewpoints as possible and learn from as many different sources and people as we can, instead of listening to only one person or only one news channel. We are our own person and can think for ourselves, make our own decisions and create our own perspectives based on our own research and values and experiences. I think it is OK to agree to disagree sometimes or to agree with parts of someone’s argument and disagree with other parts.

As Asian Americans, we have also faced discrimination — extra rules placed upon us, being called Japs, being told to go back where we came from, being asked “what are you,” being sent to internment camps even though you are a citizen of the United States and just being treated differently than someone who is white.

Looking throughout history, whenever civil rights were withheld, people spoke up, lobbied, protested and sometimes it led to violence (e.g., Civil War). All of these different things have something in common: They get people’s attention and get others to listen and realize the inequality that they did not see before.

Black Lives Matter is trying to get our society’s attention before another friend or loved one is killed or put in jail for no other reason than the color of their skin. As minorities who have also experienced racism, it is important to support other minorities in attaining their civil rights, their human rights.

Right now, it is more important than ever for all of us to realize that we are all people living in this world and in this society and that while we are different, we are all human. Each person has people who care about them and each person has a life and each person has a story and all of these things shape who we are and also connect us all.

During this time of hate and conflict, we must rise above that hate and also talk about the conflicts and the problems and figure out how we can all support each other, everyone, together.

Sincerely,

*Tara Umemoto,
JACL Berkeley Member*

SOURCE 1: <https://www.theguardian.com/us-news/video/2016/jul/15/obama-defends-black-lives-matter-movement-video>

SOURCE 2: <https://www.theguardian.com/us-news/video/2015/oct/22/barack-obama-black-lives-matter-video>

SOURCE 3: <https://twitter.com/krisstraub/status/751163631300063232/photo/1>

SOURCE 4: <https://www.facebook.com/1524089581224722/videos/1578988792401467/>

SOURCE 5: https://www2.census.gov/programs-surveys/demo/tables/p60/252/pov_table3.pdf

SOURCE 6: <http://www.nydailynews.com/news/national/king-brock-turner-cory-batey-show-race-affects-sentencing-article-1.2664945>

SOURCE 7: http://www.nytimes.com/2015/12/01/opinion/a-conversation-with-black-women-on-race.html?_r=2

SOURCE 8: <http://www.nyclu.org/content/stop-and-frisk-data>