AP Students Discuss Issues in Education

by Edna Bieda

SAN DIEGO — Nearly 300 students and community members attended the ninth annual Asian Pacific Student Union (APSU) statewide conference Feb. 19-20 in UC San Diego.

It was the largest APSU conference ever, with high school and college students coming from throughout California and as far away as Oregon and Michigan. Enthusiasm ran high during the day of workshops and speakers addressing the theme, "Living in America: Land of Opportunity?"

"The event was a tremendous success," said the conference's host, Mary Beth Beden (left), SDSU student and APSU vice president. "We have had an extremely high turnout, which shows the need for our talks."

"It's a good way to give the students a chance to learn and find ways to get involved in the Asian community," said Lynn Ishida, a San Diego State University student and APSU vice president.

On the day of the conference, attendees commented on the need for diversity in the local school district.

"Palo Alto is a very diverse school," said Connie Huang, a junior at Palo Alto High School. "We need to continue working towards more diversity in the community and in the school."

"We need to make sure that everyone feels welcome in our school," said John Kim, a senior at San Mateo High School. "We need to work towards a more inclusive atmosphere."

Continued on page 8

Introduction of Senate Bill, House Hearing Postponed

WASHINGTON — The introduction of the Senate redress bill and hearing for the House redress bill have both been postponed, according to JACL-LEC executive director Grayce Uyehara.

Sen. Spark Matsunaga (D-Hawaii) said last month that he would introduce his bill, with 60 senators signed on as co-sponsors, on March 26. In announcing the postponement, Matsunaga's office did not give an explanation or confirm a new date for the bill's introduction.

The bill now has 60 co-sponsors — 41 Democrats (including Matsu­naga) and 25 Republicans. The latest additions, as of March 27, were Leland Chafee (R-I., Charles Grodsky (R-Iowa), Thad Cochran (R-Miss), Christopher Bond (R-Mo), and Alan Simpson (R-Wyo).

Of the 14 members of the Governmental Affairs Committee, to which the bill will be assigned, eight are co-appointees. John Glenn (D-Ohio), Carl Levin (D-Mich), Jim Sasser (D-Tenn), George Mitchell (D-Maine), Ted Stevens (R-Alaska), Wildor Rudman (R-N.H.), and Robert C. Byrd (D-W. Va.) were appointed.

House Subcommittee Hearing

Originally scheduled for April 2, a hearing on redress bill H.R. 442 by the House Judiciary Subcommittee on Administrative Law and Governmental Relations has been postponed until April 22. The hearing was set to be held on April 22 at the House Government Building.

Speaking in Los Angeles on March 28, Rep. Norman Mineta (D-Calif) said that more votes from subcommittee members needed to be obtained before the decision was made on whether to refer the bill to the full Judiciary Committee.

"Since those who were invited to testify before the subcommittee had only two weeks to prepare their testimony for the hearing," said Uyehara, "the extension of time will allow more time for preparation." Those who plan to attend the hearing may call the LEC office at (202) 223-1236 for more information.

Asian Candidate Building a Coalition in "Black District"

By J.K. Yamamoto

LOS ANGELES — Even with 13 candidates in the running, Council hopeful Arthur Song is in no danger of getting lost in the excitement. In his city council campaign, Song is seeking to represent what he considers to be some of the predom­inantly Black district.

The 10th District, which includes parts of West Los Angeles, the Crenshaw area and Koreatown, is about 44 percent Black, 22 percent Latino, 22 percent An­glo and 12 percent Asian. The voter will pick their representa­tive on April 14.

Black Community Support

Although he has been "focusing on a lot of attention" on the Asian community, Song, a Korean American attorney, said, "Much of my support comes out of the Black community, which is kind of start­ing, especially since I'm perceived as the Asian candidate or the Koreatown candidate."

"Because of tensions between the Black and Korean com­munities in recent years, he said, he knows he would be an issue. "It's unfortunately to have any kind of bigotry or racism enter a campaign," he commented, "but even worse when it's one minor­ity pitied against another."

His feelings that his advantage is that "I know every part of that district. My offices have always been in the 10th... My parents live in the 10th."

And the more he comes into contact with voters, he said, the more he has found that "they're very interested in our candidacy. They're looking at me not so much as an ethnic candidate..."

Continued on page 2

Prominent Rivals

Song's competitors include Homer Brouse, a former public works commissioner who has Mayor Tom Bradley's backing; former state Sen Nate Holden; Myrtle Evers, widow of slain civil rights leader Medgar Evers; Ken Critt, chief of staff for Rep. Mervyn Dymally; and Geneva Cox, a field deputy for David Cunningham, who vacated the 10th District seat last
Office of AP Affairs Established in Sacramento

SACRAMENTO — State Senate President Pro Tempore David Roberti (D-Los Angeles) has announced the formation of an Office of Asian Pacific Affairs within his staff. He said, "The absence of Asian Pacific representation in the Legislature makes it critical that every effort be made to ensure that this community be involved in the legislative process to the fullest extent possible."

The office focuses on issues of concern to the Asian community, including civil rights, education, health, redress, Asian refugee issues, small business assistance, and education of the Pacific Rim American community.

In addition, the office will assist senators in developing stronger connections with the Asian American organizations and leaders in their districts.

The staff consists of Georgette Imura, former staff director of the Senate Democratic Caucus and former principal consultant to the Senate Elections Committee; and Mailey Tom, former chief administrative officer of the Assembly.

For more information, contact the Office of Asian Pacific Affairs at State Capitol, Room 400, Sacramento, CA 95814, (916) 445-5001.

PC IN MICROFILM —Copies of the Pacific Citizen are microfiche available. The first Red feature scattered pewer months issues from Vol. 1 no. 1 (dated Oct. 15, 1929) through March 1942 (the eve of evacuation). The entire run of weekly issues of 1942 from June through December and the remaining years are contained in 24 reels. This 24 reel set is available at $6.00.

The 1986 red is available at a $12.00 per publication price if ordered before March 31, 1987. Cost after that date will be $14.00.

For more information or to place orders write to PACIFIC CITIZEN, 951 E. Third Street, Suite 200, Los Angeles, CA 90015.

‘Pacific Rim Profiles II’

United Way Group to Study Services in AP Communities

LOS ANGELES — The Asian Pacific Research and Development Council, a United Way group of approximately 40 volunteers from Asian communities throughout Los Angeles County, has made a commitment to conduct a major needs assessment study called "Pacific Rim Profiles II."

Chairwoman Lilly Lee and other council members have agreed that a top priority of the Asian community is to find a way to identify and assess the most serious gaps in the health and human care system. The forthcoming study follows the council's 1985 study, "Pacific Rim Profiles," which showed major changes in the Asian Pacific communities. For example, more than 157,000 Asian Pacific residents were counted in the county in the 1980 census, and current estimates range from 500,000 to 700,000, including more than 73,000 Southeast Asian refugees.

The initial study was intended to create a base of demographic information for future government and community service organizations. It is being used by corporations, universities, and community planners.

As part of the second report, the council will present "Omohide no Tabi: The United States Through the Eyes of an Asian American" and "Pacific Rim Profiles II." The latter will focus on the second report, "Pacific Rim Profiles II," which showed major changes in the Asian Pacific communities. For example, more than 157,000 Asian Pacific residents were counted in the county in the 1980 census, and current estimates range from 500,000 to 700,000, including more than 73,000 Southeast Asian refugees.

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For more information on the council, call United Way at 213-736-1300.

Concert to Raise Funds for Suit

CHICAGO — National Council for Japanese American Redress will present "Omohide II," a benefit concert, on May 2, 7 p.m., at West Ridge United Methodist Church, 2101 W. Lunt Ave.

Guest soloists will be mezzo-soprano Phyllis Unosawa, soprano Hanae Nakanawa, tenor Edward Okuma, and soprano Mariko Ozaki. The artists perform with the United States Redress suit's legal and political groups as the Chicago Symphony Chorus, Chicago Chamber Choir, and the University of Chicago Glee Club.

Proceeds will go to legal expenses of NQAR's class action suit, scheduled to be reviewed by the Supreme Court on April 20. The first "Omohide" ("Memories") concert took place in 1982.

Tickets are $10 each. To order, write to NQAR at 325 W. Diversey Parkway, Chicago, IL 60614 by April 20. Checks should be payable to Associated Legal Funds. Donations are tax-deductible. Info: Haruo Okuma, (312) 743-9571; or Nelson Kissel, (312) 277-6200.
year. All of the other candidates are Black.

"We have to live together" Song said.

Song has a number of Black supporters working on his campaign staff, and he said he is planning to announce major endorsements from the Black community shortly. A March 5 fund-raiser at the Ebony Showcase Theatre was fairly well attended, he said.

"We're working really fast," said assistant campaign manager Charles Kim. "We're building a coalition, that's the key. We have to live together. But if you keep insisting this is a Black district, you may generate some kind of division in the district among different ethnic groups. That's not healthy.

The 10th District race has become "a family affair," said Song, because his cousin, former state Sen. Alfred Song, similarly endorsed Orduna, and Alfred Song's daughter Leslie is working for Broome's campaign. According to Arthur Song, his cousin withdrew his endorsement and decided to remain neutral when he discovered these two conflicts.

Asian Outreach

Meanwhile, candidate Orduna has been making efforts to reach Asian-American families in the district.

According to Miyi Iwataki, a member of Orduna's campaign staff, Orduna was addressing the Korean-Black conflict in South Asian Americans in the district to bring together the Korean and Black communities. He said that the situation of the Issei members of the Senior Citizens Center and made staff, Orduna was addressing the 1940's. "He worked with Dymally and other leaders to bring together the Issei members of the center and made staff, Orduna was addressing the 1940's. "He worked with Dymally and other leaders to bring together the Issei members of the center and made staff, Orduna was addressing the 1940's. "He worked with Dymally and other leaders to bring together the Korean and Black communities." According to Arthur Song, his cousin withdrew his endorsement and decided to remain neutral when he discovered these two conflicts.

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The Japanese and the Jews

Bill Marutani


One Japanese magazine reported that an article entitled "Mysterious Judges" (a title born of the same mentality that concocted the "criminally Oriental") and devoted its issue to outlandish and cynical statements such as Jews being behind Watergate and that Prime Minister Kaisho Tanaka's conviction in the Lockheed Aircraft bribery scandal somehow involved or was caused by Jews!

A strong personal similarity in Mr. Tanaka didn't know that it was illegal to take a loan from a bank, and the implication that somehow he was compelled to take it, regarded as a logical deduction by the "Mysterious Judges" is not unfamiliar with religious scholarship, and the implication that his parents' strong personality such as a second language.

Bill Hosokawa

Our first-born, Mike, was a toddler when Grandpa lived with us. Since those days, he comes to speak Japanese. In fact, he learned to speak it quite well.

He took on the role of interpreter.

But somehow little Mike got his name from my Medford (Ore.) High School graduating class of 1950. May 29-30.

In Search Of...

I have been a teacher for two former schoolmates, Kanno and Yoshino Manya (inoue, not brothers), who were in my same class in High School graduating class of 1927. Our class is celebrating its 50th anniversary May 29-30 at the Royal Lion Inn in Medford, and Kanno and Yoshino are among those whose property program committee has been unable to locate.

If you can read these words and wish to attend the festivities, they should contact the Reverend Tomkins, 1900 SW Pilkington Blvd., Lake Oswego, OR 97275. (503) 688-0933. There is a committee person at the hotel who can inform you of other events about both of the Manya, I would appreciate learning about "Japanese." Please take the time to make contact. Thank you for passing the word along.

RAY LEHR
1100 SW 16th
Scotsdale, CA
92105
332-2969

'Japan' and 'Japanese'

The PC's editing of my letter had caused some confusing and ambiguous. People asked why I disapprove "Japanese," as an abbreviation for "Japan." I wrote "I have only my rough draft to refer to, and I admit that I could have misinterpreted the letter. I wrote "Japan" because I was writing a "I have no doubts about 'Japan,' being an appropriate abbreviation for "Japanese." The word "Japanese" is widely used in English..." I wrote "I have no doubts about 'Japan,' being an appropriate abbreviation for "Japanese." The word "Japanese" is widely used in English."

Steve's parents, being wiser than his grandparents, have recognized this interest and are even helping him with his studies to help him and I have agreed to help him. We have been teaching how to speak such useful phrases such as Okaa ga inu to monomowatta I'm hungry. Gokou ga inubashiri desu ka? (Is school fun?) and Jie. Gokou no inubashiri wa desu ne? (School isn't fun.)

Steve's accent is remarkably good. I hope that I can do a better job of teaching my grandchild than I did with my own offspring. Not many are given a second chance, and I do not want to flub it again.

Second Chance

FROM THE FRYING PAN

Bill Hosokawa

was no better prepared to learn Japanese in Dr. Willie Nagai's class at the University of Colorado Boulder than Mike and blue-eyed classmates. Sad to relate, her efforts were less than satisfactory, because she retained much more of that experience with Watanabe-san no Nihongo-go wakarimasen, which is as far as any-first year student knows.

But an interesting thing happened.

Susan's son, Steve, who makes his studies a lifelong interest, has acquired a lively interest in the ancestral tongue and acquired his father's keen interest, taught by a Caucasian who questions his studies. He is an aspiring student of Japanese and to recognize Japanese characters as well as kanji technique. The students learn the meaning of the characters, not merely the pronunciation and take, for example, the character for sun, which also means day, which is pronounced sun. If you are interested in learning that character is displayed, the kids recognize it as an meaning in English. Steve is interested in even more. He wants to be able to speak the language.

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**A New Restrictive Racial Quota**

by Paul Shinkawa

**First Place Governor**

I have received many interesting and thoughtful letters concerning the March 6th column by Dr. Henry Der, director of the Chinese for Affinities Committee (CFC). There are many PC readers who have very profound ideas about what JACL is and how it should be operating.

One letter of concern discussed the perception of members whose principal source of information is the Pacific Citizen. I am writing to express my support and encourage a more objective journalism, especially in the leaders of the movement. When I wrote my article, I did not mean to describe an...
JCCNC to Present Five Community Awards

SAN FRANCISCO — Five organizations are being recognized for their contributions to the cultural and community life of Japanese Americans. They will be honored at the 19th Annual Candelight Ball on 13th August an fundraiser to be held at the Japanese Cultural and Community Center of Northern California.

The award-winning organizations will be honored at the Japanese Cultural and Community Center of Northern California.

1. **Clifford Ueda**, past president of National JACL and an active member of the National Japanese American Historical Society.

2. **Sandy Oye Ori**, former director of the Koinochi Home and past secretary to the San Francisco chapter Health Commission.

3. **You Hirokuri**, a very popular local artist who will be honored for his outstanding contributions.

4. **50th anniversary of the Japanese American Historical Society**.

5. **Community Calendar Awards**

**Community Calendar Awards**

- **April 4 — 11**
  - Orange County: Syrian Singles will celebrate its first birthday anniversary with a Prom Night Yesterday at the Anaheim Bay Ballroom. Tickets are $30 for members and $35 for non-members.

- **April 5 — 11:30am**
  - American Asian Club will host a Day of the Races at Bay Meadows Racetrack. Tickets are $32 for members and $35 for non-members. For information, call Grace Murakami, (714) 660-7670, or Ron Yamashita, (714) 660-0898.

- **San Jose**

- **April 5 — 2:30 pm**
  - Speaker from the American Red Cross will discuss earthquake safety at the next meeting of the Japanese American Historical Society. The meeting will be held at the Japanese Cultural and Community Center of Northern California.

- **April 7 — 9:00 am**
  - Annual Student Awards Dinner will be held at the Japanese American Historical Society. The dinner will be held at the Japanese Cultural and Community Center of Northern California. Tickets are $35 for members and $40 for non-members. For more information, call Sandra Ouye, (213) 457-5507.

- **April 10 — 9:30 am**
  - Judge Ronald Lewis will be honored at the Japanese American Historical Society. The dinner will be held at the Japanese Cultural and Community Center of Northern California. Tickets are $35 for members and $40 for non-members. For more information, call Sandra Ouye, (213) 457-5507.

**Classified Ads**

- **Business Opportunities**
  - **SALE** Wanted: Administrative Officer. Accounting/holding methods, merger, investors, or acquisition. Est. 2 billion dollar market in U.S petroleum industry. Exceptional qualifications. 255 Adams Lane, Harrodsburg, KY Ideal for Furniture Business or Auto Dealer. Poss. $500,000 down.

- **Business Opportunities**
  - **SALE** Heat, sprinklered. Lot 149, 133 sq, 6-PACIFIC CITIZEN / Friday, April 3, 1987

- **Business Opportunities**
  - **SALE** Pacific Citizen / Friday, April 3, 1987

- **Business Opportunities**
  - **SALE** 5-APRIL 3, 1987

- **Business Opportunities**
  - **SALE** Pacific Citizen / Friday, April 3, 1987

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Chapter 4

**CONTRA COSTA**

Toriyuki chicken bento box sale will take place April 12 from 2 to 3 p.m. at the JACL Office, 9005 Wall St., Richmond. Bento boxes are $5 each. Natsuko Irie, (415) 297-0600, or James Oshimo, (415) 277-0323.

**SAN DIEGO**

• Chapter will host a screening of "Unfinished Business" April 10 at 7 p.m. at Kitano Gardens, 1200 1st Ave., Chula Vista. Screening will be followed by a Create Your Own Sundae Party. Tickets are $5 per person. Children will be admitted free. Info: Marleen Kawahara, (619) 485-1750.

**GREATERS L.A. SINGLES**

• "Pool Days," a film by Bob Nakamura and Karen Ishizuka, will be shown at the next chapter meeting April 10, 7 p.m., at Founders Savings and Loan, Gardena. Info: (213) 477-8997.

• Chapter's fourth annual Open Invitational Golf Tournament will take place April 12 beginning at 11 a.m. at Amelia's Country Club, 1680 S. Prairie Ave. Cost is $45 and includes green fee, cart, dinner and prize money. Cost for dinner only is $16. Checks, made payable to GLA Singles JACL should be sent to Tai Shibata, 21214 Yavumer Ave., Canoga Park, CA 91307. Deadline is March 31. Info: Walter Isoro, (213) 511-7110.

**SAN MATEO**

• Chapter's installation dinner will take place April 3 at Green Garden Restaurant, 1510 Poloma Ave., Burlingame. Guest speaker will be Jerry Enomoto, National JACL chairman. No-host cocktails will be served at 6:30 p.m. followed by dinner at 7 p.m. Tickets are $38 per person. Info: (415) 343-2780.

**SOUTH BAY**

• Chapter will host a giant garage sale April 11 from 8 a.m. to 3 p.m. at 3078 W. 193rd St., Torrance. Donations of furniture, clothing, toys, books, clothing, tools, plants, toys, office supplies, etc. are being sought. Chapter also will be collecting newspapers. All items should be brought to the Torrance address as soon as possible. Info: (213) 329-4945 or (213) 522-3201.

**SEQUOIA**

• First in a series of lectures on estate planning by Attorney Drummond McCann will take place April 21, 7:30 p.m., at Issei Hall, 2535 Louis Road, Palo Alto.

**FRENCH CAMP**

• Chapter will sponsor a mid-season dance April 4 from 9 p.m. to midnight at Stockton Buddhist Temple Social Hall, 280 Shingendo Street. Tickets provided by the Swing Tone Band. Tickets are $7.50 per person.

**WEST VALLEY**

• Chapter will host the Northern California-Western Nevada Pacific executive board meeting April 1 at 16400 Squier Circle, Sun Valley, CA

**Los Angeles Japanese Casualty Insurance Ass'n**

**COMPLETE INSURANCE PROTECTION**

Alhara Insurance Agy., Inc. 201 N. Wilshire Blvd. Los Angeles, CA 90010

Anson & Sako Insurance 211 S. Grand Blvd., Ste. 300, Los Angeles, CA 90012

FunshiShi Ins. Agy. 312 East 3rd St., Suite 102, Los Angeles, CA 90012

Injury Insurance Agency 1040 Sampson Way, Suite 104, Los Angeles, CA 90012

Hardy & Kagiwa 313 S. Grand Blvd., Ste. 300, Los Angeles, CA 90012

Ito Insurance Agency, Inc. 312 East 3rd St., Suite 102, Los Angeles, CA 90012

Kamiya Ins. Agency, Inc. 313 S. Grand Blvd., Ste. 300, Los Angeles, CA 90012

Mando & Mihara Agency 10500 S. Western Ave., Suite 100, Los Angeles, CA 90012

The J. More Company 11145 Hollenbeck Ave., Los Angeles, CA 90012

Kubota Mortuary

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- 526 - 045
- Gerald Fukui, President
- Ruff Fujii, Vice President
- Naomi Goyan, Counter

The Intermountain

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- Los Angeles, CA 90012
- 213 - 626-8231

Waterfront City

- 700 Clinton Ave., East Bay
- Richmond, CA 90012
- 213 - 626-8231

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Asian stereotypes and she said, "How can a society that few, those who already have the getting a BMW," with the result that Asian students are funneled into certain professions. UC Chuong noted that Asians opportunities and advantages, "...is built on its students and youth education as being in a state of crisis. "Increasingly, it is becoming perceived as "unidimensional, one-dimensionality." He expressed concern if we are a model minority, then why are there upper and middle class Filipino junior high students in the drug scene? The 'model minority' myth is here to condition us to be satisfied," said union organizer Pam Tan. "The majority of our people do not have access to a decent livelihood. When you explore the suicide rates, health rates and deplorable working conditions... there is a ghetto out there."

Anti-Asian Violence Attorney Bruce Kawasaka stated that "stereotypes tend to flip over depending on the economic conditions." He expressed concern that anti-Asian violence will continue to rise as economic conditions worsen in the U.S." He said "Attorney Angel Olles stressed, "Minorities in this country are not being anywhere. This is our country, we are making our history, this is our system. We've got to really believe that.

The panel was moderated by Karen Umemoto and Lisa Lee.

McCarran-Walker Act

Mineta Backs Bill to Change Laws on Denial of Entry Visas

WASHINGTON — Rep. Norman Mineta (D-Calif.) introduced legislation into House Feb. 16 by Rep. Barney Frank (D-Mass.) to revise laws governing the granting of visas to foreigners. "Foremost among the concepts shaping our nation's laws is tolerance and recognition of the importance of a free exchange of ideas," Mineta said. "Yet the laws used to judge who will be admitted to this country do not live up to these principles."

As written and as implemented, our immigration laws provide the State Department with broad latitude to deny entry visas to anyone the department wants to keep out. All too often this power has been used to stifle free and open debate within this country. There is no question that there will be individuals who should not be given visas. But decisions based on political beliefs and lifestyles have no place in these laws. Congressmen Frank's bill eliminates the provisions which have no place in INS laws while setting reasonable criteria on who may be denied visas. I am glad to support this legislation."

The provisions in question are part of the Walter-McCarran Immigration and Naturalization Act, passed in 1952. An attempt to revise the law during the last session of Congress was unsuccessful. These provisions were used in the January arrest of six Palestinian activists in the Los Angeles area for alleged ties to the PLO.

Shoppers are invited for the purchase of the SLUGH ESTATE, Springvale Road, Waverley, Victoria, Australia. The shopper comprises 10 separate adjoining freehold lots of land zoned for light industrial purposes. Waverley's Melbourne's foremost industrial location being 30 kms east of Melbourne's Central Business District. Regarded as a showpiece industrial park, the Estate comprises 27 modern multi-purpose industrial warehouse and office buildings which are fully let to 49 separate tenants. Leases provide for full recovery of outgoings and regular rent reviews.

TENDERS CLOSE APRIL 16, 1987

AUSTRAIA'S PREMIER INDUSTRIAL PARK

SLOUGH ESTATE WAWERLEY, N.S.W.

Bounded by the Melbourne Ring Road, the Estate comprises a total of 10 hectares. The estate is zoned for light industrial purposes and has the following classification: Class A, Class B, Class C, Class D, Class E, Class F, and Class G. The property is located in the heart of Melbourne's industrial area and is accessible by road and rail.

For further information, please contact: Licensed Surveyor, K. Hartmann, 03-838-4244.

AUSTRALIA'S PREMIER INDUSTRIAL PARK

SLOUGH ESTATE, Waverley, N.S.W.

Totally developed and fully leased Industrial Estate of 13.3 hectares. Offering rare investment opportunity with secure annual return — currently $2.8 Million Annuity (approx.).

MRS. FRIDAY'S

Gourmet Breads, Shrimp and Fish Filets

Filling Pennestrations 1327 F St., Los Angeles, CA 90012

For further information, please contact: Licenced Surveyor, K. Hartmann, 03-838-4244.

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Superwoman Syndrome

Trying to Take on Too Much

by Anita Merina

For many more women these days, life has become a juggling act. Struggling to balance their responsibilities as wives, mothers, executers and community activists, many women are beginning to say a major portion of their time literally out of control.

"Every time we try to perform a multitude of roles is a part of the phenomenon called the "Superwoman Syndrome," according to family counselor Linda Wake. Superwomen "find themselves constantly battling for success, recognition and perfection."

Double Duty

Specialists at a Feb. 16 seminar sponsored by Asian Pacific Women's Network-Los Angeles, Wake and other women assume major supportive roles both at home and work. They tend to be perfectionistic, strong-willed side for efficiency and delegating little of their work to others. Very often, they overlook themselves and take on a multitude of tasks, either out of guilt or belief that no one else can get the job done.

Such high-pressure behavior can lead to serious consequences, said Wake. Dizziness, chronic fatigue and headaches are some of the physical products of an overworked superwoman. Women find themselves depressed, irritable, angry and emotionally drained.

Wake even worse for "super singles," noted Dr. Kenyon Chan, psychologist and co-panelist at the seminar. Without support systems comparable to their married counterparts, superwomen find themselves overextended at work and caring for the household and emotional and emotionally drained.

"Superwoman Syndrome" results from the dominance of tradition even in modern times, said Wake. For centuries, women have been the caretakers, homemakers and nurturers in society. In the 1960s, little has changed. Despite their new responsibilities as doctors, lawyers, executives and activists, many women must continue in their traditional roles, cleaning the house, caring for children, doing the grocery shopping in their spare time. Few of them hire help even if they can afford it, believing that asking for assistance is to admit failure and lack of control.

But hiring assistants and delegating responsibilities are primary means of regaining control, Chan and Wake stressed. By asserting one's right to support, whether it is hired help or shared responsibility, the superwoman may gain time for herself and eliminate one source of pressure.

Nurturing Ourselves

In addition, said Chan and Wake, women must begin to nurture themselves first, caring for their health and mental well-being. "If you're not taking care of yourself you cannot take care of people around you," said Wake. "The purpose in life is for us to be happy. Nurturing oneself is the primary goal. Then you can pass it on to others."

Chan added that involving one's spouse in the daily and weekly responsibilities will also relieve the burden as well as the resentment and anger that build up when only one person cares for the household.

"Most women don't mind doing the household tasks, but the superwoman must be willing to remind him," he said. "Because of traditional roles, men have feelings of entitlement. Women need a sense of arrogance, a sense of entitlement that says they deserve help in the home, and with the children.""Coordinating Activities

How does one successfully handle the "Superwoman Syndrome?" Wake advised women to schedule their day to run smoothly, to carefully coordinate their activities. For those with spouses, she emphasized communication and support on both sides.

Additionally, superwomen must take time for themselves, away from the pressures of work and home life. "Reward yourself by going to dinner, or shopping, or finding a quiet place to read a book," advised Wake. "Above all, get regular exercise. Health is easy to put on hold, and one way of preventing it is to make sure you feel physically well."

"Superwoman" Sakamoto

Both Chan and Wake pointed to co-panelist Sandra Sakamoto as a superwoman who is successfully coping with her stress-filled lifestyle. A lawyer, community activist, wife and mother, Sakamoto carefully coordinates her time between her career, her home life and her community activities, aided by a supportive and cooperative husband.

Sakamoto also relies on her family for child care, which relieves her of anxiety if her work requires longer hours. She believes that stresses from work remain at work, a philosophy that Chan and Wake encourage.

She spends quality time with her family and rewards herself with time alone, shopping, reading or watching a movie. And she is not afraid to remind her husband of tasks or to ask for assistance.

Sakamoto, however, is one of the more successful cases, cautioned Chan and Wake. Many women face tremendous difficulties and pressures in maintaining control over their busy lives. And, many lack the support system that gives Sakamoto confidence and a sense of security.

Anyone suffering symptoms of "Superwoman Syndrome" should examine their lifestyle. Chan and Wake recommended. If one is overextended at work and carrying the stresses into the home, one should consider the steps described above. Restoring order and happiness to the chaotic life of the superwoman—and thereby regaining control over one's life and work—is the primary goal, they said.
LOS ANGELES — A geriatric clinic specifically geared to the needs of older Japanese Americans has been opened by the USC School of Medicine.

The Nikkei Seniors Wellness Center, on USC's Health Sciences Campus in northeastern Los Angeles, is a joint project of the Japanese American community and the Geriatric Division of the medical school's department of medicine.

The primary service offered by the center will be geriatric assessments. Specialists from various disciplines will work together to evaluate each patient's state of health and to find the best ways of treating and preventing problems.

Service for the Issei

The center will serve the few remaining Issei who came to the U.S. during the 1880-1923 immigration wave and their U.S.-born children, who range in age from 50 to 75.

The center's focus acknowledges: "The strong cultural ties among older Japanese Americans and is intended to help make health care more accessible and specific to them," said Loren Lipson, M.D., chief of the USC Geriatric Division. "We want to improve the diagnosis and treatment of problems that have a specific import to Japanese Americans.

"Our goal is to provide the community with a state-of-the-art health intervention resource that will help practicing physicians, patients and their families."

An additional benefit of serving a single ethnic population will be the opportunity to study different disease patterns.

Certain diseases that are more common in older Japanese Americans than in older Japanese living in Japan. Anorheicemia, or hardening of the arteries, is also more common among Japanese Americans. Stomach cancer, on the other hand, is more prevalent in Japan.

The patient population served by the center has the same genetic background as its counterpart in Japan. That's because the older generation Issei come from a specific genetic stock, and the disease patterns are the same, she said.

In addition to physicians, the center includes two clinical psychologists, two social workers, a nurse, a nutritionist, a pharmacist, a physical therapist and an occupational therapist.

A complete workup requires an initial visit lasting two to three hours, followed by three one-hour visits and a home health visit.

The center operates Thursday mornings at USC's Diagnostic Clinics, located on the fourth floor of the Doheny Eye Institute and the Health Sciences Campus. Transportation is provided free to those who need it.

Appointments are required. The center's telephone number is (213) 234-5309.

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10—PACIFIC CITIZEN / Friday, April 3, 1987

Ex-Director of Kimochi Still Dealing With Health Concerns

by Robert Tokunaga
Hokahomi Tanaka

Six years ago, Sandye Ouye Mori made a difficult career decision. After 15 years of working as a dietitian in various San Francisco Bay Area hospitals, she quit her job to take on the task of overseeing fund-raising for and construction of the Kimochi senior citizens home. "I never regretted it," she said of her career change.

Community to Commission

Recently, Mori made another difficult career decision. She decided to leave her position as program director at Kimochi and accept a position as executive secretary to the San Francisco Health Commission, a seven-member board that is appointed by the mayor to make health policy decisions for San Francisco.

The executive secretary runs the day-to-day operations of the commission, chose and sets policy. It is the responsibility of the executive secretary to keep the commissioners informed of the budget and programs of the San Francisco Health Department so that commissioners can set health policy decisions for the city.

Areas of Responsibility

The city and county health department is in charge of San Francisco General Hospital, the city and county emergency room and the city and county health department.

Mori's first duty as director was to raise the $13.3 million needed to build the Kimochi senior citizens' residential care home, which was completed in 1983.

"We did it," Mori said, "I am grateful to [former Kimochi board chair] Hisao Hoeye and Sandye Ouye Mori
(Kimochi board member) Clen Orans and the support from the Japanese American community. She noted that $500,000 of the funds came from the Northern California Japanese American community.

"My decision to leave was very difficult one because I had such a close relationship with the organization profession­ally as well as emotionally," said Mori, whose last week at Kimochi overlapped with her first week with the Health Commission.

Her first meeting before the commission was on the afternoon of Jan. 20, and her last meeting with the Kimochi board was later that evening. Her first full day as executive secretary was Jan. 26.

Invaluable Staff

"The staff that I work with at [Kimochi] and the volunteers who are part of this whole program are invaluable," she emphasized. "Anybody coming to this position would really have a wonderful opportunity to work with the community.

Although she left Kimochi with reluctance, she felt that her departure may be beneficial for the growth of the organization. "One of the things I think is important is to have new ideas in an organization. And this organization can grow in a lot of different ways when new people come in."

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