Teacher-Training Workshops.

Shizuko Fujioka Returns to Manzanar, 71 Years Later.

THE TASTE OF VICTORY
Competitive Eating Champion Matt ‘Megatoad’ Stonie on his unique career and what his future holds next.

PAGE 5
JACL Holds Successful Teacher-Training Workshops.

PAGE 6
Shizuko Fujioka Returns to Manzanar, 71 Years Later.
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 take a perspective developed based on my reading, experiences, values and being a young Asian American woman living in the Bay Area.

I recognize that everyone has different experiences and values. We have developed our thoughts and think it important to share some of my viewpoints on this topic and to develop more informed opinions on controversial matters.

First, I want to thank everyone for sharing their views. I think it is 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 I realized now that “Black Lives Matter” actually is saying that all lives matter. The reason it’s called Black Lives Matter is because there is a focus on a specific group, and Asian Lives Matter as well. And there is this focus because statistics show that they are targeted in our society more 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 Stubbs).

I also want to be clear that I am not against cops. I believe that most of our cops have good intentions and are here to protect us. I actually saw a video about a cop who rescued a white racist woman and they saved the black lady and told her to leave a public park (Source 4: This Is What Is Going on in the World Facebook page). If we’re for Black Lives Matter, that doesn’t mean you have to be against cops, too. At the same time, we still have many Asian American citizens 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's harder to get a job, it is harder to buy a house and it's 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, while 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 exists in our justice system, something that I am supposed to fight.

For example, Eric Garner and the Cory Batey both faced an unconscious woman and were both murdered. However, Brock Turner was only sentenced to six months in jail, and Cory Batey was sentenced to 15 years in prison. What is the difference between these two treatment? Brock Turner is white, and Cory Batey is black. This New York Daily News article by Shana King, Brock Turner, Cory Batey Show How Race Affects Sentencing (Source 6) also has statistics of disparities between whites 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 New York Times “New Jersey Police Union’s Stop and Patrick Dunn (Source 6).

All of these stories and statistics demonstrate that racism is deeper than a few cops, it extends to our judicial system, with stereotypes about Asian-American citizens—those who commit the disproportionate number of African-American arrested. It extends to the job market and to extend to everyday people who judge the African-American person walking down the street.

We can list out a number of stereotypes of Asian citizens on the street, 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 black Americans are angry. But we can list stereotypes. I have this, we all have this, and it is 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 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 like “it’s home” 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 beliefs. But we often forget this.

I hope we recognize our personal biases and work to overcome them and work to open our minds to other viewpoints and possibilities.

>See LETTER 1 on page 12

Dear Editor,

There seems to be some confusion as to what took place at the NYSC Awards Luncheon. Since I was there (the whole time), I reported that 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 just imagine my surprise. 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 a sidekick in front of LAPD headquarters, which apparently is serving as her dance studio, living room, dinning room, and sleeping quarters. She was giving a tutorial in modern dance, which is actually quite bad and awkward and borderline six times I guess the holy pay is it all about.

She used the phrase "black on black violence" at least seven times. The NYSC's, the organizers of this behavior and determined that this simple four-words phrase was so "offensive and racist" that they wanted to ban its usage from the council. I mean how can't we all just get along?

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

In particular, she referred to both George Zimmerman as a murderer. Both men have gone through the legal system, and both have been exonerated of any criminal acts. Both murdered their targeted others in the same line of work.

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 black Dallas P.D. officers were taking place at the same time as the slammer.

She referred to the Freedom fighter, Asma Shabir, who is "forced to live in exile. There is no place here in America for me," in 1975. She received a process almost fair and fair of murdering a law enforcement officer. She escaped from prison and eventually made it to Cuba, where she is a figure. This is the kind of person Black Lives Matter organizers should be promoting.

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 are dismayed by this described as a "scornful". I will always speak out against those who speak hate and advocate for the murdering of police officers. If that makes me a racist, then be so, I think it makes me a patriotic American and protectors of our country. The NYSC 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 Thrurby
Placer County JACL Member
COMMENTARY

A MOTHER’S TAKE
WISDOM FROM PORTLAND

By Martha Alizumi

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 a attitude. 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 retreat 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 directed to the closest airport to check out something that was "off the flight," I thought, "Oh no, not another problem." On my way to New Orleans, 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 explained that we would land in Albuquerque, NM, in about 10 minutes. The flight crew needed to pick up 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 attendees rushed around to pick up drinks and food, they announced that we should look at the safety brochure to get familiar with an emergency landing. The 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 to sit in front of her. "Are we going to be alright, mom?" The mother reached behind and held her hand. I was surprised, but I kept trying to keep my own emotion in check.

The woman in front of me grabbed my hand to give me assurance and so did the man across the aisle from me. One of the flight attendant's hands kept all its color and another looked very concerned. The lead flight attendant told the cabin to "stop and stop it." I was OK, said, "No, I'm nervous," and she said, "The plane says we might not have to evacuate." That gave me some assurance. The next few minutes seemed to move more slowly with a 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 landed smoothly. The runway was empty except for a few vehicles. 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 a mother’s jolt of fear through me.

We all cheered and clapped when the 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 of relief. The feelings were that a tiny sensor had signaled us in the cargo area. Since the pilot did not know what was causing the alert, he decided to land at the closest airport and sent out a distress call. Thankfully, his greatest fear of fire in the cargo area was not the cause of the sensor reading.

I have often heard that life holds no guarantees, and during those eight minutes, I realized how true that statement was. I had no idea that I was going to get out of this situation alive. All I knew was that 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 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 clean out my house, sell them all the photos I have always wanted to do and get rid of 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 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 love. I am grateful for my family and my friends and the time I had to share them for them. I am thankful for this love with two sons and daughters-in-law, to laugh while working on a puzzle, to travel to share our story, to wave goodbye from my porch as they leave out the door or share a meal together. I am grateful for my time with my husband while we make dinner together, toast new restaurants or walk our dog, Mothi. And I am grateful for my LGBTQ community, for my network of friends, for my community and for my connection to the amazing people that I have fallen in love with. I will continue to do all the 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....

Martha Alizumi 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 Orzech

It's 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 Thriver, Instagram, and Facebook can upload that footage onto the web in seconds, allowing us to share breaking news (or is it all too often the case, photos of the family cat) with the rest of the world.

When the Arab Spring erupted in 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. Eyewitness footage of police shootings now appears regularly on TV news, social media, and in podcasts. Social media and the Internet are gaining popularity.

This trend has incorporated the citizenry in the news-gathering and news-making process. Among ordinary people with the tools to make and dissemiate journalism, media has lengthened the reach. But this democratization of media has blurred the boundary between rumor and truth and turned consumers of news into a consuming mass of opinion and fact that’s often difficult to unravel. Professional news outlets have in-house rules that mandate fact-checking. Reporters and editors are required to paint a believable picture of a situation or issue — if someone is being silenced or denied a voice, it’s up to the reporter to explain or defend them. Dissenting opinions are incorporated into stories. No story goes unchecked or unreported unless it is unverified.

Citizen journalists have no such obligations. Their content is produced without verification from editors or fact-checkers. And so we often get inside the mind of the person being labeled or questioned, finding stories from 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 election of the strict distinction between professional journalists and citizen journalists 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 more experienced journalists who hold out errors and biases in a story. But media is still produced and edited by human beings with 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, political 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 burns. 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, dwarfs 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 paternal grandparents 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 duel between two of NASCAR’s up-and-coming standout drivers. Elliott had a comfortable lead before the 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 chocked 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 made it 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 Clauer, 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 naing 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 healthcare, 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 Minn Veteran Memorial Hall on Sept. 24 from 1-3 p.m.

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

“The states 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 seniors 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.

“GVJCI is excited to work with CAUSE and LTSC in a program targeted toward Asian Pacific American communities in the South Bay,” Wo said. “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 Yan-Shiro.

The event is open 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/5BVol3erWorkshop, email info@cvj-gardena.org or call (213) 617-8596.

NewsBytes

University of California, Davis, Professor Killed in Bicycle Crash

A SCARCE AMBROSE — A bicyclist who died of injuries suffered in a collision with a refuse truck in West Sacramento on Aug. 21, was identified as Kentaro Isone, 47, of Sacramento.

Isone 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, Isone was pronounced dead.

Isone 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.

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

Isone, who was from Nishiki, 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 English teaching, teaches English to children, enjoys kihonpokko and volunteers at a breakfast meeting at medical meetings.

She best out more than 6,000 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 Hollywood 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 Aya 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 R.J. Johnson, 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. Venues 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 dogs and helping rice-growers 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 making a special law allowing Akihito’s abdication that would not be applicable to his successors, although discussions over retiring the Imperial House Law could reopen debates over the divine 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. His three granddaughters: Naruhito’s daughter Aiko and Hisahito’s two sisters, will lose royal status when they marry.

— P.C. Stafl and Associated Press
LIVING TRUSTS

STACI YAMASHITA-LIDA
ATTORNEY-AT-LAW

1. Before you leave home, way to the head over to National JACL to find the best deal.

2. Make your way to the credit union to find the new car.

3. Next, visit the national JACL to get the rate and up to $500 cash.

TIPS FOR THE WISE CAR BUYER

NATIONAL

JACL COMPLETES SUCCESSFUL WORKSHOPS FOR TEACHERS

JACL completes successful workshops for teachers.

And then I was able to have the opportunity to work with some of the teachers.

The workshops were designed for teachers, but they also included other professionals such as psychologists and educators. The workshops aimed to provide practical tips and strategies for teaching about the history of Japanese American internment camps and the impact of the internment on the community.

A total of 72 teachers participated in the JACL's recent Teacher Training Workshop at the University of California, Los Angeles. The workshops were led by experienced educators and researchers, who discussed topics such as the history of Japanese American internment camps and the role of the internment in shaping the identity of Japanese Americans.

The workshops were held on August 12th through 14th, with sessions spanning from 9:00 am to 5:00 pm each day. The teachers were encouraged to share their thoughts and experiences with the group, and they were also given the opportunity to ask questions and participate in discussions.

The teachers were also given the opportunity to visit the Japanese American National Museum in Los Angeles, where they were able to see exhibits and learn more about the history of Japanese American internment camps.

The workshops were well received by the teachers, who said that they found the information to be both informative and relevant. They also said that they were able to gain a better understanding of the history of Japanese American internment camps and the impact of the internment on the community.

The workshops were part of a larger effort to educate teachers about the history of Japanese American internment camps and to provide them with tools and resources to teach about this important topic. The JACL is committed to continuing its efforts to educate teachers and the community about the history of Japanese American internment camps and the impact of the internment on the community.
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 to 1945 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, where 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 knew 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 Fujikas 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.

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 eerily in the owner 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 inmates 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, Iwamoto 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 tragic 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.

The shared experiences included communal baths and washrooms, with no privacy, communal mess halls, bedside fires, washhouses 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 demoralizing 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 camp. Her father was one of the camp bartenders, and her mother worked in the camp cafeteria. A book was to be written based on Shizuko Sakkawa's life while at the camp, it could well be titled "Return to Manzanar," and it would be 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 morning to another place (Manzanar) or writing 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 in a mainly white American 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 family, all with the support and knowledge of her parents.

The difference between the two points of view on the experiences at Manzanar demonstrate how vastly different 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 was very proud of her country.

I loved attending the camp's school, and I had a group of half-a-dozen girlfriends with whom I would play table games and sit around and talk about our life," 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 "Arabia" in the evenings from the West Court. They would travel to Utah or Idaho, where their parents would be paid to work on independently owned farms and stay at the owner's home or in a separate house 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 visits in Manzanar in 1943 and 1944. The photo, titled "School Children, Manzanar Relocation Center, California," shows three young schoolgirls in the foreground, with others following them across a barren roadway leading to a block of barracks in the background. Shizuko is prominently featured in the photo.

After graduating from the 10th 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 in Susan's Photo Studio in Beverly Hills, Shizuko attended Los Angeles City College, where she met her future husband, Yoshio "Babe" Fujikawa, 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, Junior and Tom, their mother is described as loving, optimistic and always encouraging. Shizuko's children added that she has always been very patriotic and proud of being an American and that she is also a very forgiving person.

Shizuko Fujikawa now lives in Texas with her youngest daughter, June Prey. 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 went back to her home in Texas to stay with her son, Robert and Thomas, and to visit family members in several states. She returned to Las Vegas in late July, and she is looking forward to visiting her friends and fellow inductees at the 71st Manzanar Reunion, which was set for early August.

A young Shizuko in a family portrait with her parents, Hieko and Isomori Sakkawa

Shizuko and her husband, Yoshio "Babe" Fujikawa

Shizuko Sakkawa (pictured far left in the foreground) is featured prominently in Ansel Adams' "School Children, Manzanar Relocation Center, California" photo.
COMPETITIVE EATER MATT STONIE ON FOOD AND FITNESS

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. Mo, Contributer

Imagine devouring 325 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 23 minutes, 241 Hooters Chicken Wings in 10 minutes, 182 slices of bacon in five minutes, 22 pounds of Smokey’s Poutine Poutine 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 5 feet 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 a Maine lobster roll — 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 was 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 issues 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 contest. I go to the Nathan’s (Famous International Hot Dog Eating) Contest, it’ll be about two months of preparation since it’s a big event. I really come 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 nutritionally and you go out on stage, 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 a nutrition mix, 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.

By Connie K. Mo, Contributer
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 want 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 contest?
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 on stage 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 taste bad?" 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 a competitive eater (would 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 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 on stage 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 competition?
Stonie: With Nathan's, just the whole vibe of being in Coney Island with 40,000 people live, camera — it's an insane time. It's an experience in itself. A few weeks ago, I was down in L.A. for a Japanese pot-sticker contest, which is one of my favorites, because it's part of the Nisei Week Festival, and it's part of my heritage. That one was really fun, and the sponsor really cares about the competition and takes care of us. It's 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.

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 democratisation of media is important. It allows those 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 trusted, 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 virtues of news are being challenged by smartphone-writing, 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. A journalist now has to do more research and verify the veracity of the news. The news itself has become more complex and nuanced.

Matthew Orman is currently a student at Cornell University majoring in English. He writes for the student newspaper on campus. He is also an avid reader of science fiction and fantasy.
**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 JCCNC.
Info: Call (415) 840-5025 or visit www.sakeday.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 Tachuehi Public Program Series comes this event that will feature five second-generation Japanese Americans (Takashi Hoshizaki, Toshi Ito, Willie Ito, Sam Mihara and Aki Matsuri) who will share significant memories of their lives, with a focus on the World War II experience. Reservations are recommended.

**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, author-playwright Jon Shirota, a longtime member of JACL, will have two of his books on sale at the event: "Chronicles of Oji-Chan" and "Ripples in a Pond." Proceeds from the sale will benefit the San Gabriel Valley JACL Scholarship Fund.
Info: Email info@pswjc.org or call (626) 960-2666.

**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.
Festival activities include food and games for all ages.

**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.

**PNW**

**Densho 20th Anniversary Gala**
Seattle, WA
Sept. 24; 5:30 p.m.
Sherraton 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.

**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 Ibara, 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.

**Ramen Contest and Japanese Fall Festival**
New York, NY
Oct. 15-16
Astor Center
339 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 wwwphillyasianfilmfest.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 Takuchi Fuji, Wendy Maruyama (Tag Project), Kenjiro Nomura, Roger Shimomura (painter) and Teressa 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.
Doi, Helene Mineya, 98, Honolulu, HI, Sept 7; she was a retired Pearl Harbor Naval Shipyard clerk typist; she is survived by her children, Paul (Laura), Ken (Stacy); and many other relatives; gc: 2.

Iwata, Toshio, 92, CA, July 31; a Nisei veteran, he was predeceased by his wife, Jean Akio; he is survived by his daughter, Elynn; son, David (Lisa); sister, Jean Harue Ishida; as well as many nieces, nephews and other relatives; gc: 7.

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

Fujimura, Harry, 82, Nashville, TN, Aug 28; he was known as "Mr. Fuj" in World Wrestling Entertainment and a martial arts master whose signature move was hurling a handful of salt into his opponent’s 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 wife, Virgina Wong, son, Tami Nelson, Kimberly Brewer; son, Will, Kelli Fujura; sister, Kevin Fujire; gc: 13, gc: 5.

Hayashi, Hide, 88, Honolulu, HI, Sept 6; she is survived by her son, Walter "Wally"; daughter, Glenda (Von) and her husband, Jerry Hayashi; gc: 3.

Ito, George, 81, Sacramento, CA; he was predeceased by his parents, Kanichiro and Kiyoi Ito; siblings, Bill, Hiro, Frank and Peiko; he is survived by his wife, Ann; children, Tom (Kathy), Michael (Jodi), Mark (Aisha) and Bill; brother, Ray (Pearl); numerous nieces and nephews; gc: 7.

Kamimura, Kikuko, 97, Palm Springs, CA, Aug 16; she is survived by her children, Marnie, Seif, Richard (Marlene) and Russell (Cynthia) Kamimura; gc: 14, gc: 16, gc: 1.

Kawamura, Frank, 80, Sacramento, CA, Aug 30; he was interned at Poston; he was predeceased by his wife, Lily, daughter, Amy; parents, Roy C. and Katsuko Kawamura; he is survived by his daughters, Mona Kamwara (Patrick) and Susan Uke Lee (Larry); siblings, Harry Kawamura, Connie Chino (Setsu), Elaine Nakahara, Stanley Kawamura (Janet) and Jane Abe (Robert) and numerous nieces and nephews; gc: 4.

Kawana, Mary, 89, San Francisco, CA, Aug 21; she was interned at Gila River; she is survived by her husband, Robert (Mary Ejima); daughter, Bern (Ross Lee), and many nieces and nephews; gc: 4.

Nishikawa, Toshiro, 92, Gardena, CA, Aug 22; he was predeceased by his wife, Mollie; and grandchildren, Dennis Taguchi; gc: 5.

Matsumoto, George, 93, San Francisco, CA, June 28; he was interned at Poston; he was predeceased by his wife, Kima; he is survived by his children, Mari (John Ono), Kiyoko (John Le), Ken (Chris Lamer) and Mike (Randy Sears); gc: 7.

Mikuni, Willie Toshio, 88, Penndel, PA, Aug 30; he was predeceased by his parents, Koki and Sato Mikuni; son-in-law Don Nakamura; he is survived by his wife, Betty; son, Darryl (Pat Van Der Mees) Mikuni; daughter, Janis Nakamura and Karen (Ethan Enye) Mikuni; nieces, nephews and many other relatives; gc: 4.

Miyashiro, Douglas, 79, Kaneohe, HI, Aug 28; he was interned at Poston; he was predeceased by his wife, Jackie; children, Jim, Donna, Debi and Susan Miyashiro; sisters, Marjorie W. Hee and June Yamashiro; gc: 5, gc: 1.

Nishiura, Koito, 79, Fullerton, CA, Aug 24; he is survived by his husband, Bill, children, Lori (Kenneth), Wendy and Daren; also survived by many brothers and sisters-in-law, nieces and nephews and other relatives; gc: 4.

Omatsu, Cathleen Sabom, 59, Hawthorne, CA, Aug 26; she is survived by her husband, Don; daughter, Bear Omatsu; son, Barry Omatsu; sister, Aileen (Peter) Ashley, brother, Jimy (Marine) Horimoto; she is also survived by many nieces, nephews and other relatives; gc: 4.

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, 66, Sacramento, CA, Sept 3; she was interned at Poston; she was predeceased by her husband, George; children, Jodi Sabo (Lee), Bonie Sato (Fred Simon), Curtis Sakai and Shigeko Sato (Anne); sisters, Miyo Yamada and Agnes Deguchi; gc: 1.

Takeda, Joe Kazuya, 45, Fountain Valley, CA, Aug 21; he is survived by his children, Rebecca, Joe, Kristine, Kato, and Jonathan; bb; father, Kaz (Takagaki); he is also survived by many nieces, nephews and other relatives here in Japan.

Takeda, James Kazuya, 96, Waipahu, HI, Aug 30; he is survived by his wife, Marilyn; son, Keith (Cindy) Takeda; daughter, Alisa (Joseph) Harrison, Terry (Ajit) Kundanani, Lori (Patricia) Guerin; gc: 4.

Toyoda, Craig, 53, Alhambra, CA, Aug 22; the Alhambra-born ex-soldier is survived by his wife, Angie Akiko; children, Curtis Takeda and Kristin McAlmon; brother, Carol Hideko Toyota; brother, Neil Osamu (Gregory Williams); sisters, Denise Toko (Eiko Toyama) Parker and Shirley Eiko (Tamlin Dygi); father-in-law and mother-in-law, Ted Takanami (Sakae Kazue) Inoue, sister-in-law, mangie Masako (Steven) Nakashi Kaichi; brother-in-law, Eric Eichi (Juie Hakuoka) Imo; 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, Cherily Nimori, Glenn and Kenneth (Arleen) Umeda; gc: 4.

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

Taketomo, Tom, 91, Culver City, CA, Aug 20; he was a military veteran who served in the Korean Conflict with
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 Academy of Sciences, 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 suggestions people can take to reduce their risk of decline with age.

Cognitive aging isn't 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 are many ways to improve your brain's performance.

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. With wisdom and knowledge often increases with age and older adults report higher levels of confidence 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 negative effects on cognitive function when used alone or in combination with other medications. The effects can be transient 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://livinghealthly.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 D.C., N.J.ACL, and chair of manager for the Washington, D.C., State and National chapter — 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 12,000 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 partner with a new generation of Americans who can learn from this tragic episode in our history."

Congress established the Japanese American Confinement Sites 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 $3 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 165 projects involving 10 states and the District of Columbia.

In fiscal year 2016, the NPS distributed 15 grants totaling more than $1.8 million. The president's budget for fiscal year 2017 seeks $3 million for the next round of program grants.

Grants can be used for a variety of purposes, 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 applicants must match $1 in nonfederal funds for every $1 in federal funds they receive in federal money. Matching funds can be raised and spent over the grant period and do not have to be "in the bank" when a grant proposal is approved. Applicants may receive up to two grants per two-year period.

There are 69 historic sites 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 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, applicants are invited to participate in the program's webinar, which is scheduled for March 30, 2016. Application materials, including the program's most recent application, are available at https://www.nps.gov/jasc.

Sincerely,

Tara Linnemo, N.J.ACL Berkeley Member

SOURCE 2: https://www.theguardian.com/us-news/2016/jul/08/lob03-black-lives-matter-video
SOURCE 3: https://twitter.com/kristinrubin/status/760517431219647461
SOURCE 4: https://twitter.com/cloven4/status/755001780897920177
SOURCE 5: https://www.wn.com/programs-surround-the-world/1520002845920_july_15th
SOURCE 6: https://www.nationalking-biowork-family-therapy-center.org
SOURCE 8: http://www.nytimes.com/2015/10/01/opinion/conversation-with-black-women-on-race-data