



# PACIFIC CITIZEN

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## WELCOME TO THE ‘CROSSROADS OF THE WEST’

**A guide to the best  
of Salt Lake City,  
host of this year’s  
upcoming JACL  
National Convention**

Temple Square is home to the world’s largest Mormon temple and is the most-visited site in Utah, attracting an estimated 3 million-5 million visitors each year, more than at all five of the state’s beautiful national parks.

*Celebrating 90 Years*



# JACL ANNOUNCES 2019 NATIONAL PRESIDENT'S AWARD RECIPIENTS

Wat Misaka and Arlene Inouye will be honored at the organization's upcoming National Convention.

**WASHINGTON, D.C.** — JACL is pleased to announce its 2019 President's Award honorees, Wataru "Wat" Misaka and Arlene Inouye. "The two honorees this year represent tremendous leadership that extends beyond the Japanese American community," said Jeffrey Moy, JACL national president.

Misaka and Inouye will be recognized at the organization's Sayonara Banquet on Aug. 3 during its National Convention, which runs July 31-Aug. 4 at the Little America Hotel.

Misaka is an Asian American trailblazer in sports, as he was the first person of color to play in the National Basketball Assn.

Misaka, who was born on Dec. 21, 1923, was raised in Ogden, Utah. He played basketball for Weber State University, then made the basketball team at the University of Utah at the onset of World War II.

Although he was not a starter, Misaka received playing time when Utah went to the NIT and NCAA tournaments, ultimately winning the 1944 NCAA championship.

However, Misaka's college career was interrupted by two years of military service in the U.S. Army during its occupation

of Japan. He returned to play for the University of Utah, and his team went on to win the 1947 NIT tournament.

In the championship game, Misaka led the team by holding University of Kentucky's leader and National Player of the Year to one point.

Misaka was drafted by the New York Knicks in 1947 and played point guard for the team during the 1947-48 season. After his tenure with the Knicks, he returned to Utah to become an engineer, and in 1999, he was inducted into the Utah Sports Hall of Fame.

JACL also honors Inouye, secretary of United Teachers Los Angeles, for her lifetime work as an educator and more recent role as the UTLA Negotiations Team co-chair. In this capacity, she led the Los Angeles Unified School District Teachers Union, which represents more than 30,000 educators employed by the LAUSD, through a strike to a settlement agreement, which included a pay increase, smaller class sizes and more nurses, counselors, librarians, and mental health professionals in schools, thus ultimately affirming the importance of a quality public education for all students.

A lifelong community organizer

and activist, Inouye has also served on the California Federation of Teachers Executive Council, the Asian Pacific American Labor Alliance Executive Board, the California Teachers Association Pacific Asian American Caucus and the National Education Association Asian Pacific Islander Caucus as the California director.

Born and raised in Los Angeles, Inouye holds a BA and MA in communicative disorders from California State University, Long Beach.

Moy praised Misaka's place in sports history. "In this era of Linsanity, Naomi Osaka and Colin Kaepernick, Wat Misaka led the way in breaking the color barrier in professional sports when he played for the Knicks," he said.

Moy continued on to highlight Inouye's leadership in public education. "Arlene Inouye's role as the primary negotiator for the recent L.A. School District's

teacher contract negotiations won significant advancements for strengthening public education for all students served by the school district," he concluded.

Founded in 1929, JACL is the oldest and largest Asian American civil rights organization in the U.S. JACL monitors and responds to issues that enhance or threaten the civil and human rights of all Americans and implements strategies to effect positive social change, particularly to the Asian Pacific American community. JACL has three chapters in Utah, where the 2019 convention will be held.

*For more information on the convention, visit [convention2019.jacl.org/](https://www.convention2019.jacl.org/). Convention sponsorship and program book advertisements are still available. Please visit <https://www.convention2019.jacl.org/sponsorships> for more information.*



PHOTO: WATMISAKA.COM

**Wat Misaka is the first person of color to play in the NBA.**



PHOTO: UTLA

**Arlene Inouye led the LAUSD Teachers Union through a strike and ultimate settlement earlier this year.**

## HOW TO REACH US

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# PACIFIC CITIZEN



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By David Inoue,  
JACL Executive Director

## FROM THE EXECUTIVE DIRECTOR

### CULTURAL ADVOCACY IS ALSO KEY

Food plays a significant part in our lives. Obviously, we need it to survive. The advent of celebrity chefs has brought even greater attention to food, particularly Asian food, with the Japanese TV show “Iron Chef” leading the way just a few years ago. Yet, we also face the challenges of Asian food seen as exotic and perhaps even disgusting.

During this year’s season of ABC’s “The Bachelor,” female contestants were treated to a meal featuring the most exotic examples of Singaporean cuisine possible, not the typical foods that tourists might try out of a hawker stall, but what would elicit the biggest reactions of disgust from the women.

For many, this probably elicits memories of various lunch box moments from childhood, or perhaps even from the office where peers turn up their noses at what might be in our lunch.

A few years ago, my daughter had such a

moment where a classmate said her curry rice looked and smelled like poop. It took a while before she wanted to take curry to school in her lunch again.

In recent years, we have seen this topic addressed in shows revolving around Asian characters. The first episode of the ABC comedy “Fresh Off the Boat” highlighted the protagonist character’s desire to bring Lunchables to school like everyone else, instead of the noodles packed by his mother.

The new Netflix feature “Always Be My Maybe” also has a discussion about the lunch box issue, though I will not say anything about that one in case there are those who have not seen the movie yet.

Where this is all connected is in the intersection of how Asian American lifestyles are portrayed in the media.

Programs such as “Fresh Off the Boat,” “Always Be My Maybe” and last year’s NBC show “I Feel Bad” feature Asian American casts that help to normalize the presence of Asian Americans in the average American living room.

Not every place is like Los Angeles or San Francisco, cities with large concentrations of

Asian Americans — watching one of these shows could be someone’s only interaction with an Asian American.

Often in civil rights advocacy, we think of the major marches or court actions as being the most important work that we do. It is certainly often the most visible. However, cultural advocacy is also an important part of what we need to do as a community.

The turnout for 2018’s “Crazy Rich Asians” from the Asian American community was unprecedented. It helped that the film had broad appeal to non-Asian moviegoers, but the support from the Asian American community was overwhelming and noticed by the major Hollywood studios.

We often clamor for greater Asian American representation in the media, whether in movies or on TV. Now that attention is shifting to streaming channel services such as Amazon and Netflix. Hopefully with the increasing channels available, there will be more opportunities for Asian American representation.

JACL partners with the major networks to discuss issues of diversity across their full portfolio of business. It’s not just the faces in front of the cameras, but also those behind,

writing the stories, producing and directing the shows.

It even includes procurement — what vendors are the companies using? We do this because representation matters across the board, particularly in media. Representation is out there for millions of viewers to see, or not.

A realistic portrayal of an Asian American character can do much to break down stereotypes for someone who has never actually met someone Asian American before. Or, it can reinforce those stereotypes if we allow such portrayals.

That doesn’t mean that a character always has to be “good.” There are plenty of Asian Americans who are not good people, but those portrayals should not rely upon stereotypes to convey negative character traits.

Hopefully, as we see an ever-increasing presence of Asian Americans and our personal stories on the screen, we won’t continue to have the lunch box moments that seem so common to many of us from our childhood.

Maybe for my daughter’s children, curry rice for lunch will be as normal as a bologna sandwich. So, as you read this issue’s feature celebrating Utah’s delicious food, be reminded that our culture and how it is seen by others is very much a part of our struggle for civil rights. ■



By Gil Asakawa

## NIKKEI VOICE

### ‘ALWAYS BE MY BABY’ IS A CRAZY GREAT ASIAN AMERICAN MOVIE — THANKS TO ‘FRESH OFF THE BOAT’

“Crazy Rich Asians” was such a surprising success to Hollywood’s power brokers last year that its ripple effects have included some other film and TV projects featuring Asian Americans and Pacific Islanders.

But it would be a mistake to say that “CRA” broke the dam and allowed the flood of AAPI projects to come to our big, small and tiny handheld screens. Other AAPI-focused movies opened last year, too, including John Cho’s excellent cyber-thriller “Searching” and the sweet teen love story “To All the Boys I’ve Loved Before” starring Lana Condor, which is on Netflix.

“Always Be My Maybe,” a new movie also on Netflix that dropped last month, is a wonderful, entertaining rom-com that’s easier for us to identify with (who can really identify with the fabulously wealthy society of Singapore?), and it wasn’t sparked by “CRA” — “Always Be My Maybe,” as co-star and co-writer Randall Park pointed out in a recent NPR interview, had finished filming and was starting post-production when “Crazy Rich Asians” was released last summer.

If anything, “Always Be My Maybe” and the plethora of other AAPI Hollywood treasures

and pleasures that are coming soon to a theater, television or mobile screen near you can trace their roots back to 2015, when ABC debuted “Fresh Off the Boat.”

That’s the sitcom starring a Chinese American family in 1990s suburban Florida, where the dad runs an all-American steakhouse and the mom writes murder mysteries. It was originally loosely based on the memoir of celebrity chef Eddie Huang, who almost immediately declared that the show was phony and not edgy enough. Duh — this is network television, dude, what did you expect?

However, Huang is still credited as producer, but the show’s creator and producer, Nahnatchka Khan, has kept it going now for five seasons, thanks to a stellar cast that stars Constance Wu as Jessica Huang, Park as Louis Huang and Hudson Yang as their oldest son, the chef-to-be Eddie. The show balances Asian cultural touches (the grump, blunt grandmother and the overachieving younger sons — Eddie is the slacker of the bunch) with story-lines that keep non-Asians watching.

Without “Fresh Off the Boat,” “Crazy Rich Asians” may not have been made into a movie, even though the novel it is based on was a best seller. Wu was cast fresh off “Fresh Off the Boat” for “Crazy Rich Asians, and let’s face it, she — and the rom-com chemistry she



“Always Be My Maybe” stars Randall Park and Ali Wong.

had with co-star Henry Golding — made the movie really shine.

Also spinning off “Fresh,” Park wrote the romantic comedy “Always Be My Maybe” with co-star Wong and Mike Golamco. “Fresh” creator and showrunner Khan directed “Always Be My Maybe,” and the production has a comfortable, familiar feel like the old blanket you toss over yourself while watching TV on a cold night.

The chemistry is so natural and believable between Park and Wong that the story makes instant sense, especially to Asian American viewers but to non-Asian audiences as well.

Park plays Marcus Kim, a Korean American guy in San Francisco who’s been a little adrift all his life, working with his dad in an air conditioning/heating business and playing

in a rappy rock band circa mid-1990s.

Wong is Sasha Tran, a driven Vietnamese American celebrity chef who’s back in S.F. to open a new hip restaurant. The two were neighbors as kids, and inseparable . . . until they have sex and Marcus doesn’t handle it well. The film is about their off, then almost on, then on-again romance, told with great humor and cultural insights.

For instance, the two visit a Chinese restaurant for dim sum and Sasha notes how snooty the staff always was to them when they were young. But Marcus speaks in Chinese to a passing server, and he gets free dumplings. He taught himself Chinese, he says, to get better service.

» See BABY on page 9

CALIFORNIA CIVIL LIBERTIES PROJECTS ANNOUNCED

Thirty-one California projects on civil liberty issues are funded — from the Japanese American WWII experience to present day.

**SACRAMENTO** — The California State Library has awarded \$998,850.25 for 31 projects through the California Civil Liberties Public Education program. Grantees from across the state will create unique educational projects — from opera to podcasts, documentaries to virtual reality — that involve multiple cultural communities and age groups. “Fear and bigotry were the root cause of internment in World War II. Both are still around,” said Greg Lucas, California’s state librarian. “Better understanding past mistakes and connecting them with current events helps make sure we remember we’re always stronger together. “Civil Liberties projects can play an active role in meaningful learning and discussion about the issues —

and results of the past two years of funding for this program are available online for all to use and learn from,” Lucas concluded. The current round of grants is the second of a series funded through a three-year one-time allocation of \$3 million in the budget approved in June 2017. Funding will continue through June 30, 2020, and the State Library expects to offer one more opportunity for applicants in late fall or early winter of 2019. Previous projects funded by the program can serve as educational tools — in classrooms or in communities — to celebrate May as Asian Pacific American Heritage Month. Among past projects funded through the program are an interactive online experience of the hardships and

decisions for Japanese Americans during World War II; multiple documentaries and podcasts from public broadcasting organizations and non-profits; performing and visual arts programming; and teachers’ guides and lesson suggestions with primary source materials and articles. Applicants applied for either statewide/regional grants in education, public media or preservation with a maximum request of \$100,000, or community grants in a wide range of formats and a maximum request of \$30,000. Prior to WWII, California was home to more Japanese Americans than any other state. In the wake of Japan’s attack on Pearl Harbor in Hawaii, wartime hysteria led to President Franklin D. Roosevelt’s

signing of Executive Order 9066 on Feb. 19, 1942, which put more than 120,000 Japanese Americans into relocation camps for more than 18 months. When the state legislature created the California Civil Liberties Public Education program in 1998, it said the program’s purpose was “to sponsor public educational activities and development of educational materials to ensure that the events surrounding the exclusion, forced removal and internment of civilians and permanent resident aliens of Japanese ancestry will be remembered so that the causes and circumstance of this and similar events may be illuminated and understood.” The program received funding of as high as \$1 million annually from 1998-2011; funding was eliminated on July 1, 2011. At the request of Assemblyman Phil Ting of San Francisco, Governor Jerry Brown

approved \$1 million in onetime funding for the program in the 2016-17 fiscal year. With legislators such as Assembly members Ting and Al Muratsuchi supporting the program, Brown included \$3 million in the 2017-18 budget to continue funding through June 30, 2020. Legislation in 2017 by Muratsuchi, AB 417, clarified administrative details, established an advisory board and encouraged projects that provide information about civil rights violations or civil liberties injustices perpetrated on the basis of an individual’s race, national origin, immigration status, religion, gender or sexual orientation, as well as the internment of Japanese Americans during WWII. Further details about the program can be found at https://www.library.ca.gov/grants/civil-liberties/.

CALIFORNIA CIVIL LIBERTIES GRANTS RECIPIENTS

<b>THE ABAS LAW FOUNDATION</b> <b>Community Project \$10,000</b> Staged readings of Jeanne Sakata’s acclaimed one-man play “Hold These Truths.”	The organization will create an educational package on the Manzanar Guayule Rubber project.
<b>ADVOCATES FOR INDIGENOUS CALIFORNIA LANGUAGE SURVIVAL</b> <b>Community Project \$10,000</b> This project emphasizes how language in particular is impacted by cultural suppression.	<b>HERITAGE FUTURE/1888 CENTER</b> <b>Community Project \$23,500</b> A 2019 Heritage Future/1888 Center five-part Creative + Cultural Podcast.
<b>THE AJA PROJECT</b> <b>Community Project \$21,997.25</b> This project will relate the internment of Japanese American citizens during WWII to present-day injustices.	<b>JAPANESE AMERICAN NATIONAL MUSEUM</b> <b>Community Project \$30,000</b> JANM will conduct Phase II of the Stanley Hayami Diary Project.
<b>API CULTURAL CENTER</b> <b>Community Project \$10,000</b> A series of free multidisciplinary programs to educate the public about the Japanese American WWII experience.	<b>KALW SAN FRANCISCO UNIFIED SCHOOL DISTRICT</b> <b>Public Media \$20,000</b> KALW proposes a series of live panel discussions to expand public understanding of the history of Japanese American detention.
<b>CALIFORNIA STATE POLYTECHNIC UNIVERSITY, POMONA</b> <b>Preservation \$51,064</b> The “Landscapes of Promise” project seeks to preserve, interpret and disseminate the history of the Tule Lake War Relocation Center and concentration camp.	<b>KIZUNA LITTLE TOKYO</b> <b>Community Project \$20,000</b> Kizuna’s “From Generation to Generation” Media Project is aimed at a youth audience.
<b>CALIFORNIA STATE UNIVERSITY DOMINGUEZ HILLS</b> <b>Preservation \$86,310</b> The project is digitizing and cataloging more than 5,000 items on Japanese Americans during the mid-20th century/WWII era.	<b>L.A. THEATRE WORKS</b> <b>Public Media \$78,839</b> L.A. Theatre Works will commission, produce and broadcast a new play about the 40-year pursuit of justice for three Japanese Americans who defied the Internment Order.
<b>DENSHO</b> <b>Community Project \$30,000</b> Densho Encyclopedia will add 65 new articles specific to Californian Japanese Americans affected by Executive Order 9066.	<b>LOS ANGELES OPERA COMPANY</b> <b>Community Project \$30,000</b> Students will learn about the violations of civil liberties throughout history and their impact today.
<b>FRED T. KOREMATSU INSTITUTE</b> <b>Education \$20,000</b> The Korematsu Institute will conduct a statewide communication campaign.	<b>MONTEREY PENINSULA JACL</b> <b>Public Media \$66,273</b> The Monterey Peninsula JACL will create a documentary telling the story of Japanese Americans returning home at the end of WWII.
<b>FRIENDS OF MANZANAR</b> <b>Education \$37,035</b>	<b>NEW VILLAGE ARTS, INC.</b> <b>Community Project \$15,000</b> New Village Arts will mount a full production of “The Desert Rock Garden,” a play by Roy Sekigahama.

<b>TULE LAKE COMMITTEE</b> <b>Community Project \$30,000</b> The Tule Lake Committee will educate a team of docents to communicate with participants of the pilgrimages and other frequent visitors to the site about issues surrounding civil liberties.	<b>NICHI BEI FOUNDATION</b> <b>Community Project \$15,000</b> “Films of Remembrance” is a daylong showcase of films related to the Japanese American incarceration experience.
<b>VALLEY PUBLIC TELEVISION, DBA VALLEYPBS — KVPT</b> <b>Public Media \$50,000</b> “Unbroken Honor” (working title) is the next installment in the “Silent Sacrifice” story.	<b>NIHONMACHI LITTLE FRIENDS</b> <b>Community Project \$10,000</b> A documentary telling the story of San Francisco’s Japanese immigrant women and their creation of the 1830 Sutter Street Japanese YWCA building.
<b>VISUAL COMMUNICATIONS MEDIA</b> <b>Community Project \$29,950</b> “America’s Concentration Camps, Revisited” will enable Visual Communications to reactivate its mobile photographic exhibit created in 1970, popularly known as the “Cubes Exhibit.”	<b>NIKKEI FEDERATION</b> <b>Community Project \$14,400</b> “Kagoshima 9066 Westridge: The Life and Art of J. T. Sata” follows the journey of an Issei immigrant artist into America’s internment camps and finally to the campus of an exclusive girls’ school in Pasadena, Calif.
<b>VISUAL COMMUNICATIONS MEDIA</b> <b>Community Project \$30,000</b> “All That Remains” is a feature-length documentary examining the incarceration of Japanese Americans during WWII and the racial profiling and detention of Muslim Americans after 9/11. The film considers these events by using original audio interviews with survivors over footage of their lives today, personal objects, photos and documents as tangible remains of trauma.	<b>POSTON COMMUNITY ALLIANCE</b> <b>Community Project \$15,000</b> “Poston Live: It’s Lessons and Multicultural Legacy” includes a short-form narrative film and a research booklet.
<b>VISUAL COMMUNICATIONS MEDIA</b> <b>Public Media \$100,000</b> “Third Act” is an hourlong documentary that illustrates the legacy of remembrance and the ongoing process of recovery from the WWII exclusion and detention of Japanese Americans.	<b>THE REGENTS OF THE UNIVERSITY OF CALIFORNIA</b> <b>Community Project \$30,000</b> An open access online digital exhibition and accompanying high school curriculum on the work of former internee and civil rights icon Yuri Kochiyama.
<b>YUBA SUTTER REGIONAL ARTS COUNCIL</b> <b>Community Project \$30,000</b> The Yuba Sutter Arts Council will create an ongoing project titled “The Faces of Internment,” comprised of three public installations that memorialize key aspects of the evacuation of Japanese Americans during WWII. ■	<b>SAN DIEGO REPERTORY THEATRE</b> <b>Community Project \$29,500</b> San Diego REP will present 24 performances of “Hold These Truths” by Jeanne Sakata, a play inspired by the life of Gordon Hirabayashi.

<b>AMERICAN HOLIDAY TRAVEL</b> <b>2019 TOUR SCHEDULE</b>
<b>Grandparents-Grandchildren Japan Tour I</b> (Ernest Hida). <b>Waitlist</b> . . . June 17-27 <b>Grandparents-Grandchildren Japan Tour II</b> (Ernest Hida). <b>Waitlist</b> . . . July 1-11 Tokyo, Hakone/Atami, Hiroshima, Kyoto <b>Alaska Land &amp; Cruise Tour</b> (Elaine Ishida). . . . . July 16-28 Fairbanks, Denali National Park, Talkeetna, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Vancouver, Seattle. <b>Hokkaido Summer Holiday Tour</b> (Ernest Hida). . . . . July 17-29 Chitose, Furano, Asahikawa, Rishiri Island, Wakkanai, Sapporo, Otaru, Lake Toya, Hakodate, Tokyo <b>Western Mediterranean Holiday Cruise</b> (Carol Hida). . . . . Aug 18-31 Rome, Gibraltar, Malaga, Barcelona, Provence, Monte Carlo, Monaco, Florence/Pisa. Holland America Line <b>Yellowstone &amp; Mt. Rushmore Holiday Tour</b> (Elaine Ishida). . . . .Sep 22-29 Jackson Hole, Yellowstone National Park, Sheridan, Mt. Rushmore. <b>Japan Autumn Countryside Holiday Tour</b> (Ernest Hida) . . . . . Oct 17-28 Tokyo, Sado Island, Kanazawa, Shirakawago, Amanohashidate, Tottori, Matsue, Tamatsukuri Onsen, Kobe. <b>Kenya Wildlife Safari Holiday Tour</b> (Carol Hida) <b>Waitlist</b> . . . . . Oct 9-21 Nairobi, Amboseli-Nakuru Lake-Masai Mara National Parks, Mt. Kenya Safari Club, Sweetwaters Tented Camp, Jane Goodall Chimpanzee Sanctuary. <b>Kyushu-Shikoku Holiday Tour</b> (Ernest Hida). . . . . Nov 10-22 Fukuoka, Nagasaki, Ibusuki, Kagoshima, Miyazaki, Beppu, Matsuyama, Kochi, Takamatsu, Shodo Island, Tokushima.
<b>2020 TOUR SCHEDULE PREVIEW</b>
<b>HOKKAIDO SNOW FESTIVAL HOLIDAY TOUR</b> (Ernest Hida) . . . . . Feb 2-12 <b>HAWAII 3-ISLAND HOLIDAY TOUR</b> (Carol Hida) . . . . . Mar 3-11 <b>CUBA HOLIDAY TOUR</b> (Elaine Ishida) . . . . . Mar 10-17 <b>JAPAN SPRING COUNTRYSIDE HOLIDAY TOUR</b> (Ernest Hida). . . . . Apr 2-14 <b>AUSTRALIA-NEW ZEALAND HOLIDAY TOUR</b> (Ernest Hida). . . . . May <b>TULIP FESTIVAL &amp; GREAT LAKES ADVENTURE TOUR</b> (Carol Hida). . . . . May 7-15 <b>GRANDPARENTS-GRANDCHILDREN JAPAN TOUR</b> (Ernest Hida). . . . . Jun 21-Jul 1 <b>CANADIAN ROCKIES-GLACIER NATIONAL PARK TOUR</b> (Carol Hida) . . . . . Jul 28-Aug 3 <b>KENYA WILDLIFE SAFARI HOLIDAY TOUR</b> (Carol Hida). . . . . Sep <b>CLASSICAL JAPAN HOLIDAY TOUR</b> (Ernest Hida). . . . . Oct <b>OKINAWA HOLIDAY TOUR</b> (Ernest Hida). . . . . Nov
<b>For more information and reservations, please contact:</b> <b>AMERICAN HOLIDAY TRAVEL</b> 312 E. 1st Street, Suite 240 * Los Angeles, CA 90012 Tel: (213) 625-2232 * Email: americanholiday@att.net Ernest or Carol Hida Elaine Ishida (Tel: 714-269-4534)



# SPEAKER NANCY PELOSI MEETS WITH API COUNCIL MEMBERS

Speaker Nancy Pelosi met with members of the API Council at JACL national headquarters in San Francisco on May 13.

The API Council, led by co-chairs Jon Osaki and Sarah Wan, is dedicated to bringing Asian and Pacific Islander communities together to address the needs of API residents of the city and county of San Francisco.

San Francisco JACL participates in the API Council's 40-member coalition, which advocates for equitable policies and resources on behalf of the 250,000 API residents in the Bay Area.



House Speaker Nancy Pelosi (center) is pictured with members of the API Council, including co-chair Sarah Wan (left center) and co-chair Jon Osaki (right center).

During Pelosi's visit, the council held discussions on areas of concern including housing, health and human services.

The API Council was formed "in response to the lack of racial and economic justice and equality for underserved APIs in San Francisco. Through coalition development, research and advocacy over the past five years, the API Council has protected and grown resources at the city-budget appropriations level for underserved API communities by \$1 million-\$3 million per year to support core services along with API constituency engagement."

## ANNUAL MEMORIAL DAY OBSERVANCE HELD IN BAY AREA

Memorial Day services at Golden Gate National Cemetery in San Bruno, Calif., were held on May 27.

The annual observance, co-sponsored by the Golden Gate Nisei Memorial Post #9879 VFW and the JACL NCWNP District Council and its chapters, was attended by chapter representatives from San Francisco JACL, Placer County JACL, San Mateo JACL, Sonoma County JACL and Eden Township JACL, in addition to numerous guests.

Post #9879 Commander Glenn Akagi delivered the service's opening welcome, and Chaplain Chris Doi presented the invocation. In addition, Post #9879 Chaplain Omar Doi read the Honor Roll and performed "Taps" on the bugle, while Amy Teragawa gave the introduction of Gold Star parents and veterans' wives.

This year's keynote speaker was Greg Marutani, chair of JACL's National Education Com-

mittee, who highlighted the 75th anniversary of the liberation of Bruyères and Biffontaine by the 442nd RCT.

"My focus was on my personal experiences visiting Bruyères in mid-October 2015. Jerome Villain, along with his daughter, Tiffany (12 years old at that time), provided me with a most informative walk through their town, highlighting house-to-house combat that the 100th and 442nd confronted as the German troops were ordered to make a 'last stand' against the Allied forces from entering Germany, not far from Bruyères," said Marutani to the *Pacific Citizen*. "The walk in the Vosges Mountains that the Nisei soldiers took toward rescuing the Texas Lost Battalion had me imagining what it must have been like. . . . With over 800 casualties to rescue around 200, there is no wonder many saw the Nisei soldiers as cannon fodder, yet it needs to be noted that the 100th/442nd accomplished

every assignment. Some of the families in Bruyères even 'adopted' a Nisei buried in the U.S. cemetery in Epinal and would clean up a particular gravesite, take a photo and send it to the soldier's family. I also learned that once a year, a white rose is placed on all of the gravesites in that U.S. cemetery.

"Those two and a half days in Bruyères are the most memorable of my travels overseas," Marutani concluded. "The people from Bruyères who have a history in the town when the 100th/442nd liberated their town still revere and appreciate the Nisei soldiers who liberated them from German occupation."



Taking part in the Memorial Day services at Golden Gate National Cemetery in San Bruno were (from left) Chaplain Chris Doi, Greg Marutani, Post #9879 Chaplain Omar Doi and Post #9879 Commander Glenn Akagi.

## JACL Convention Set to Offer Several Film Screenings

The upcoming JACL National Convention is set to offer conventiongoers several entertainment options, among them the opportunity to view some outstanding films relevant to the JACL.

There will be films shown during the day for boosters. And for those not partaking in the optional events and excursions away from the Little America Hotel convention venue, screenings will be held during the evenings on Aug. 1 and 2 for those choosing to stay at the hotel.

On the evening of Aug. 1, there will be a showing of the film "Never Give Up: Min Yasui and the Fight for Justice." The one-hour film will be followed with a Q & A at which Holly Yasui, Min Yasui's daughter, and Peggy Nagae, the lead attorney in his case, will participate. Min Yasui was a practicing attorney at the onset of World War II. He purposely broke the curfew placed upon Japanese Americans as he was testing the constitutionality of the ruling. Yasui spent his life working for civil rights.

"Norman Mineta and His Legacy: An American Story" will be shown after the

Min Yasui film. The story of the life and career of Sec. Norman Y. Mineta is captured in the film, which has been shown on PBS. Sec. Mineta and the producers of the film are expected to be in attendance.

At night on Aug. 2 during the optional youth event at the Salt Lake Buddhist Temple, to which all are invited, there will be several films shown at the hotel. Two of Lane Nishikawa's films will be featured. The first is "Our Lost Years," a new documentary on the incarceration of 120,000 persons of Japanese heritage. Nishikawa interviewed many people for the film, and he will be on hand to sell DVD's, which will benefit the San Diego JACL chapter.

The second film is titled "Only the Brave," which documents the Japanese American 100th/442nd Regimental Combat Team, which was ordered to rescue the "Lost Battalion" from Texas. They suffered 800 casualties while rescuing 211 Texans. The film stars Tamlyn Tomita and Lane Nishikawa.

**SEE YOU AT THE JACL 2019 CONVENTION IN SALT LAKE CITY!**

— JACL Convention Committee

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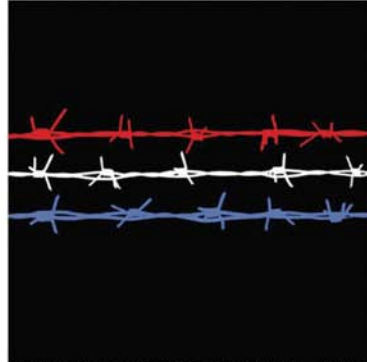
Become a valued JACL Thousand, Century or Millennium Club member and your heightened contribution will support the JACL's advocacy and programs nationally and also secure our administrative and staffing needs. Each Premium Membership provides the impact of over 3 regular memberships (if not more), and a larger portion of your dues goes toward supporting your local JACL chapter. If you have a little extra to give, please upgrade today!

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As a token of our gratitude, the first 100 members to upgrade will receive the gift of this 20" x 20" barbed wire icon art lithographic poster print, signed by artist Bob Matsumoto. Upgraded members are also invited to attend the VIP Reception for the Sayonara Banquet at the JACL National Convention.

Ready to upgrade your JACL membership? Call us at (415) 921-5225 or upgrade online at: [www.jacl.org/member/](http://www.jacl.org/member/)



City Creek Center



PHOTOS: ALEX HIRAI

# WELCOME TO THE 'CROSSROADS OF THE WEST'



The Natural History Museum of Utah

Salt Lake City, home to this year's JACL National Convention, offers a vibrant city scene and breathtaking sites for all to enjoy.



Salt Lake Temple



Salt Lake Temple East Side Center Spire

By 2019 JACL National Convention Committee

**W**elcome to Salt Lake City! We hope that while you are here for the 2019 JACL National Convention, you'll also take the time to visit and explore our beautiful and vibrant city that we call home.

Salt Lake City is not a large metropolitan area, but it offers a unique blend of nature and urban living. The Wasatch Mountains provide a beautiful backdrop for downtown Salt Lake and the surrounding area. People of all different backgrounds call this city their home. Indeed, Salt Lake is growing rapidly — in fact, it's the fastest-growing city in the country, adding around 400,000 residents in the past decade alone. As the city grows, so, too, does the cultural diversity of the people living here.

Salt Lake City is the capital of Utah, as well as the most populous city in the state. Prior to the 19th century, the Salt Lake Valley had been home to numerous indigenous tribes for thousands of years, including the Ute tribe, from which the state gets its name.

The first Westerners to settle in the valley were Mormon pioneers, who sought to establish a community in which they could practice their religion without persecution or threat of violence. It would take some time, but eventually, Utah achieved statehood in 1896, with Salt Lake City serving as the capitol.

Salt Lake City has a rich cultural history and is home to diverse communities. As the city and state rapidly grow, both are becoming popular travel destinations. Salt Lake City is made up of a variety of neighborhoods — the avenues to the north, the East bench and Sugarhouse in the south. All of these neighborhoods are growing fast and provide snapshots into life in the city.

We look forward to those coming to Salt Lake City for the 2019 JACL National Convention. We hope your time in Salt Lake City is memorable — we are proud of our home, our heritage, our history.

During your stay, we've put together places of interest and our most popular picks for the best food in town — we hope you'll have the

opportunity to see and try them all while at convention. Please note that distances are from the Little America Hotel, our host hotel. Enjoy!

## THINGS TO SEE AND DO

### Temple Square (0.8 miles)

Temple Square (located at 50 N. Temple) is set in the heart of the city. Although it is a religious site, owned by the Church of Jesus Christ of Latter-day Saints, many visit its 10-acre grounds simply for its sheer beauty. If you have the chance, walking through Temple Square at night or in the daytime is sure to be a breathtaking experience.

Located within the grounds is the Salt Lake Temple, the largest Mormon temple in the world. Nearly 3 million-5 million visitors come here each year, making it the most popular attraction in the state, drawing more crowds than all five national state parks (Arches, Bryce Canyon, Capitol Reef, Canyonlands, Zion) combined.

Admission is free, and tours are available daily in more than 40 languages. You can book a tour online or download a free planning guide at <http://www.temple-square.com/tour/>.

In addition, the world-famous Mormon Tabernacle Choir holds an hourlong practice on Thursday evenings, which is open to the public.

Temple Square is located in-between South and North Temple, on Main Street. There is a UTA TRAX station on Main Street to the east of the Little America Hotel, where you can take the Blue Line north all the way to the City Creek station — and you will have arrived at your destination!

### The Gateway (1.5 miles)

The Gateway (located at 400 W. 100 South) is a large, open-air retail mall connected to the old Union Pacific Railroad station. Gateway is home to Dave and Busters, Megaplex Theaters, Wiseguys Comedy Club and shopping stores including Bath & Body Works, Rocky Mountain Chocolate Factory and the Walking Company.

For those with children, Discovery Gateway and the Clark Planetarium are perfect places for kids to explore indoors, out of the



PHOTO: WIKICOMMONS

heat. On the plaza, kids love to play in the outdoor water fountains synchronized to music.

The UTA TRAX Green or Blue Line will get you there, or you can drive. There is a free one-hour parking garage on the premises.

### City Creek Center (0.9 miles)

City Creek Center Shopping Mall (located at 50 E. Main St.), found in the heart of downtown Salt Lake City, is the most modern and popular mall in the Valley. Apple, Coach, Michael Kors, Lululemon, Nordstrom and Tiffany & Co. are but a sampling of the stores at this premier shopping center in Utah.

Among popular eateries are Blue Lemon, Brio Tuscan Cafe, Cheesecake Factory, Johnny Rockets, Nordstrom's Café and Texas de Brazil Churrascaria.

City Creek is situated just south of Temple Square. We recommend you take the UTA TRAX Blue Line to get here.

### The National History Museum of Utah and Utah Museum of Fine Arts (4.0 miles)

Both of these museums are located on the campus of the University of Utah. The Natural History Museum (located at 301 S. Wakara Way) is a great way for visitors to appreciate the rich, natural history of the Valley and the state. Be sure to check out its latest exhibition, "Yellowstone: Invisible Boundaries," which will be open during your convention stay.

Meanwhile, the Utah Museum of Fine Arts (located at 410 S. Campus Center Dr.) provides a look into the cultural and visual arts aspects of the city. There is free parking for the Natural History Museum, but not for the Museum of Fine Arts.

We recommend driving to both locations. However, you can take the UTA TRAX Red Line to the University of Utah campus and use the campus shuttle or walk to both locations from the school.

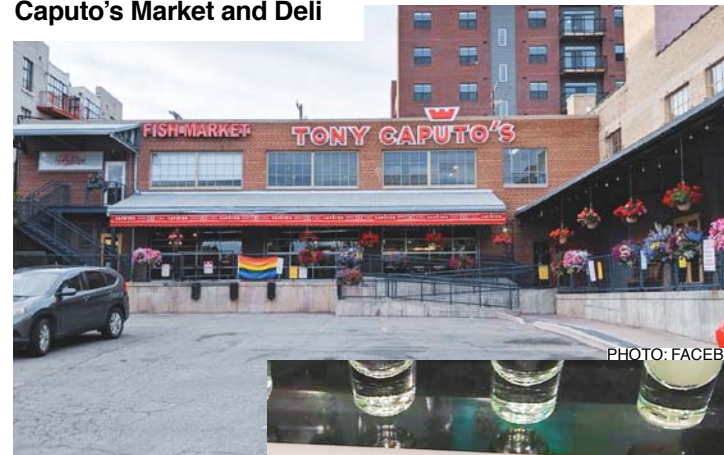


## Market Street Grill



Downtown Farmer's Market

## Caputo's Market and Deli



PHOTOS: ALEX HIRAI

**Downtown Farmer's Market (0.7 miles)**

The Downtown Farmer's Market (located at Pioneer Park at 300 W. 300 South) is one of the longest-running and largest markets of its kind in the country. Nearly 10,000 patrons, sometimes as many as 15,000, come each week during the summer.

A mix of vendors from more than 100 farms and ranches come from as far away as 250 miles of Salt Lake City to bring customers the best and freshest fruits, vegetables, home-baked bread and pastries, crafts, honey, candles and much more.

During the summer, the market is open on Saturday mornings from 8 a.m.-2 p.m. and Tuesday evenings from 4 p.m.-dusk.

**BARS AND NIGHTLIFE**

Contrary to many people's perception, Utah is *not* a dry state. Salt Lake City has a vibrant nightlife. There are various bars scattered throughout the Valley, though most are concentrated in the downtown area. Many of the bars are within walking distance of each other, which makes experiencing the city's nightlife much easier than in other cities.

One of our favorite bars is within walking distance of the convention venue — the Bayou (located at 645 S. State St.) is a Cajun restaurant featuring more than 400 beers, including local brews.

Purgatory is also within walking distance (located at 62 E. 700 South), and it features a cool vibe and great burgers. Additionally, there are a multitude of nearby bars and clubs located on the TRAX Line or walking distance on Main Street in between 100 South and 400 South.

Some great spots are the Beerhive, Good Grammar, Gracies, the Green Pig, Whiskey Street and White Horse.

**HIKING AND BIKING**

As mentioned before, one of the most unique aspects of living in Salt Lake City is its proximity to nature. There are several biking and hiking trails within 15 minutes of the heart of downtown.

Local trails including Ensign Peak, the Living Room hike and the Bonneville shoreline trail are just a few of the many options available. Ranging from begin-

ning trails to those for the most advanced, all offer a close-up look at the natural beauty of the state.

For more information on hiking and biking trails in Salt Lake City, visit <https://utah.com/hiking/salt-lake>.

**PLACES TO EAT**

There are various fast-food restaurants in the vicinity of downtown, but if you are looking for somewhere to sit down and hang out, the following are our top picks.

**Bruges Waffles and Frites (0.7 miles)**

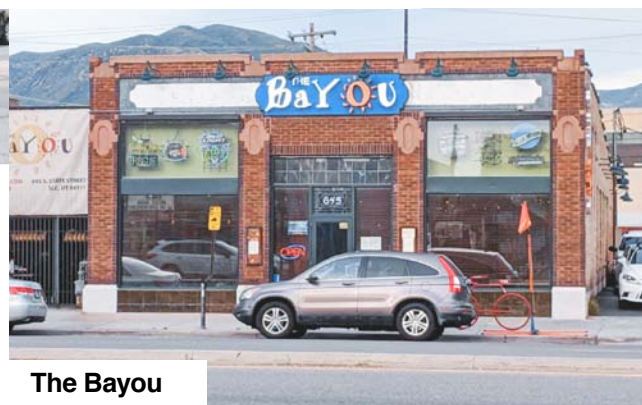
Bruges (located at 336 W. 300 South) offers authentic Belgian waffles and cuisine. Bruges is also a cheap, delicious option for those who don't want to spend a lot on dining out. The space is a little small, but there are numerous seating options around the restaurant. Bruges is located right next door to Caputo's. Again, we recommend that you either walk or drive.

**Caputo's Market and Deli (0.7 miles)**

Caputo's (located at 308 W. 300 South) is an Italian deli offering a variety of specialty sandwiches. Along with the deli, Caputo's is also a market that specializes in European cuisine and groceries. There is a multitude of free and paid parking around Caputo's. We recommend driving to get there, though it is not a tremendously long walk if you are feeling up to it.

**Koyo (7.3 miles)**

This restaurant (located at 2275 E. 3300



The Bayou

South) is a little out of the way, but it is one of our favorite Japanese restaurants in town! Koyo has been a family owned and operated restaurant since 1976, and it serves traditional and modern Japanese cuisine. Koyo is about a 15-minute drive from Little America, but it is well worth the distance to get there.

**Market Street Grill (0.4 miles)**

Market Street Grill (located at 48 W. Market St.) is one of the most recognizable restaurants in the city. Although it offers a wide range of cuisines, it is most well known for its fresh seafood. Prices can be fairly expensive, but the food is amazing and well worth it. We recommend walking, as there is not much free parking around the restaurant.

**Takashi (0.4 miles)**

Takashi (located at 18 W. Market St.) is a sushi bar that serves a variety of signature rolls and sake. Along with sushi, Takashi offers a wide selection of modern Japanese dishes. Takashi is very close to Market Street Grill, and it is recommended that you walk due to limited free parking.

And here's a few other delectable dining options nearby:



Freshly made sushi at Takashi

**Chedda Burger** (located at 26 E. 600 South), is right around the corner. **Pretty Bird** (located at 146 Regent St.) focuses on Nashville-style fried-chicken sandwiches and platters. For those looking for some of the very best sandwiches, choose the **Robin's Nest** (located at 311 S. Main St.). And last but certainly not least, **R & R BBQ** (located at 307 W. 600 South) is a local favorite for delicious beef brisket, ribs, chicken and more!

**VISIT SOUTHERN AND CENTRAL UTAH!**

For those who have extra time, we encourage you to extend your stay and visit the southern reaches of the state. Depending on where you go, the drive will be around three-four hours. Utah boasts five National Parks. The most popular destinations in Southern and Central Utah are Arches National Park, Goblin Valley National Park and Zion National Park. Some of Utah's most-famous tourist destinations are in this area, and the trip is certainly worth it!

We are looking forward to welcoming you all to Utah next month. Don't forget to register for the 2019 National Convention! Early Bird Registration ends June 20. Please visit <https://www.convention2019.jacl.org/> for more information. See you all there! ■

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# TRAVELING EXHIBIT EDUCATES AND UNITES ARIZONANS

‘Righting a Wrong: Japanese Americans and World War II’ wraps up its run in the Grand Canyon state.

The Smithsonian Traveling exhibit “Righting a Wrong: Japanese Americans and World War II” completed its run recently in Phoenix, Ariz. The exhibit, which opened on Jan. 26 and closed on April 7, kicked off its national tour in the Grand Canyon state through a majority sponsorship by the Japanese American Citizens League Arizona chapter.

Others who helped bring the exhibit to Arizona included the Asian Pacific American Studies, School of Social Transformation at Arizona State University; the Arizona Asian Chamber of Commerce in memory of Dr. Ted Namba; and the Arizona Capitol Museum Guild & Dee Steen.

The “Righting a Wrong” exhibit traces the story of unjust incarceration of people of Japanese ancestry during World War II through heart-wrenching personal stories, fascinating documents, stunning photographs and engaging interactives.

Embracing themes that are as relevant today as they were 75 years ago, the exhibition takes a deep look at immigration, prejudice, civil rights, heroism and what it means to be an American. Underlying these themes, the broader question emerges: What kind of nation do we want the U.S. to be?

The national exhibit was localized

with Gila River and Poston camp archeological artifacts on loan from the JACL Arizona chapter. The exhibit’s presence also created opportunities for Arizona-specific companion programming.

“Righting a Wrong” held a public unveiling on Jan. 30, a date recognized as Civil Rights Day throughout the state. The designation celebrated the life and legacy of civil rights pioneer Fred T. Korematsu on what would have been his 100th birthday. His daughter, Karen Korematsu, attended the event as a special guest of honor.

Throughout its 10-week run in Arizona, the exhibit served as the backdrop for several cultural and educational events, such as its official opening on Feb. 19 to mark the Japanese American Day of Remembrance.

Several educational and cultural programs were offered to the public as well. These events were made possible through a grant provided by the ASU Asian Pacific American Studies and included:

- “Baseball Behind Barbed Wire” with baseball historian and author Bill Staples Jr.
- “For the Sake of the Children,” a movie screening and discussion with filmmaker Marlene Shigekawa
- “Federal Family Separation and



Eunice Kurisu (pictured second from left) and her family traveled from Nevada to view the Arizona exhibit. On April 20, 1944, Eunice married Jim Kurisu while incarcerated in Jerome, Ark. Her wedding photo and marriage license are part of the exhibit.

Reunification — Past and Present” with wartime incarcerated Marian Tadano Shee and immigrant advocate Ellie Hutchison

- “Oral History Day” workshops on recording family stories and archiving materials on family history led by Nancy Godoy
- “Gila River Cleanup — Visit and Program at the Museum,” which was well-attended by out-of-state guests, students from elementary to graduate schools and Arizona JACL community members.

The exhibit and companion programs created an environment in which people from all walks of life

shared their thoughts on the Japanese American wartime incarceration, its impact on identity and intergenerational trauma and how it speaks to current events.

“The incarceration of Japanese Americans is an important part of American history that should never be forgotten,” said Donna Cheung, JACL Arizona chapter president.

Cheung said the exhibit serves as an important reminder that we have a responsibility to make sure that our nation does not repeat the mistakes of the past.

“If we see those social forces,



Midori Hall was born at the Gila River incarceration site.

prejudice, hysteria based on fear-mongering, failure of political leadership — we need to step up as community members to say, ‘Not again,’” Cheung concluded.

The next stops for “Righting a Wrong” are the Wright Museum of World War II in Wolfeboro, N.H. (thru July 7) and the Stearns History Museum in St. Cloud, Minn. (Oct. 26-Jan. 5, 2020).

To learn more about this exhibit, visit the official website at <https://americanhistory.si.edu/righting-wrong-japanese-americans-and-world-war-ii>.

## FLORIN JACL CELEBRATES LAURYN DEGUZMAN



Pictured is Florin JACL Scholarship recipient Lauren DeGuzman.

The Florin Sacramento Valley Japanese American Citizens League proudly announces the selection of Lauryn DeGuzman as its 2019 scholarship recipient. Selection criteria included academics and scholastic honors; extracurricular activities including leadership positions, community involvement, work history and Japanese cultural activities; JACL involvement; and community service as shown in the written application, letter of recom-

mendation and personal interview.

DeGuzman graduated recently from Cosumnes Oaks High School in the Elk Grove School District, where she carried a 4.2 GPA.

While maintaining her academic record, she participated in track and field, softball, National Honors Society, California Scholarship Foundation and the Polynesian, Filipino, Triathlon and Photo clubs.

She also has studied Japanese at her high school during her academic career, including Japanese 4 Honors. Through this class, DeGuzman has not only learned the language but also Japanese history and culture, which will be useful on a family trip to Japan this summer.

Her scholastic honors included Academic Accolades (3.75+ GPA), Student Athlete Award freshman-senior years and a nomination this year to the All Academics softball game in the Colorado Fireworks Softball Tournament.

Based on her strong academic achievements and softball abilities, DeGuzman has earned academic

and softball scholarships to Minot State University in North Dakota.

Outside of school, DeGuzman attended Jan Ken Po Gakko, a Japanese culture summer program and has returned to help as a teacher assistant for the past four years. She is also a member of the Junior Young Buddhist Association at the Sacramento Buddhist Church and has worked as an office assistant at Nishio and Yamada Optometry.

In his letter of recommendation, Michael Thomas, DeGuzman’s softball coach, wrote: “. . . Lauryn has been an integral player on my travel softball team for the past five years. She has been a proven leader and was instrumental in us winning a National Championship in 2018. . . . I would describe Lauryn as a quiet leader. You may not always hear her, but her actions speak volumes. She is the player who will show up early and stay late to make sure everything is done. . . .”

Florin SV JACL congratulates DeGuzman; her parents, Cindy and Victor DeGuzman; and grandmother, Aileen Nishio, on her many achievements and wish her well as she embarks on the next chapter of her life.

## Gil Asakawa Honored as a 2019 Asian American Heroes of Colorado

JACL Mile High Chapter President Gil Asakawa was recognized as a 2019 Asian American Heroes of Colorado during a luncheon banquet at Empress Seafood Restaurant in Denver on May 18.

Now in its 11th year, the event celebrated Asian Pacific American Heritage Month by recognizing deserving members of the Asian American community who positively promote AAPI success.

In addition to his JACL duties, Asakawa (pictured at right, far left) currently serves as a student media manager at the University of Colorado at Boulder and content consultant, as well as a published author and former board chair of the Pacific Citizen Editorial Board.

Also honored during the event were Dr. Faye Caronan, Tarika Cefkin, Dr. Rachele Espiritu, Roger Liu and Dr. Robin Yasui.





Nisei soldiers of the 522nd training at Camp Shelby, Miss.

PHOTO: COURTESY OF NATIONAL ARCHIVES



## GFBNEC CENTER TO HOST A NEW MICROEXHIBITION

### 'FIRE FOR EFFECT: JOURNEY OF THE 522ND FIELD ARTILLERY BATTALION'

**LOS ANGELES** — Go For Broke National Education Center on May 28 announced a new microexhibition "Fire for Effect: Journey of the 522nd Field Artillery Battalion," which will be on display thru Aug. 25. The exhibit will chronicle the contributions of the Japanese American World War II unit that earned the reputation as one of the quickest and most effective artillery units in the European Theater.

The 522nd Field Artillery Battalion was activated in 1943 as part of the famed 442nd Regimental Combat Team and served as fire support during key moments in the European Theater, including the battle at Hill 140, the liberation of Bruyères and the rescue of the 141st Infantry Regiment's "Lost Battalion."

It then split from the 442nd RCT and supported various infantry divisions to break the Siegfried Line, also liberating survivors from

some satellite camps of the Dachau Concentration Camp.

"Go for Broke" was the motto of the 442nd RCT, a segregated Army unit composed of Japanese Americans from Hawaii and the mainland. The term was Hawaiian slang for "shooting the works," or risking everything for the big win in gambling — as the Nisei soldiers did while fighting in the field in WWII and facing prejudice at home in the U.S.

Images from the Susumu Ito and Fred Yasukochi Collections from the Japanese American National Museum will be on view, along with images from the 442nd Legacy Center.

"Fire for Effect: Journey of the 522nd Field Artillery Battalion" will be held within GFBNEC's "Defining Courage" exhibition, located in the historic Nishi Hongwanji Buddhist Temple on the west side of the plaza

at First Street and Central Avenue in Little Tokyo.

This exhibition is free with admission to GFBNEC's "Defining Courage" exhibition. The "Defining Courage" exhibition is pay-what-you-wish. Students and teachers enter for free, courtesy of a generous grant from the Aratani Foundation.

Operating hours are Tuesday, Wednesday and Friday, 11 a.m.-5 p.m.; Thursdays 2-8 p.m.; and Saturday and Sunday from 11 a.m.-6 p.m. Closed on Monday.

GFBNEC is a nonprofit organization that educates the public on the valor of Japanese American veterans of World War II and their contributions to democracy. Founded in 1989, GFBNEC maintains the Go For Broke Monument and the interactive Defining Courage exhibition in downtown Los Angeles, as well as extensive oral histories and archives, education and training programs and other initiatives.

*For more information, please visit [www.goforbroke.org](http://www.goforbroke.org).*

## VOLUNTEERS INVITED TO JOIN PUBLIC ARCHEOLOGY PROJECT AT MANZANAR

**INDEPENDENCE, CA** — Manzanar's award-winning public archeology program provides exceptional opportunities to learn about the past and helps preserve the site and its stories for the future. From July 3-8, volunteers will have the unique opportunity to assist the National Park Service in uncovering and stabilizing Manzanar's historic Children's Village area.

The Children's Village was home to 101 children and the only orphanage in the 10 camps where the U.S. government incarcerated more than 120,000 Japanese Americans.

Nearly half of these children had been brought from West Coast institutions and foster homes. Others were temporarily separated from families when their parents were arrested or became ill, and some were infants born out of wedlock. These children were nurtured by a dedicated Japanese American staff and others, becoming a unique wartime family.

Volunteer positions are available to anyone age 15 and over who is physically able to work outdoors and participate in moderately strenuous activity.

Volunteers will be digging with shovels and small hand tools, raking, hauling rocks, operating wheel barrows, screening sediments to retrieve artifacts and taking notes or filling out forms and labels.

Previous archeological experience is helpful, but not necessary. Most of the work is physically demanding, but there will be a variety of tasks each day to suit different interests and energy levels. Volunteers simply need an interest in history and a willingness to get dirty.

The work will be conducted outdoors, regardless of weather. Volunteers will meet with Cultural Resources Manager Jeff Burton in the Manzanar Visitor Center parking lot at 7:15 a.m. The work will be conducted until 3:15 p.m.

daily, including the weekend.

Volunteers may work any number of days or hours, but a full day or multiple days are preferred. Please bring water, lunch, snacks, work gloves and be sure to wear sunscreen, a hat and sturdy boots.

Please also bring any necessary medications. Though no volunteers have ever been stung by bees, be sure to bring an EpiPen if you are allergic to them.

Advance sign-up is required, as this project is limited to 25 participants per day.

Manzanar National Historic Site is located at 5001 Highway 395, six miles south of Independence and nine miles north of Lone Pine, Calif.

*For more information and/or to sign up, please contact Manzanar Community Volunteer Ambassador Fatima Khan at [fatima\\_khan@partner.nps.gov](mailto:fatima_khan@partner.nps.gov) or call (760) 878-2194, ext. 3313.*

## BABY » continued from page 3

The highlights include cameos by two stars who appear as Sasha's boyfriends. Daniel Dae Kim is her beau at the beginning, a more famous restaurateur who is full of himself. And the one getting all the press is Keanu Reeves, who plays himself in a hilarious series of scenes as Sasha's newest boyfriend. He wrote or improvised many of his lines, and it's a testament to his classiness that he could come off his role as an assassin of assassins in the "John Wick" saga and do this star turn so effortlessly.

Plus, Reeves is Chinese-Hawaiian and European, so his casting is the perfect cultural icing on the cake. This movie didn't need a white movie star as a savior. It's a proudly Asian American cast film from start to finish.

That's what's so great about "Always Be My Maybe" — it's so good and funny and smart that you forget that it's almost an all-AAPI cast (Sasha's friend Veronica is played by Michelle

Buteau, who's Haitian and Jamaican). Even Marcus's bandmates include Karan Soni, who is India-born and Charlyne Yi in a too-small part.

You forget because the underlying love story is sweet and engrossing, and it's not about ethnicity, even though Asian cultural values color so much of the screen.

Because it's on Netflix, "Always Be My Maybe" is easy to watch over and over again — and it's worth the watching, because each time you'll catch another subtle touch of culture, or another funny bit that you missed before. It's an endlessly satisfying film, the result of a tipping point that may have been symbolized by "Crazy Rich Asians" but really started five years ago with "Fresh Off the Boat."

*Gil Asakawa is a former chair of the Pacific Citizen Editorial Board and author of "Being Japanese American" (Second Edition, Stone Bridge Press, 2015). He blogs at [www.nikkeiview.com](http://www.nikkeiview.com).*



WEST COVINA BUDDHIST TEMPLE



**B O N FESTIVAL 2019**

**SATURDAY, JUNE 22**

**2 PM TO 9 PM**

TAIKO PERFORMANCE

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CULTURAL EXHIBITS  
AND ENTERTAINMENT

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A NATIONAL GUIDE TO NOTABLE COMMUNITY EVENTS

# CALENDAR

## NATIONAL

**The 2019 JACL National Convention**  
Salt Lake City, UT  
July 31-Aug. 4

**Little America Hotel**  
500 Main St.

Save the date: Join JACL at its annual National Convention in Salt Lake City! Registration is now open! Don't miss this opportunity to connect with JACLers from across the country as the organization continues its civil rights advocacy mission.

**Info: Visit [www.jacl.org](http://www.jacl.org).**

## NCWNP

**Chiura Obata: An American Modern**  
Sacramento, CA

June 23-Sept. 25

**Crocker Art Museum**

216 O St.

**Price: Free for members; Adults \$12; Seniors/Students/Military \$8; Youth: \$6**

Born in Japan, Chiura Obata emigrated to the U.S. in 1903 and began a seven-decade career that saw him emerging as a leading figure in the Northern California art scene and as an influential educator. This exhibition offers more than 100 paintings, drawings, prints and personal items from the artist, many of which have never been on public display. They range from the artist's early formal studies as a student in Japan to the California landscapes for which he is most recognized.

**Paul Kitagaki Book Signing and Prerelease Sale**

Berkeley, CA

June 30; 2-4 p.m.

**Berkeley Methodist United Church**  
1710 Carleton St.

Paul Kitagaki Jr., Pulitzer Prize-winning photojournalist has recently completed a 13-year journey to photograph and interview Japanese and Japanese American survivors of the American concentration camps of WWII. His exhibition "Gambatte! Legacy of an Enduring Spirit" is now on tour. Kitagaki will be in attendance to talk about his new book "Behind Barbed Wire," which documents his research about the Japanese survivors. Refreshments will be provided.

**San Jose Buddhist Temple Obon**  
San Jose, CA

July 13, Noon-10 p.m.; July 14, Noon-8 p.m.

**San Jose Buddhist Temple**  
640 N. Fifth St.

**Price: Free**

This family event features authentic Japanese food, entertainment and traditional Japanese folk dancing. In addition, if you enjoy sushi, udon, corn, beef and carnival games and crafts, this is the event for you! Also, this event features the largest Obon dance celebration on the West Coast, welcoming more than 1,000 dancers nightly over the two-day event.

**Info: Visit <https://www.japanese-city.com/calendar/events/index.php?eID=34727>.**

**Mountain View Buddhist Temple Obon**  
Mountain View, CA

July 20, 4-10 p.m.; July 21, Noon-9 p.m.

**Mountain View Buddhist Temple**

575 N. Shoreline Blvd.

**Price: Free**

This two-day event features Obon dancing, Japanese and American foods, carnival games for the family, cultural exhibits, a bookstore, flower shop, children's crafts, taiko performances and much more. This Obon features Maui-style Bon Dancing, a simpler, communal dance celebration with a come-as-you-are attitude and dances brought over from Maui. **Info: Visit <https://www.japanese-city.com/calendar/events/index.php?eID=34558>.**

**Midori Kai Arts & Crafts Boutique**  
Mountain View, CA

Sept. 14; 9 a.m.-4 p.m.

**Mountain View Buddhist Temple Gym**  
575 N. Shoreline Blvd.

**Price: Free**

It's never too early to get a jump-start on holiday shopping! This event will feature many talented and creative artisans, including handcrafted jewelry, clothing, pottery, Asian foods, live entertainment and much more. All proceeds benefit nonprofit organizations, including the Asian Pacific Islander Leadership Institute, Asian Pacific Islander Legal Outreach, Japanese American Museum-San Jose and Yu Ai Kai-Keiro Kai Program. **Info: Visit [www.midorikai.com](http://www.midorikai.com) or email Phyllis Osaki at [posaki@gsmanagement.com](mailto:posaki@gsmanagement.com) or Marsha Baird at [marshabaird@me.com](mailto:marshabaird@me.com).**

## PSW

**VJCC Summer Fest**

Venice, CA

June 22, Noon-9 p.m.; June 23, 11 a.m.-8 p.m.

**Venice Japanese Community Center**  
12448 Braddock Dr.

**Price: Free**

This year's Summer Fest celebrates Venice's deep-rooted, decades-old Japanese American community with cultural exhibitions, great foods such as teriyaki chicken, Spam musubi and sushi, as well as live music provided by acoustic band Endless Summer. Don't miss this must-attend event for the entire family!

**Info: Visit [vjcc.com](http://vjcc.com), email office@[vjcc.com](mailto:vjcc.com) or call (310) 822-8885.**

**Returning to California: Post-Camp Stories**

Los Angeles, CA

June 29; 2-4 p.m.

**JANM**

100 N. Central Ave.

**Price: Discussion included with museum admission**

Regarded as "worse than camp" by many Nikkei, the immediate post-incarceration period is often overlooked in Japanese American history. Join JANM's Collection Manager Kristen Hayashi and Densho Content Director Brian Niiya as they discuss aspects of this time period. Hayashi will talk about the unique situation of Japanese Americans in Los Angeles during the post-war years, and Niiya will provide an overview of the

stories throughout California based on Densho interviews with those who returned.

**Info: Visit [www.janm.org](http://www.janm.org) and to register, visit <https://9644p.blackbaudhosting.com/9644p/tickets?tab=2&txobjid=004c495c-797d-4b20-b8d1-634c955e1de0>.**

**Nishi Hongwanji 2019 Obon**  
Los Angeles, CA

July 13-14

815 E. First St.

**Price: Free**

Don't miss this year's festival honoring departed loved ones and celebrating Japanese culture. Featuring game booths, Japanese food including teriyaki beef and chicken, udon noodles, sushi, snow cones and much more, this event is one of Los Angeles' biggest summer events, culminating in the traditional Obon odori dance on Saturday and Sunday nights.

**Info: Visit [https://www.google.com/search?client=safari&rls=en&q=Nishi+Hongwanji+Obon+2019&ie=UTF-8&oe=UTF-8&ibp=htl;events&rciv=evn&sa=X&ved=2ahUKEwiv54fs\\_OniAhVC\\_J4KHxIsCK8Q5bwdMAB6BAGJEAY#fpstate=tldetail&htidocid=kv\\_V1NykFPJy7a8QJpA8-A%3D%3D&htivrt=events](https://www.google.com/search?client=safari&rls=en&q=Nishi+Hongwanji+Obon+2019&ie=UTF-8&oe=UTF-8&ibp=htl;events&rciv=evn&sa=X&ved=2ahUKEwiv54fs_OniAhVC_J4KHxIsCK8Q5bwdMAB6BAGJEAY#fpstate=tldetail&htidocid=kv_V1NykFPJy7a8QJpA8-A%3D%3D&htivrt=events).**

**'At First Light: The Dawning of Asian Pacific America'**

Los Angeles, CA

Thru Oct. 20

**JANM**

100 Central Ave.

This multimedia exhibition explores and celebrates the emergence of a politically defined Asian Pacific American consciousness and identity. A co-production between Visual Communications and JANM, this exhibition serves as a reminder — as well as a call to action — of what can be accomplished when people unite as a community with commitment. **Info: Visit [www.janm.org](http://www.janm.org).**

## PNW

**Seattle Night Market: Asia**  
Seattle, WA

June 22; 4-10 p.m.

**South Lake Union Saturday Market**  
139 Ninth Ave. N

**Price: Free**

This Night Market series features street food, makers and imports inspired by global night markets throughout Asia. Explore and discover the best this city has to offer. This event is family-friendly and is free and open to the public. A beer garden and moonlight cinema series will be provided by Seattle Outdoor Cinema.

**Info: Visit <https://www.evensi.us/seattle-night-market-asia/299781506>.**

**Allie Takahashi: 'Uranai'**  
Portland, OR

Thru July 7

**Oregon Nikkei Legacy Center**

121 N.W. Second Ave.

**Price: \$5 Adults/\$3 Students and seniors; Friends of Oregon Nikkei Endowment are free.**

Allie Takahashi, an artist and tattooer based in Oakland, Calif., uses the visual language of ukiyo-e (Edo-period Japanese woodblock prints) to evoke dynamics of intergenerational trauma and healing, specifically in the context of the Japanese American experience. Uranai refers to the process of looking behind the curtain of the visible world for divine

guidance. Her use of fabric, limbs and cord express the fluidity of the ancestral connection between past and present.

**Info: Visit <http://www.oregonnikkei.org/exhibits.htm>.**

## CCDC

**Elder Law Seminar Featuring Judd Matsunaga**

Clovis, CA

June 29; 9:30 a.m.

**United Japanese Christian Church**

136 N. Villa Ave.

**Price: Free**

Fresno Betsuin, Central California Nikkei Foundation and the UJCC are proud to sponsor attorney Judd Matsunaga from Elder Law in Torrance, Calif., who will be presenting a free law seminar. Lunch will be provided at no charge. Reservations are required for lunch ordering.

**Info: To RSVP, call (559) 322-0701 or email [info@ujccclife.com](mailto:info@ujccclife.com). For questions, please contact Marcia Chung at (559) 273-0397.**

## IDC

**47th Annual Cherry Blossom Festival**  
Denver, CO

June 22, 11 a.m.-6 p.m.; June 23, 11 a.m.-4 p.m.

**Sakura Square**

1947 Lawrence St.

**Price: Free**

Co-presented by the Tri-State/Denver Buddhist Temple and Sakura Foundation, the festival is a celebration of Japanese/Japanese American culture, heritage and community. The festival will feature dancers, singers, musicians, martial arts and visual art demonstrations, as well as 40-plus vendors selling crafts, jewelry, clothing and more. Venture inside the Temple for delicious Japanese food **Info: Visit [www.cherryblossomdenver.org](http://www.cherryblossomdenver.org) or email [staceys@sakurafoundation.org](mailto:staceys@sakurafoundation.org).**

## MDC

**Shinto: Discovery of the Divine in Japanese Art**

Cleveland, OH

Thru June 30

**The Cleveland Museum of Art**

The Kelvin and Eleanor Smith

Foundation Exhibition Hall

11150 East Boulevard

**Price: Members are free; Nonmembers \$10; \$8 Seniors and Students; \$5 Children 6-17.**

The veneration of deities called kami has been a central feature of Japanese culture for many centuries. This exhibition introduces works exemplifying kami worship from the Heian period (794-1185) through the Edo period (1615-1868). It takes a thematic approach to understanding the artworks created to celebrate the world of kami. This exhibition will be presented in two rotations: Rotation 1 runs thru May 19; rotation 2 runs from May 23-June 30.

**Info: Visit <http://www.clevelandart.org/exhibitions/shinto-discovery-divine-japanese-art>.**

**'Exiled to Motown Exhibit'**

Novi, MI

Thru July 29

**Novi Public Library**

**45255 W. 10 Mile Road**

**Price: Free**

This exhibit tells the story of Japanese Americans in Detroit, drawing on oral histories conducted by the Detroit JACL chapter, as well as archival photographs and documents. From the Ford Motor Co. to WWII, the murder of Vincent Chin and Japanese-Arab American solidarity in the wake of 9/11, this exhibit sheds light on a little-known but critical piece of U.S. history.

**Info: <http://exiledtomotown.org>.**

**Minnesota's Secret Language School Photo Display**

St. Paul, MN

Thru Sept. 2

**Historic Fort Snelling Visitor Center**  
200 Tower Ave.

**Price: Free** (admission to photo exhibit, presentation and opening reception); Free admission to historic site for JACL members; discounted admission of \$6 for non-JACL members. Regular exhibit hours are Tues.-Fri. (10 a.m.-4 p.m.); Sat./Sun. (10 a.m.-5 p.m.); closed on Mondays except Labor Day (10 a.m.-5 p.m.)

View photographs and narratives telling the remarkable story of the Japanese American men and women who trained as linguists at the Military Intelligence Service Language School at Camp Savage and Fort Snelling during World War II.

**Info: Visit [mnhs.org/fortsnelling/activities/calendar/7024](http://mnhs.org/fortsnelling/activities/calendar/7024).**

## EDC

**The Second Annual Quincy Family Fun Fair**

Quincy, MA

June 29

**Cavanagh Stadium**

Birch St.

**Price: Free**

Sponsored by the Boston Chinatown Neighborhood Center in Quincy, this event brings children and families together for an afternoon of outdoor summer fun and entertainment. Activities include arts and crafts, family competitions, a bouncy house, petting zoo and much more! **Info: Visit <https://bcnc.net/upcoming-events/quincy-fair>.**

**Royal Celebrations: Japanese Prints and Postcards**

Boston, MA

Thru Sept. 15

**Museum of Fine Arts**

465 Huntington Ave.

As Japan welcomes a new emperor, the MFA offers an exhibit of prints, postcards and illustrated books from its collections that depict important events in the Japanese imperial family from 1868-present.

**Info: Visit <https://www.mfa.org/exhibitions/royal-celebrations>.** ■

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Events in the calendar section are listed based on space availability.

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# In MEMORIAM



**Bustamante-Inahara, Susan, 89**, Hayward, CA, April 13; she was predeceased by her siblings, Celia Ruiz, Rachel Lopez and Frank Bustamante; husbands, Yosh Inahara and Jack Sarente; she is survived by her children, Rebecca, Lucille, Clarice Sarente and Gary Inahara; sisters, Mary Rincon, Esther Bustamante and Vivian Navarro.

**Fujita, May Misao, 98**, Montebello, CA, April 3; she is survived by her son, Wayne Fujita.

**Fujita, Osamu 'Sam,' 73**, Fullerton, CA, Jan. 26; he is survived by his wife, Sunhwa "Miwa" Fujita; first wife, Akiko Fujita; daughters, Laura Fujita and Jennifer (Darren) Sentani; gc: 2.

**Fukubayashi, Yoshi Yoshihiko, 81**, Riverside, CA, March 20; he is survived by his sons, Ben (Michelle), Ted and James (Colleen) Fukubayashi; he is also survived by many nieces, nephews and other relatives; gc: 3.

**Hori, Hiroshi, 99**, Los Angeles, CA, March 5; he was predeceased by his wife, June; he is survived by his

daughter, Patricia (Ken) Tadano; siblings, Rieko Yoshikawa, Takeko Ishiyama and Yasuo (Kyoko) Hori; he is also survived by many nieces, nephews and other relatives.



**Inahara, Susan, 89**, San Jose, CA, April 13; she was predeceased by her husband, Yosh; siblings, Rachel, Cecilia and Francisco; she is survived by her children, Rebecca, Lucille, Clarice and Gary; sisters, Mary, Esther and Vivian; many grandchildren, great-grandchildren and great-great grandchildren; she is also survived by many nieces and nephews.



**Kishiyama, Art, 76**, Los Angeles, CA, April 17; during WWII, he was born at the Pomona Assembly Center in CA

before his family was incarcerated at the Heart Mountain WRA Center in WY; he is survived by his wife, Lynn; siblings, David, Michael and Chiyo Lacy; he is also survived by many nieces and nephews.



**Kudo, Michael, 66**, San Diego, CA, March 20; he is survived by his siblings, Tim (Laura), Sandi (Randy) Strong and Gail (Jim) Montgomery; he is also survived by aunts, uncles, cousins, nephews, a niece and friends.

**Kuwada, Alice, 93**, San Jose, CA, March 29; during WWII, her family and she were incarcerated at the Gila River WRA Center in AZ; she was predeceased by her husband, Paul; siblings, Takeo (Frank), Noboru (Dick) and Johnny; she is survived by her children, Jerry, Wayne, Robert, Mary Ann and Patrick; gc: 9; ggc: 3.

**Masunaga, Fumiye, 94**, Los Angeles, CA, March 13; she was predeceased by her husband, Mark Mamoru; she is survived by her children, Akira (Rachel), Elaine (Michael) Shikuma, Wayne (Lynn) and Janet (Robert Kuwahara) Masunaga; gc: 4; ggc: 2.

**Mikawa, Florence Tomiko, 76**, March 9; she was predeceased by her siblings, Gladys Sanae Tanimitsu and Francis Tatsumi Mikawa; she is survived by her brothers, Daniel, Soon (Chang) and Douglas Mikawa; brother-in-law, Wilfred Tanimitsu; she is also survived by nephews, a niece and many relatives and friends.

**Nagano, Rev. Paul Makoto, 98**, Alhambra, CA, April 13; he is survived by his wife, Florence; children, Jim, Steve (Patty Ito) and Janet (Mitch Werth) Nagano; brother, Jack; gc: 1.

**Nakagawa, Timothy Taro, 49**, Torrance, CA, March 11; he is survived by his parents, George and Emma

Hiroko; sisters, Miwa (Art Smalley) Nakagawa and Yuri Nakagawa (Silvano) Anastasi; he is also survived by 4 nieces..



**Naruko, Joann Barbara, 71**, Moorpark, CA, March 30; she was predeceased by her husband, Kenji; and sister, Wanda; she is survived by her daughters, Kim Naruko-Stewart (Matt) and Kristin Naruko (Michel); father, Robert; and step-mother, Joyce; gc: 7.



**Ogawa, Elsie Ikuko, 93**, Arlington Heights, IL, March 31; she was predeceased by her husband, George; and siblings, Yuriko Jyoko and Albert Takeshi Yamamoto; she is survived by her children, Sharon (Bruce Bank) Ogawa and Michael (Sunandita Banerji) Ogawa; gc: 3.

**Shibata, Shingo William, 76**, Lakewood, CA, Feb. 20; he was born in 1942 while his family was incarcerated at the Santa Anita Assembly Center in Arcadia, CA; he was predeceased by his brother, Robert; he is survived by his wife, Keiko; children, Aileen, Mitchell (Cynthia) and Katrina; gc: 2.

**Shimane, Edith Kazuko, 88**, Los Angeles, CA, March 26; she is survived by her sisters, Nellie Ishibashi, Kiyo Tawa and Keiko Ono; brother-in-law, Shiro Ono; sisters-in-law, Helene Shimane and Chiye Shimane; she is also survived by many nieces, nephews and cousins.

**Sudo, Bill, 75**, Seattle, WA, Feb. 22; he is survived by his wife, Sanae; children, Steven (Katja), Shawn and Sandie Salema (Mike); sister, Mary Fujii (Michael); gc: 4.



**Suzuki, Andrew, 69**, Santa Ana, CA, April 14; he is survived by his wife, Denise; son, Austin; sister, Ruthann; he is also survived by many cousins, nieces and nephews.

**Tadakuma, Fumiko, 87**, Los Angeles, CA, March 28; she was predeceased by her sister, Dorothy "Yo" Hata; she is survived by her husband, Ray; son, Michael (Laura) Tadakuma; she is also survived by 3 nieces and many other relatives.

**Takai, Akio Tony, 91**, North Ridgeville, OH, March 19; an Army veteran, he was predeceased by his wife, Shirley; and son, Michael; he is survived by his daughter, Stephanie (Mark) Wernet; brother, Masao Takai; gc: 2.

**Uota, Satoshi, 86**, Los Angeles, CA, March 18; he is survived by his wife, Michiko; children, Judy (Kelly) Higashi and Clifford; sisters, Teruko Takemoto and Yuriko Ondo; he is also survived by nieces, nephews and other relatives.



**Uyeda, Bruce, 66**, Fresno, CA, April 8; he is survived by his wife, Rachel; mother, Mary; daughters, Devan Uyeda and Corey (Kyle) Hammack; he is also survived by many nephews, nieces and cousins.

**Yamasaki, Yukio 'Yuki,' 86**, Gardena, CA, Feb. 7; he is survived by his wife, Yoshiko "Yoshi"; son, Brian Yukio (Jennifer Schutzman); he is also survived by nieces, nephews and other relatives; gc: 2.

## TRIBUTE

### KIYOKO SATO DEKKER



Kiyoko Sato Dekker, age 90, of Zeeland, Mich., died peacefully on Tuesday, April 23, 2019. Kiyoko was born in Sapporo, Hokkaido, Japan. She came to the U.S. in 1952 as a war bride. She attended UCLA for nursing from 1952-55. She worked for Herman Miller as a Japanese translator and retired in 1992. She is survived by her children, Tony and Patty, Kiyoi and Jim (Craig), Dan and Brenda, Melody and Jim (Carter), John and Tina. She has 14 grandchildren and 9 great-grandchildren. A memorial service will be held on Aug. 16 at the Western Theological Union in Holland Mich. [dekkerclan@aol.com](mailto:dekkerclan@aol.com)

## TRIBUTE

### MITZI OKAZAKI



A funeral service for Mitzi Okazaki, 96-year-old, Bell, Calif.-born Nisei and longtime resident of Cerritos, who passed away on May 27, 2019, in La Palma was held on Friday, June 7, 2019, at Gardena Buddhist Church.

She is survived by her sons, Ken and Norman Okazaki; grandchildren, Roger, Timothy, Miki and Melanie Okazaki; sister, Fusako Morita; daughters-in-law, Gail and Suzy Okazaki; and many other relatives. [www.kubotamortuary.com](http://www.kubotamortuary.com) (213) 749-1449

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## CONTACT:

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# REIMAGINE EVERYTHING

## SAVE YOUR MONEY: NEW REPORT DISCOURAGES USE OF DIETARY SUPPLEMENTS FOR BRAIN HEALTH



decline, dementia or Alzheimer's disease, and it recommended that most consumers not take supplements for this purpose.

The GCBH reviewed the scientific evidence on various supplements and determined it could not endorse any ingredient, product or formulation designed for brain health. Instead, the council recommended a healthy diet as a way for most people to get the nutrients they need to benefit their brains. The GCBH is an independent organization, created by AARP in collaboration with Age UK, to provide trusted information on how consumers can maintain and improve their brain health.

"It's tempting to think you can pop a pill and prevent dementia — but the science says that doesn't work," said Sarah Lenz Lock, AARP senior vp for policy and executive director of the GCBH. "The good news is, we know what will help to keep your brain healthy: exercise, a healthy diet, plenty of sleep, challenging your thinking skills and connecting with others. Rather than buying a dietary supplement, spend your money on new walking shoes or a salmon dinner."

Many dietary supplements marketed to consumers as improving brain health have claims like "clinically shown to help with mild memory problems associated with aging" and "scientifically proven nutrients for a healthier brain."

While all medications sold in the U.S. are regulated by the Food and Drug Administration, dietary supplements are not considered medications — they can be sold without premarket review of their safety, efficacy or truthfulness of their claims.

Brain health supplements generated \$3 billion in sales in 2016, and new research conducted by AARP found that 26 percent of adults age 50 and older in the U.S. take one or more supplements to improve or maintain their brain health.

The GCBH report highlights practical tips for individuals, including:

- Discuss with your health provider any vitamins and supplements you are taking, as well as their possible risks, benefits and interactions. Your health provider may recommend a supplement if you are nutrient-deficient or are at risk of becoming so due to diet, lifestyle or other health issues.
- Before taking a supplement, ask yourself

whether you are already getting enough nutrients through your diet or a multivitamin. Are any claims about its benefits supported by high-quality research?

- Remember that more is not always better — some vitamins, minerals and other ingredients can be toxic at high levels.
- If it sounds too good to be true, it probably is. Beware if a supplement claims to improve brain health or memory, make you smarter or cure a disease.

The GCBH report also recommended that health providers routinely ask about patients' use of dietary supplements and evaluate patients for potential vitamin and mineral deficiencies. It includes summaries of the current scientific research on vitamins and selected supplements that are marketed for brain health. The full report can be found at [www.Global-CouncilonBrainHealth.org](http://www.Global-CouncilonBrainHealth.org).

To learn more about the actions consumers can take to help maintain and improve their brain health, visit [www.stayingsharp.org](http://www.stayingsharp.org).

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

By Ron Mori

You can't watch the evening news without at least one brain health supplement commercial running. The ads look and sound legitimate, and they even seem to imply that clinical tests have found that the supplements featured help improve your brain health. The truth is: You can't believe everything you see on television or read on the Internet.

Several weeks ago, the Global Council on Brain Health released a new report that concluded that dietary supplements do not improve brain health or prevent cognitive



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