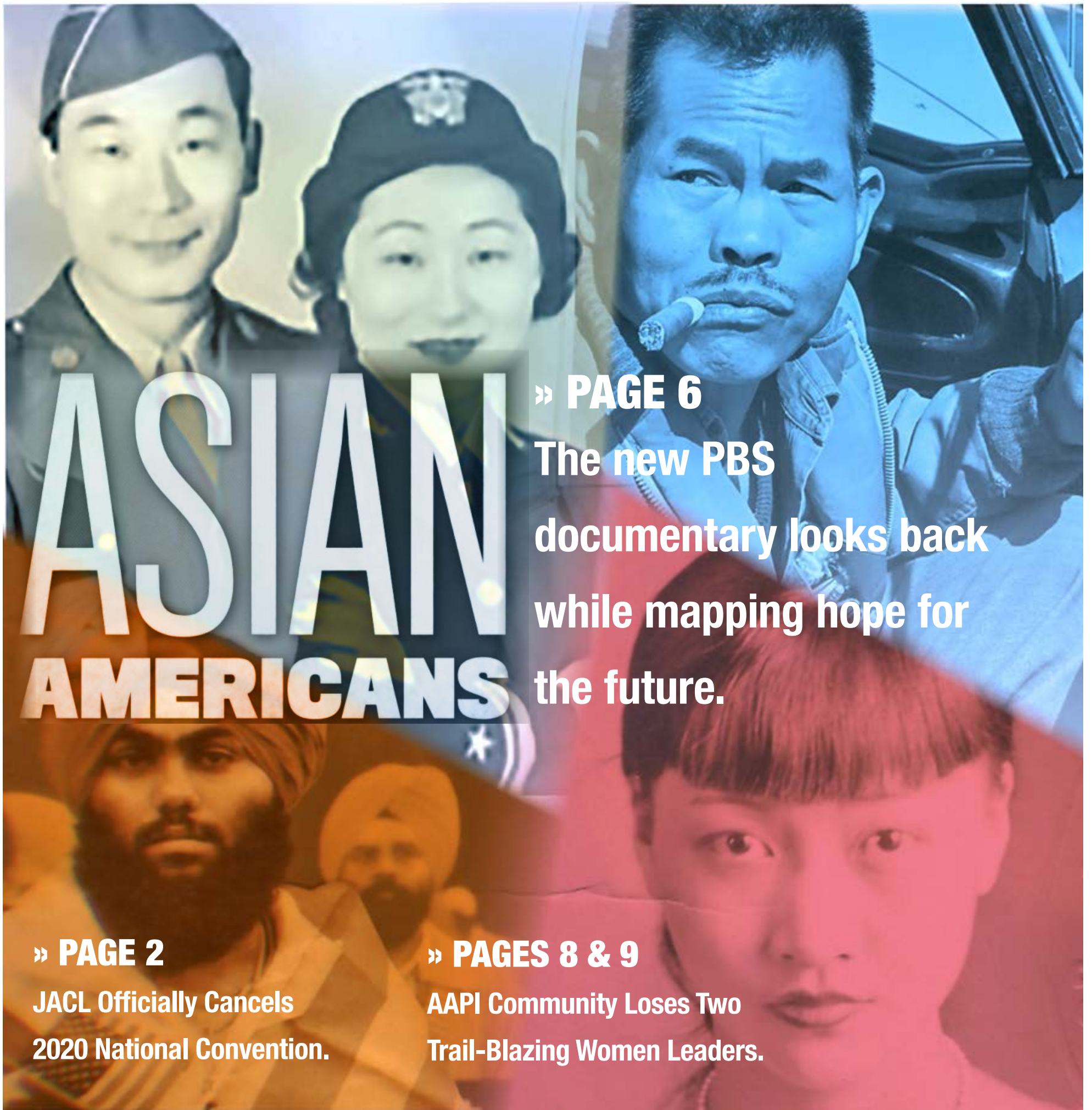




PACIFIC CITIZEN

CELEBRATING 91 YEARS



ASIAN AMERICANS

» **PAGE 6**

The new PBS documentary looks back while mapping hope for the future.

» **PAGE 2**

JACL Officially Cancels
2020 National Convention.

» **PAGES 8 & 9**

AAPJ Community Loses Two
Trail-Blazing Women Leaders.



NATIONAL BOARD VOTES TO CANCEL 2020 JACL NATIONAL CONVENTION

Technology, the coronavirus and organization bylaws prompt the decision.

The JACL National Board has voted unanimously to cancel the organization's annual National Convention, which had been set to take place from June 24-28 in Las Vegas at the Bally's Resort and Casino.

The April 23 decision made by the JACL National Board to cancel the yearly confab was based on the continuing shelter-in-place and physical distancing protocols caused by the outbreak of the novel coronavirus, limitations in technology to hold a proposed virtual convention and National Council meeting (see following link at <https://www.pacificcitizen.org/jacl-national-board-postpones-convention/>) and the organization's national bylaws.

In a statement, the JACL said: "As they currently stand, the bylaws do not explicitly permit a meeting of the National Council to be held virtually. Specifically, the definition of a meeting, as defined by Robert's Rules, requires that participants be

in the same physical room with one another, something that would not be possible under current public health guidelines for social distancing."

The JACL added, however, that it will hold a virtual meeting on Aug. 15 that will be open to any members who may wish to attend and information for how to join the virtual meeting will be forthcoming. Items to be discussed at that time will include but are not limited to:

- Passing of a national budget for the 2021 calendar year
- The proposed 2021 budget will be made available to the membership 60 days prior to the meeting for review
- Announcement of biennial award winners
- Conveyance of awards to be held at a yet-to-be-specified date and location in 2021

The JACL also announced that, separate from the National Board meeting, the Nominations Commit-

tee is preparing guidelines with the preliminary expectation that elections will be held later this summer.

Furthermore, it was announced that "resolutions and Constitution and Bylaws amendments will not be considered this year; however, the Initiative process, as set forth in Article 13 of the Constitution, remains open for members to spur action from the organization.

"With the new target of an Aug. 15 Board meeting, some convention-related deadlines that were in place for the 2020 National Convention may be shifted pending decisions from the convention committee chairs," the statement continued. "Announcements related to these schedules will be shared through the JACL Digest, the *Pacific Citizen* and on the JACL website at www.jacl.org."

The JACL had previously announced that its National Convention would be postponed in a statement on April 9, stating, "The unprecedented impact and continuing uncertainty

of COVID-19 necessitated this decision to ensure the health, safety and welfare of our members, delegates and board members who would have attended the in-person meeting.

"It is the responsibility of JACL to support national efforts to promote physical distancing and reduce the opportunity for the disease to spread," the statement continued. "Further recognizing that many of our members may be at heightened risk of complications from COVID-19 also influenced the decision."

In conclusion, the JACL said in its April 23 decision that it "remains committed to ensuring the safety of our members. While it is regrettable that we will not be able to conduct our National Convention this year, we must also remain faithful to the rules that govern our organization. JACL will be working to provide alternative programming for its members in the coming months beginning with Asian Pacific American Heritage Month in May."

LETTER TO THE EDITOR

Dear Editor,

I feel compelled to respond to the Letter to the Editor by Grant Ujifusa (*Pacific Citizen*, April 3-23, 2020), unfairly attacking John Tateishi's new book without reading it. I am the researcher/writer of "Right of Passage," the documentary by Janice Tanaka, a film that Mr. Ujifusa spread malicious rumors about without seeing. It is only fair we

get to respond.

I researched and wrote "Right of Passage," the documentary every level-headed Japanese American (except Mr. Grant "Legend in His Own Mind" Ujifusa) considers an unbiased and factual retelling of the story — which credits a whole lot of community organizations, not just the JACL, for making redress possible.

Declassified White House docu-

ments and interviews with Ken Duberstein (President Ronald Reagan's chief of staff) and Alan Simpson — who had daily contact with President Reagan — completely debunk Mr. Ujifusa's narrative and minimize him as a peripheral player.

He played a part — a small part — not the giant hand he claims he had. Of course, Mr. Ujifusa never read Mr. Tateishi's book or saw the film, yet he has spewed ill-informed

opinions about both.

A first step, before he shoots off his next ignorant letter, would be to actually have first-hand knowledge of what he's criticizing.

Sincerely,

Sreescanda Subramonian,
Writer/Researcher/Editor,
'Right of Passage'



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By Marsha Aizumi

A MOTHER'S TAKE COUNTING OUR BLESSINGS

As we continue to weather the 'shelter in place' order, I am reminded that my attitude has determined how I confronted past adversity and now the challenges that we are faced with today.

My self-isolation has given me space to reflect on the things I am grateful for by writing in my gratitude journal, but also this journal has given me the opportunity to write about things that make me angry, sad, worried or fearful.

I am grateful that I can write about what I perceive as being positive as well as negative. Writing down the negative has been almost more important than writing the positive because I am able to release those negative feelings, which have made room for more positive moments to come in my life.

One of my most positive moments recently has been a chance to interview Evangeline Iyemura. Evangeline is the mother of two children. Marlene is 25 years of age, and Evan is 15 and a sophomore in high school.

Evangeline's journey began over a decade ago, when she discovered that her 2 1/2-year-

old son was not progressing in his speech, exhibiting repetitive movements or not making eye contact. Was he deaf? No, testing ruled that out. And so Evangeline and her husband discovered that they had an autistic child.

Being Filipino and married to a Japanese man, Evangeline faced both judgment from the Japanese community and the Filipino community. People wondered if she vaccinated or failed to vaccinate Evan, and that caused his autism.

Then, people from the religious community wondered if this was God's way of punishing her and the family for some wrongdoing. Finally, there were thoughts that ran through her mind such as . . . "I must have not taken care of myself or took something that caused this condition. Ironically, I had lost over 100 pounds before I had gotten pregnant, so I was in the best health at that time."

But could that weight loss have affected her pregnancy? It seemed like everyone had an opinion, and this threw this mother into a minidepression. For many years, she did not talk about Evan's autism. Now, Evangeline and Evan talk to large groups and share their story to hundreds.

Evangeline wisely turned to therapy to help her navigate this unknown path. She also said that there was a preschool teacher who cared

about her son and showed him an immense amount of compassion.

Kindness coming from others often brings hope to us who feel judged. Evangeline found organizations that provided support and resources for autism. She also eventually discovered Autism Speaks, and with her family, participated in a walk with Evan when he was 5 years old.

The following year, she became a co-chair for the walk and has continued to chair this event since then.

Autism has a large spectrum. Evangeline remembers a college professor who was so smart, but rather quirky. He wore the same outfit every day. Some autistic individuals are highly functioning like her professor. Others struggle to care for themselves, and then there is everything in between.

I learned this can affect your child socially, physically, verbally and in many other ways. An autistic child can react to bright light and loud noises. People with autism also like routine and structure. They can become violent because they are overwhelmed by the world and its unpredictability.

Evangeline shares that autistic individuals and their families often feel like "community outcasts as people do not understand how to give compassion to those that are different."



The Imana-Iyemura Family. Pictured (clockwise from left) are Evan, Glenn, Marlene, Evangeline and Chelsea.

PHOTO: EVANGELINE IMANA-IYEMURA

Evan can communicate in full sentences. He has the comprehension of about a 10- to 11-year-old. He can make his lunch, do his laundry, and Evangeline's goal is that he can live as a functioning adult and hold down a job.

Fortunately, Evan has learned to cope with different emotions like anger. Evangeline says that "he is trying to control triggers that might spark frustration or be interpreted as anger." And at 5'11," his mother calls him a "gentle giant."

When I asked Evangeline how she is doing during this Covid-19 crisis, she replied it has been hard. She and her husband still work. She is a hospital administrator. Evan told her that he was scared she would get sick and so would he. She has had to calm his fears, even as he struggles with routine and structure disappearing with school closed down.

» See BLESSINGS on page 12



By Judd Matsunaga, Esq.

LEGAL-EASE: AN ATTORNEY'S PERSPECTIVE CAN YOUR PET MAKE YOU HEALTHIER?

Fortunately, my Nisei parents, both in their early 90s, are still living independently in their own home. Although their Sansei children are out of the house, they brought two dogs into their home. No doubt, those dogs are part of the family. For example, last year's Christmas cards contained a picture of them with their two dogs.

For years, my parents enjoyed their retirement life traveling. They didn't have time for pets because they were never home. However, as they grew older and traveled less frequently, it was time to bring another dog into the house. Not a big dog like before, but a smaller dog that wouldn't knock them over — thus, the cross-breed Labrador/Poodle dog, the Labradoodle.

When the first Cat Café opened in Japan in 2005, I didn't get it. But now I do. Those cats provide relaxing companionship in what may otherwise be a stressful and lonesome urban life. I don't think it's possible to get a cat to purr if you're all nervous, worried and stressed out. Petting a cat destresses you, just like those dogs provide relaxing, destressing companionship for both of my parents.

There is something in our human nature that is strengthened by feeling "needed." Let's take spouses, for example. Ever hear of the "widow-

hood effect"? Spouses take care of each other until the first dies. The "widowhood effect" is the increase in the probability of the widow or widower dying in a relatively short time after their longtime spouse has died (particularly within three months).

"Say Judd, do you have any scientific studies that show owning a pet increases longevity?" You bet. According to a new study published in *Scientific Reports*, owning a dog is linked to a longer life. The research, conducted of more than 3.4 million people, suggests that canine companions may be good for human health — especially for people who live alone.

Research found that dog owners had a lower risk of death from cardiovascular disease than people who did not report owning a dog, as well as a lower risk of death from other causes. That was true even after adjusting for factors such as smoking, body mass index and socioeconomic status (<https://time.com/5028171/health-benefits-owning-dog/>).

Another study, published by *Circulation: Cardiovascular Quality and Outcomes*, a journal of the American Heart Assn., says owning a dog is linked with living longer. Scientists found dog owners were likely to live longer than those who didn't have dogs. According to the study, dog owners had a 24 percent risk reduction for death from any cause.

The study also found dog owners were less

likely to die from heart disease compared with nonowners. Furthermore, living with a dog had an even greater benefit for people with heart problems. The potentially life-extending benefits of dog ownership could be traced in part to increased physical activity from walking the dog, authors speculated.

According to the American Heart Assn., it's no surprise that people who walk their dogs are more likely to get the recommended amount of physical activity than those who don't. One study found that pet owners who walk their dogs got up to 30 minutes more exercise a day than nonwalkers.

Studies have shown pet ownership might help increase fitness levels, relieve stress, lower blood pressure and cholesterol levels, as well as boost one's overall happiness and well-being. Pets also provide social support, which is an important factor in helping you stick with new healthy habits (<https://www.heart.org/en/healthy-living/healthy-lifestyle/>).

"OK, what about cats?" Don't get mad at me, but according to an article also published by the American Heart Assn., "No significant associations have been reported between physical activity and cat or other types of pet ownership. Of all pets, dogs appear most likely to positively influence the level of human physical activity" (<https://www.ahajournals.org>).

Studies show that dog owners engage in more physical activity and walking and are more likely to achieve the recommended level of physical activity than nonowners of dogs. For example, a survey of Japanese adults revealed

that dog owners engaged in significantly more walking and physical activity than nonowners.

In conclusion, numerous studies have shown that pet ownership, particularly dog ownership, is associated with decreased cardiovascular disease (CVD) risk mainly due to the increased physical activity. However, welcoming a dog into the family is a big decision with big responsibilities.

Even if you live in a retirement setting that doesn't allow for pets, or just want to play and cuddle a new loving companion during a visit, you will find there are neighborhood cat and dog cafés that are starting to show up all over town. For example, at CatCafe Kitten Lounge in West Los Angeles, you will literally be covered in a pile of adorable kittens!

If you love dogs, the Dog Café has opened in the Silverlake area where "you can play with pups as you grab your coffee fix, or catch up with friends over lattes, snuggling lap dogs." And if you fall in love with one? You're in luck — all dogs are rescues looking for their forever homes (however, you'll have to wait for the Safer-at-Home order to be lifted).

Judd Matsunaga is the founding attorney of Elder Law Services of California, a law firm that specializes in Medi-Cal Planning, Estate Planning and Probate. He can be contacted at (310) 348-2995 or judd@elderlawcalifornia.com. The opinions expressed in this article are the author's own and do not necessarily reflect the view of the Pacific Citizen or constitute legal or tax advice and should not be treated as such.

TRUMP SIGNS \$484 BILLION CORONAVIRUS MEASURE

The funds will aid employers and hospitals as the economy continues its downward spiral due to COVID-19.

By Associated Press

WASHINGTON, D.C. — President Donald Trump signed a \$484 billion bill April 24 to aid employers and hospitals under stress from the coronavirus pandemic that has killed more than 50,000 Americans and devastated broad swaths of the economy.

The bill, HR266, is the latest effort by the federal government to help keep afloat businesses that have had to close or dramatically alter their operations as states try to slow the spread of the virus.

Over the past five weeks, roughly 26 million people have filed for jobless aid, or about 1 in 6 U.S. workers.

Trump thanked Congress for “answering my call” to provide the critical assistance and said it was “a tremendous victory.” But easy passage of this aid installment belies a potentially bumpier path ahead for future legislation to address the crisis.

The measure passed Congress almost unanimously April 23 as lawmakers gathered in Washington, D.C., as a group for the first time since March 27. They followed stricter social distancing rules while seeking to prove they can do their work despite the COVID-19 crisis.

Lawmakers’ face masks and bandannas added a somber tone to their effort to aid a nation staggered by the health crisis and devastating economic costs of the pandemic.

“Millions of people out of work,” said House Speaker Nancy Pelosi (D-Calif.). “This is a very, very, very sad day. We come to the floor with nearly 50,000 deaths, a huge number of people impacted, and the uncertainty of it all.”

Anchoring the bill is the Trump administration’s \$250 billion request to replenish a fund to help small- and medium-size businesses with payroll, rent and other expenses. This program provides forgivable loans so businesses can continue paying workers while forced to stay closed for social distancing and



HR266, the “Paycheck Protection Program and Health Care Enhancement Act” is seen on the Resolute Desk after being signed by President Donald J. Trump on April 24 in the Oval Office of the White House.

OFFICIAL WHITE HOUSE PHOTO: SHEALAH CRAIGHEAD

stay-at-home orders.

The legislation contains \$100 billion demanded by Democrats for hospitals and a nationwide testing program, along with \$60 billion for small banks and an alternative network of community development banks that focus on development in urban neighborhoods and rural areas ignored by many lenders. There’s also \$60 billion for small-business loans and grants delivered through the Small Business Administration’s existing disaster aid program.

Passage of more coronavirus relief is likely in the weeks ahead. Supporters are already warning that the business-backed Payroll Protection Program will exhaust the new \$250 billion almost immediately.

Launched just weeks ago, the program quickly reached its lending limit after approving nearly 1.7 million loans. That left thousands of small businesses in limbo as they sought help.

Pelosi and allies said the next measure will distribute more relief to individuals, extend more generous jobless benefits into the fall, provide another round of direct payments to most people and help those who are laid off afford health insurance through COBRA.

Democrats tried to win another round of

funding for state and local governments in the April 23 bill but were rebuffed by Senate Majority Leader Mitch McConnell (R-Ky.), who said he’s going to try to pump the brakes on runaway deficit spending.

McConnell said he doesn’t want to bail out Democratic-governed states for fiscal problems that predated the pandemic, but there’s plenty of demand for state fiscal relief among Republicans, too.

After the Senate passed the bill April 21, McConnell said Republicans would entertain no more coronavirus rescue legislation until the Senate returns to Washington in May.

He promised rank-and-file Republicans greater say in the future legislation, rather than leaving it in the hands of bipartisan leaders.

Pelosi attacked McConnell for at first opposing adding any money to his original \$250 billion package and saying cash-strapped states should be allowed to declare bankruptcy, a move that they currently cannot do and that would threaten a broad range of state services.

McConnell’s comments provoked an outcry — including from GOP governors — and he later tempered his remarks.

The four coronavirus relief bills approved so far by Congress would deliver at least \$2.4 trillion for business relief, testing and treatment, as well as direct payments to individuals and the unemployed, according to the Congressional Budget Office. The deficit is virtually certain to breach \$3 trillion this year.

Among the candidates for aid in the next bill is the Postal Service, which has more than 600,000 workers but is getting clobbered by COVID-19-related revenue losses. ■



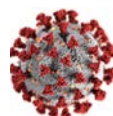
COVID-19: U.S. AT A GLANCE*

- **Total Cases:** 957,875*
- **Total Deaths:** 50,988 (as of April 24)
- **Jurisdictions Reporting Cases:** 55 (50 states, District of Columbia, Puerto Rico, Guam, the Northern Mariana Islands and the U.S. Virgin Islands)

*Data includes both confirmed and presumptive positive cases of COVID-19 reported to the CDC or tested at the CDC since Jan. 21, with the exception of testing results for persons repatriated to the U.S. from Wuhan, China, and Japan. State and local public health departments are now testing and publicly reporting their cases. In the event of a discrepancy between CDC cases and cases reported by state and local public health officials, data reported by states should be considered the most up to date.

Source: CDC

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



President Donald J. Trump displays his signature after signing HR266, the “Paycheck Protection Program and Health Care Enhancement Act” on April 24 in the Oval Office of the White House.

OFFICIAL WHITE HOUSE PHOTO: SHEALAH CRAIGHEAD



cdc.gov/coronavirus



By David Inoue,
JACL Executive Director

FROM THE EXECUTIVE DIRECTOR

WE CAN'T STAND ON THE SHOULDERS OF OTHERS WITHOUT REACHING BACK TO HELP EVERYONE UP

NASCAR driver Kyle Larson recently made headlines for using a racial slur while playing a video game that was being broadcast over the Internet. Larsen had been the face of diversity for NASCAR because of his Japanese heritage but is no longer, as he was appropriately let go by his sponsor days after the incident.

Days before this incident, Andrew Yang made headlines for his exhortation that Asian Americans prove their worthiness to be American citizens by performing patriotic deeds.

While the rebuke was swift and widespread for those words, what was perhaps glossed over was Yang's reference to his brush with racism from "Three middle-aged men in hoodies."

I don't think anyone has a doubt about the skin color of those three men. As much as Facebook's Mark Zuckerberg may try to promote the hoodie look, he is about as far from the stereotype as one can possibly get.

Larson and Yang highlight the tension that

exists between the African-American and Asian American communities. It mostly comes from the desire for any group to not be marginalized — to be a part of the majority, to belong, to be accepted. For most of the Western world, this means to be white.

Of course, the very concept of Asians as the model minority was created during the civil rights movement to pit Asian Americans as a contrast to the calls for fundamental human rights for African-Americans.

The intended message was that Asian Americans had succeeded, why can't African-Americans?

As we look back, the real message was, despite Asian Americans facing extreme discrimination, they were able to overcome it, why can't other groups? And yet, in neither case did it mean all discrimination had or was going to be eliminated.

Unfortunately, for Asian Americans, the gain of limited acceptance came at the expense of the further disenfranchisement of African-Americans.

For many Asian Americans, the relative comfort of better acceptance than other minority communities, sometimes even within our own community, has lulled many into a sense of

complacency about racism in this country.

COVID-19 has turned much of that on its end. Many more Asian Americans have felt the sting of racism stemming from misguided beliefs that Asians are to be blamed for the origins of the disease.

I remember when I was a child, probably in the fifth or sixth grade, and a younger student at the school came up to me in the hallway and called me a slur. I was shocked that someone younger than me would think they would have the power to do that, but that is how racism works.

It gives the person who wields it a perceived sense of power over the victim. Fortunately, I was surrounded by several of my classmates who stepped in right away and confronted the younger child. I remember the defense they gave was that I was more American than he was since I was older.

The defense given was pretty good for an elementary school student. But more importantly, they stood up as an ally.

What some Asian Americans are quickly realizing is that we need allies in our own fight against racism. But if we are to expect others to come to our support, we must also be there for others who face discrimination

on the basis of race, age, disability, gender, sex, national origin, religion, as well as the intersection of one two or more of these and other categories that I have not listed.

We all want to be treated as equal Americans, but it cannot come at the expense of elevating ourselves as others are devalued. We also need to recognize that equality is not a privilege to be conferred upon us by those in power but our right as humans.

As we continue to be restricted from going out, think about who are the essential workers, those who stock the grocery stores and place their lives at risk. Are we valuing and paying them for the work they are providing? Or are we also exploiting them and devaluing them as humans choosing cheaper groceries and a lower pay.

These issues are all interconnected and laid bare by the current crisis we are in as a supposedly wealthy nation.

As a nation, we must begin to truly recognize and value the intrinsic human value of every person in this country.

David Inoue is executive director of the JACL. He is based in the organization's Washington, D.C., office.

JAs Organize COVID-19 Coalition to Protest ICE Detention

Protesters demand for the release of people detained by ICE at the Yuba County Jail.



PHOTOS:
JOSHUA
KAIZUKA

By Joshua Kaizuka

In spite of threats by local police to issue citations for a rarely used "honking" violation, 50 people in more than 40 cars demanded for the release of individuals detained by ICE at the Yuba County Jail in Marysville, Calif., on April 14. Following a car that had a tsuru on top of it, protesters honked and displayed messages that included "#FreeThemAllYuba," "Detention Is Deadly," "Cancel the Contract" and "End Family Detention" for nearly an hour.

Most of the 30-plus organizations sponsoring the car rally worked together in January for the Tsuru for Solidarity Oshogatsu Protest to Close the Camps at the Yuba Ice Detention Center. Japanese American groups with the Bay Area and Sacramento hubs of Tsuru for Solidarity, Japanese Americans for Justice, Florin JACL and San Jose Nikkei Resisters led the charge; the rally was attended by nearly 300 people.

Since then, ICE detention centers have continued to expand because of current anti-immigration policies. Not helping matters is the current

COVID-19 pandemic, which has affected everyone's life and turned things upside down. Many events have been canceled or postponed to keep people safe. Yet, asylum seekers and other immigrants remain in detention facilities that are ripe for a spread of contagious diseases.

Nationwide there have already been 10 reported deaths of persons in immigration custody in the past six months alone, and at least 160 immigration officers have tested positive for COVID-19.

Having had to postpone the National Pilgrimage to Close the Camps that was set for Washington, D.C., in June, due to the coronavirus pandemic, Tsuru for Solidarity has quickly pivoted to respond to the danger of COVID-19 spreading in confinement centers, much like what Japanese Americans were subjected to during World War II when they were forcibly incarcerated in American concentration camps and exposed to communicable diseases.

"The last place you want to be in a global pandemic is a U.S. concentration camp," said Satsuki Ina, co-founder of Tsuru for Solidarity and a WWII camp survivor. "When we were forced to live in confinement, communal latrines, mess halls and

high-density living made it impossible to avoid repeated epidemics of influenza and other life-threatening communicable diseases.

"Today's immigrant detainees are unable to practice social distancing and denied masks and gloves, easy access to running water and soap. Like incarcerated Japanese Americans during WWII, these immigrant detainees are not being held for committing crimes, they are not a threat to national security," Ina continued. "They are waiting for their asylum hearing. It is unjust to keep them in confinement at all, but to keep them confined during a pandemic is cruel and unusual punishment."

According to Kim Miyoshi, a co-organizer of the coalition, "The Japanese American community's experience with the impact of infectious disease while incarcerated prompted Japanese Americans for Justice to join the Coalition to Free Everyone in ICE Detention in Yuba County," and "demand the release of ICE detainees as a matter of human rights amongst a global pandemic."

Miyoshi added that "during World War II, many Japanese Americans who were incarcerated in concentration camps died from preventable communicable diseases like tuberculosis and influenza."

» See PROTEST on page 10

More than 40 cars participated in the rally to free detained individuals by ICE at the Yuba County Jail.



Joshua Kaizuka with
Florin JACL-SV

Daniel Chavez with Never Again Action Sacramento and his wife



Those gathered for the rally followed social-distancing protocols to help prevent the spread of COVID-19.



Cars participated in the rally to free detained individuals by ICE at the Yuba County Jail.

ASIAN AMERICANS PBS (CHECK LOCAL LISTINGS FOR AIRTIMES)

(pbs.org/weta/asian-americans/)

May 11: 8-9 p.m. and 9-10 p.m.

‘Breaking Ground’: In an era of exclusion and U.S. empire, new immigrants arrive from China, India, Japan, the Philippines and beyond. Barred by anti-Asian laws, they become America’s first “undocumented immigrants,” yet they build railroads, dazzle on the silver screen and take their fight for equality to the U.S. Supreme Court.

‘A Question of Loyalty’: An American-born generation straddles their country of birth and their parents’ homelands in Asia. Those loyalties are tested during World War II, when families are imprisoned in detention camps, and brothers find themselves on opposite sides of the battle lines.

May 12, 8-9 p.m., 9-10 p.m. and 10-11 p.m.

‘Good Americans’: During the Cold War years, Asian Americans are simultaneously heralded as a model minority and targeted as the perpetual foreigner. It is also a time of bold ambition, as Asian Americans aspire for the first time to national political office, and a coming culture-quake simmers beneath the surface.

‘Generation Rising’: During a time of war and social tumult, a young generation fights for equality in the fields, on campuses and in the culture, as well as claim a new identity: Asian Americans. The war’s aftermath brings new immigrants and refugees who expand the population and the definition of Asian America.

‘Breaking Through’: At the turn of the new millennium, the country tackles conflicts over immigration, race, economic disparity and a shifting world order. A new generation of Asian Americans is empowered by growing numbers and rising influence but faces a reckoning of what it means to be an American in an increasingly polarized society.

NOTE: After being aired, episodes will be available to stream at [PBS.org](https://pbs.org).

EXECUTIVE PRODUCERS: Jeff Bieber and Dalton Delan for WETA; Stephen Gong and Donald Young for CAAM; Sally Jo Fifer for ITVS; and Jean Tsien. Flash Cuts producer: Eurie Chung. Consulting producer: Mark Jonathan Harris. Major funding for “Asian Americans” is provided by the Corporation for Public Broadcasting, the Wallace H. Coulter Foundation, PBS, the Ford Foundation/JustFilms, the National Endowment for the Humanities, the Freeman Foundation, the Arthur Vining Davis Foundations, Carnegie Corp. of New York, the Kay Family Foundation, the Long Family Foundation, Spring Wang and California Humanities.

PBS’ ‘ASIAN AMERICANS’ IS A BINGE-WORTHY GIFT IN TRYING TIMES

The five-hourlong docuseries looks back while mapping hope for the future.



George Uno at home in Japan, looking through archives (*Buddy Uno story*).

By P.C. Staff

Recent news reports of Asians in the U.S. having been spat and coughed upon, as well as verbally and physically assaulted since the outbreak on these shores of the novel coronavirus — which has also been referred to by high-ranking federal government officials as the “Chinese virus,” the “Wuhan virus” and “kung flu” — are alarming and shocking, yet completely unsurprising.

That so many of those on the front lines and in laboratories — nurses, physicians and scientists — in the U.S. involved in the struggle to save and care for those fighting for their lives against COVID-19, as well as find a cure for it, are also of Asian heritage is heartening and inspiring — and again, completely unsurprising.

It’s one of the takeaways one could have after viewing the new PBS docuseries “Asian Americans,” airing nationwide in May, which

not coincidentally is also Asian Pacific American Heritage Month.

In other words, “Asian Americans” encapsulates the seemingly eternal yin and yang of how Asians in America are perceived and treated — often simultaneously — between the extremes and variations of “yellow peril” and “model minority.”

Clocking in at nearly five hours, with the first two episodes (“Breaking Ground,” “A Question of Loyalty”) airing on May 11 at 8-9 p.m. and 9-10 p.m., and the final three episodes (“Good Americans,” “Generation Rising,” “Breaking Through”) airing the next night from 8-11 p.m., “Asian Americans” takes on the daunting task of telling the story — stories, actually — of a diverse group of Americans, would-be Americans and future Americans whose forebears came here neither willingly from Europe nor unwillingly from Africa but from different parts of Asia, for reasons that nevertheless parallel those other American groups: hope for a better life or as exploitable labor.

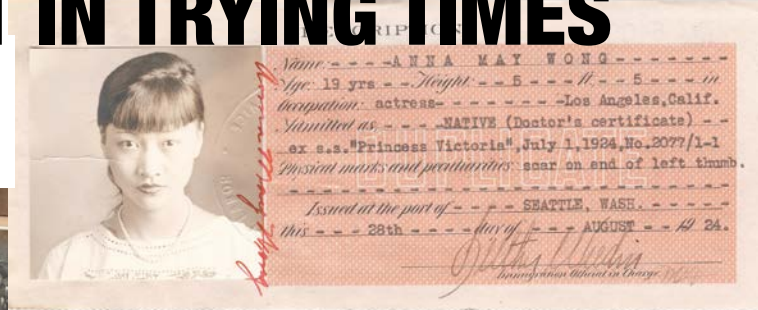
Telling that overarching story of Asians in America in just five hours is no easy task — but “Asian Americans” gives it the ol’ college try. On that note, even those who majored in Asian American studies (see episode 4 and be grateful that such courses can now be taken with relative ease) should find it of much interest and learn something new, fascinating or ironic from the five hours, with enough fodder



Tamlyn Tomita

During PBS’ “Asian Americans” session at the Television Critics Association Winter Press Tour in Pasadena, Calif., on Jan. 10, narrator Tamlyn Tomita (second from left); comedian and featured participant Han Kondabolu; producer Renee Tajima-Peña (left); and producer/director Grace Lee discussed the new five-part series, which examines what the 2010 U.S. Census identifies as the fastest-growing racial/ethnic group in the U.S. Told through individual lives and personal histories, “Asian Americans” explores the impact of this group on the country’s past, present and future.

PHOTO: RAHOUL GHOSE/PBS



Anna May Wong certificate ID



Connie Young Yu, historian and author, at Golden Spike National Historical Park (Utah) for the Sesquicentennial (150th) Celebration

PHOTO: FILM/ASIAN AMERICAN

to inspire future generations of filmmakers.

A milestone production of WETA Washington, D.C., and the Center for Asian American Media in association with the Independent Television Service, Flash Cuts and Tajima-Peña Productions, “Asian Americans” features narration by actors Daniel Dae Kim and Tamlyn Tomita, with individual episodes directed by S. Leo Chiang, Geeta Gandbhir and Grace Lee. The series’ producer is Renee Tajima-Peña.

Tajima-Peña also happens to be a professor at the University of California Los Angeles’ Asian American Studies Dept., the holder of the Alumni and Friends of Japanese American Ancestry Endowed Chair and the director of the UCLA Center for EthnoCommunications in the Asian American Studies Center.

“I’m kind of the new Bob,” she joked, a reference to her predecessor, pioneering filmmaker Robert Nakamura, who founded the Center for EthnoCommunications in 1996 and retired in 2011. Tajima-Peña took over in 2012.

As for the process used to choose which stories to tell, Tajima-Peña told the *Pacific Citizen*, “One thing that I didn’t want to do is go back to ‘the first Asian who landed on U.S. shores.’ It’s hard to say who that was, for one thing. It’s television. I really wanted to tell stories that were alive, where you can find descendants, where there are images and, hopefully, footage.

“So, we decided to start when the first bigger waves of immigrants started to come,” Tajima-Peña continued. “They were Chinese and then Japanese, South Asian — you can’t really call Filipinos immigrants, they were colonized subjects — but they started also to arrive.”





Laureen Chew, SFSU 1968 Strike Organizer

PHOTO: FILM/ASIAN AMERICAN

Director Grace Lee

PHOTO: CAAM



Viet Thanh Nguyen, Pulitzer Prize-winning author

PHOTO: FILM/ASIAN AMERICAN



It's fitting, perhaps, that Episode 1 — "Breaking Ground" — begins with a Filipino man named Antero Cabrera, whose arrival to the U.S. coincides with 1904's St. Louis World's Fair, just a few short years after the U.S.' 1898 annexation and colonization of the Philippines following Spain's loss in the Spanish-American War.

At the fair's Philippine Exhibition, Cabrera is hired to portray a loincloth-wearing Igorot "savage," despite having been educated by missionaries. He nevertheless manages to capitalize on the opportunity for his own gain.

The episode also covers Chinese railroad workers who are infamously excluded from the photo taken at Promontory Point, Utah, to mark when east and west tracks met; the complicated quest for citizenship and legal recognition by East Asian and South Asian immigrants; and the short-lived rise of matinee idols Anna Mae Wong and Sessue Hayakawa. (Later in the series, there's another Hayakawa — S. I. — who acts in a way that makes him a hero to some and a zero to others, depending on one's political perspective.)

"A Question of Loyalty" begins with Satsuki Ina telling her Japanese American family's trauma of dehumanization thanks to Executive Order 9066, as well as the story of the Korean American Anh family, in particular, Navy veteran Susan Anh Cuddy and her brother, actor Phillip Anh, and their father, who was Korean independence martyr Ahn Chang-ho, aka Dosan.

The episode's centerpiece, though, is the story of the Uno family of Utah. With 10 children, the Uno offspring includes Military Intelligence Service and 442nd RCT vets and activists Amy Uno and Edison Uno, who would become known as the father of the redress movement. But it's eldest brother Buddy Uno's tale, because of expectations dashed by racism, that is the most compelling and tragic.

In Episode 3, titled "Good Americans," WWII is shown as a turning point for Asian American acceptance. Following the stellar service by Japanese American 442nd veterans, America's lofty but unrealized notion of equal treatment under the law cannot be denied, and politics become the vehicle by which figures such as Hiram Fong, Daniel Inouye, Patsy Mink and Dalip Singh Saund push boundaries, effect change and even help gain statehood for Hawaii. More whimsically, even American motherhood gets an Asian face when Toy Len Goon gets named 1952's "Mother of the Year."

It's in Episode 4, titled "Generation Rising," which looks back mostly at the 1960s, when things begin to get interesting for Asians

in America, including the roots of the grape boycott most Americans associate with Cesar

Chavez and Mexican farm laborers, even though it actually began with Filipino farm laborers led by Larry Itliong.

It's also the decade of the Vietnam War, with some Asian American vets questioning their personal — and America's — participation in it. Related to that is the rise of the civil rights movement and ethnic studies overall, as well as the birth of the term "Asian American" in particular.

But the biggest change with long-term ramifications comes in the form of 1965's reforms in immigration laws that open the door to more emigration from Asia, which manifest in the 1980s when foreign-born Asians begin to outnumber American-born Asians — and that leads to the final installment, titled "Breaking Through," which shows how events of the 1980s and '90s would map the trajectory to the present day.

Newer Asian immigrant groups from Southeast Asia who arrived after the U.S. defeat in Vietnam begin to make an impact. Japan-bashing leads to the murder of Vincent Chin and a mockery of justice for his killers.

"Asian Americans" shows how that tragedy leads to necessary changes in the definition of what constitutes a hate crime. Another success comes a few years later with the culmination of the Japanese American redress movement.

The final installment also documents the coming of age for Korean immigrants, who bear the brunt of the 1992 Los Angeles riots. Existing black-Korean tensions, exacerbated by Latasha Harlins' slaying by liquor store owner Soon Ja Du, are fuel for the conflagration that follows the Rodney King verdict.

But it's also, of course, about the same time as comedian Margaret Cho's breakthrough ABC sitcom "All American Girl," and the critical and commercial success of "The Joy Luck Club" novel and 1993 movie. Yin and yang yet again.

And, speaking of yang, there's also Jerry Yang, who co-founds Yahoo! and comes to personify those educated and elite Asian Americans in high tech, even as less-educated, less-fortunate Asian immigrants do the piece-work on Silicon Valley's assembly lines.

The arrival of "Asian Americans" during the coronavirus lockdown might actually be fortuitous in the long run. With "business as usual" on indefinite hold, this documentary turns out to be timed just right for the necessary reflection on where this vibrant and vital group of Americans has been — and where it, the nation and the world will need to travel. ■



Renee Tajima-Peña

early 1900s, everybody expected, "Well, it's just going to be about the Chinese and the Japanese" — but it's also about Filipinos, and it's also about South Asians. We thought that it was really important to start the series with that breadth of the Asian American experience.

P.C.: Was there a topic or person that all the filmmakers, yourself included, wish you could have included but could not?

Tajima-Peña: We did have a lot of stories that we could not actually film or we couldn't get into the cut. Was there a story that I wish I told? Well, you know, we were hoping to do six episodes, so we could have had more post-1965 stories. We just didn't have the money for it.

I would not have done really recent stories because every time we would think about more recent stories, it just felt like public affairs. The beauty of history is that you have time to really reflect on what happened in the past. It's hard to reflect on what happened last year.

P.C.: What about sports?

Tajima-Peña: Oh yeah, you know, I wish that was something I would have done. There are a lot of great stories.

P.C.: What do you think will be the most-revelatory aspect to this series for Asian American audiences?

Tajima-Peña: I think even for Asian American audiences there's this real immovable image of Asian Americans as being this model minority, and that's a myth. Of course, there are Asian Americans who have done well, but if you look in the series, it really looks at where that myth came from and how it's been used. I think we also shift what it means to be a success in America.

We have people who, against all odds, took their cases to the Supreme Court. In the 1800s, a Chinese restaurant worker, Wong Kim Ark, who was born in San Francisco. When he was denied re-entry into the United States, he said, "No. I'm Chinese, but I'm a citizen," and he went to the U.S. Supreme Court. That, to me, is amazing. That's why my parents are American citizens because of Wong Kim Ark and birthright citizenship. Their parents were immigrants, aliens ineligible for citizenship.

You've got Patsy Mink. There were no women of color in Congress. It was an impossible dream when she ran in 1964 and was elected. She was the first. To me, those are success stories.

(NOTE: Prior to the debut of "Asian Americans" on PBS will be "Digital Town Hall — Asian Americans in the Time of COVID-19," scheduled to take place on April 30 at 8-9 p.m. ET/5-6 p.m. PT on Facebook Live by CAAM. It will explore how today's discrimination directed at Asian Americans is rooted in a long history of xenophobia and racism from the mid-19th century to the present. The event page for the Town Hall on Facebook is: facebook.com/events/578222596150318/)

A Conversation With RENEE TAJIMA-PEÑA

The producer of the PBS docuseries 'Asian Americans' talks about the 'breadth and diversity of the Asian American experience.'

Pacific Citizen: How many years did it take once the series was greenlighted to complete it, and when did official production begin and end?

Renee Tajima-Peña: It was greenlit in the spring of 2018. We had done preliminary research and treatments before that, like in the fundraising process, but we started preproduction, research and production around August of 2018.

So, it was done really quickly. . . . It's five hours, lots of stories, filming all over. There was a big shoot that Grace Lee did in Japan. She got to shoot in Hawaii and Japan.

P.C.: What was the process used in choosing which stories to tell, what to include, what to exclude, who to focus on?

Tajima-Peña: That started in the treatment-writing-research-fundraising phase. . . . We were able to find people that had some kind of personal connection, in addition to scholars. Even our scholars had personal connections. Erika Lee and Gordon Chang, their families came to the United States in the 1800s. . . . Because it's television, we wanted to make a series that was focused on character, drama, stories and personal experiences. . . . We knew that it was never going to be about every single Asian nationality. It couldn't be [if we were] to make it a coherent and dramatic story with arcs. We had to pare it down, but at the same time, we wanted to show the breadth and diversity of the Asian American experience.

That's why people are really shocked that in the first episode, which is the late 1800s,

Irene Hirano Inouye Dies at 71

She was the founding leader of the Japanese American National Museum and the U.S.-Japan Council.

By P.C. Staff

Irene Hirano Inouye, whose leadership helped guide a campaign in the late 1980s to take Los Angeles' Japanese American National Museum from a notion to a nationally recognized repository for Japanese American history and, in 2008, founded the U.S.-Japan Council and led it to become an international institution designed to "develop and connect diverse leaders to strengthen the U.S.-Japan relationship," died on April 7. She was 71.

Inouye had just announced in late January plans to retire from the USJC, where she served as president, and help find a CEO to lead it (*P.C.*, Feb. 7, 2020). While that announcement mentioned "personal considerations" among the reasons for her stepping away, the decision was believed to be health-related. Subsequent news reports revealed that she had been diagnosed with leiomyosarcoma, a rare smooth muscle cancer.

A woman of tremendous achievement, vision and leadership, Inouye was also the widow of the late Sen. Daniel K. Inouye (D-Hawaii), who died Dec. 17, 2012. The second marriage for both took place in 2008, the same year she announced her resignation from JANM after 20 years of service. That same year, she launched the USJC.

In reaction to the news of Inouye's death, JACL Executive Director David Inoue said, "Irene was a great leader in our Japanese American community serving as the founding president and CEO for the Japanese American National Museum and

again for the U.S.-Japan Council.

"I had the opportunity to interact with her most closely first after the Tohoku earthquake mobilizing relief efforts to Japan and again as we traveled through Japan in 2018 as part of that year's Japanese American Leadership Delegation," he continued. "What impressed me most was the balance of respect everyone held for her and the warmth of her relationships.

"I have felt an especially powerful connection to her as our careers were both rooted in community health before moving on to serve our Japanese American community. Her passing is a tremendous loss to our community and to me personally," Inoue concluded.

California Assemblyman Albert Muratsuchi (D-Torrance), said, "Irene was a strong, graceful leader and a pillar of the Japanese American community. One of many illustrious alumni of Gardena High School, Irene dedicated her life to serving her community.

"The arc of her life in public service began as an Asian American studies activist, then an executive director of a community health clinic. She then devoted 20 years of her life to build the Japanese American National Museum in downtown L.A.," he continued. "Her subsequent marriage to U.S. senator and 442nd RCT war hero Daniel Inouye took her to the highest corridors of power in our nation, but she never forgot where she came from.

"She reached down to help many young Japanese Americans pursue public and community service

as a calling, including this young(er) Torrance School Board member running for the State Assembly," Muratsuchi concluded.

USJC Board Chair Phyllis Campbell said, "Irene was a singular figure in U.S.-Japan relations, respected by leaders on both sides of the Pacific

as she carried out the mission of USJC. Since the founding of the council, she infused the organization with her wisdom and entrepreneurial spirit, kept her pulse on every aspect of USJC while keeping her eye on the strategic vision, and managed to approach every challenge with fearlessness and determination."

In a statement on behalf of the museum Inouye guided and led from infancy to world-class status, former congressman and White House cabinet member Norman Mineta said, "As chairman of the board of trustees for the Japanese American National Museum, I wanted to express our deepest sympathies and heartfelt condolences to the family of Irene Yasutake Hirano Inouye on her passing . . . she was a caring, passionate person with unquestioned integrity. Irene was a giant and an outstanding bridge between and among all communities. Irene's visionary leadership will be terribly missed, not only in the Asian Pacific Islander communities, but in American society as a whole."

Mineta also stated: "Under Irene's leadership, JANM opened several groundbreaking exhibitions on the core histories of our Japanese Ameri-



Irene Hirano Inouye in an undated photo

PHOTO: PACIFIC CITIZEN

can community. In particular, the early exhibitions 'Issei Pioneers: Hawaii and the Mainland, 1885-1924' (1992) and 'America's Concentration Camps: Remembering the Japanese American Experience' (1994) resonated with our community's families, whose personal stories had often been neglected or forgotten."

The statement concluded: "Reflecting on her lifetime of incredible service to her community and country, I also wanted to express our profound gratitude. What she accomplished and what she meant to all of us will not be forgotten."

According to her biography on the USJC website, Inouye's community and nonprofit activities included serving as chair of the Smithsonian Institution Asian Pacific American Center; trustee, the Washington Center; member, American Academy of Arts and Sciences; member of the advisory board, Center on Philanthropy & Public Policy, Price School of Public Policy, University of Southern California; and chair of the advisory board, Terasaki Center for Japanese Studies, University of California at Los Angeles. She served as former trustee and past chair,

Ford Foundation; and former trustee and past chair, Kresge Foundation.

A graduate of USC, where she also earned her master's degree, Inouye served as the first president of the Asian Women's Network in Los Angeles and subsequently served as executive director at the T.H.E. Center for Women for 13 years before becoming the president and CEO of JANM and finally as president of USJC.

She also administered the TOMODACHI Initiative, a public-private partnership with the U.S. Embassy in Tokyo and the government of Japan that invests in young Japanese and Americans through educational and cultural exchanges and leadership programs.

According to the USJC website, Inouye's family requested that in lieu of flowers or cards to commemorate her passing, donations may be made in her name to the U.S.-Japan Council.

Inouye is survived by her mother, Jean Yasutake; daughter, Jennifer Hirano; sisters, Linda (Mike) Hayashi and Patti Yasutake; brother, Steven (Marla) Yasutake; nephew, Wesley Hayashi; niece, Alison Hayashi; stepson, Kenny (Jessica) Inouye; and granddaughter, Maggie Inouye. ■



Shirley Ann Higuchi (left) and Irene Hirano Inouye at the unveiling of the plaque for the late-Sen. Daniel Inouye at the Heart Mountain incarceration site.

PHOTO: BACON SAKATANI

IRENE HIRANO INOUE: Effectiveness and Grace

By Shirley Ann Higuchi,
Chair of the Heart Mountain
Wyoming Foundation

One of the first stops I made when I decided to write a book about Heart Mountain, the camp where my parents were incarcerated as children, was to see Irene Hirano Inouye at the U.S.-Japan Council.

I knew that she had brought the Japanese American National Museum to health, had mastered the art of fundraising for nonprofits and, of course, was married to the late-Sen. Daniel Inouye, a role model for all.

It was Sen. Inouye, after all, who had sworn me in as president of

the D.C. Bar and gave the keynote speech at the 2011 opening of our museum at Heart Mountain, which Irene attended. I knew that it was Irene who really pushed the idea of him speaking at the grand opening. From the photographs from the event, it was clear how committed she was to our cause.

In the days following her death earlier this month, I realized just how much company I had in feeling a great loss. She touched so many people and left a legacy that included not just JANM and the USJC, but also the financial well-being of the city of Detroit, which was just 30 miles from my childhood home of Ann Arbor, Mich. Irene had helped

put together the package of nonprofit groups that helped Detroit emerge from bankruptcy.

That revelation was something I learned for the first time a few days ago. It wasn't Irene's way to show off or call attention to herself. She just did it.

In the years I have known Irene, starting with her visits in 2011 and 2014 to the Heart Mountain Wyoming Foundation's museum at the site of the former prison camp, I have benefited from her advice. She helped me become a better nonprofit leader. I know more about leading a foundation board because she showed me the paths and the pitfalls to navigate the sometimes-challenging politics of our community.

Heart Mountain would not be where it is today without her guidance and example.

Her quiet effectiveness and grace,

exhibited not just in the nonprofit world but in her stewardship of her husband's legacy, made her the logical choice to write the afterword for my upcoming book about Heart Mountain: "Setsuko's Secret: Heart Mountain and the Legacy of the Japanese American Incarceration."

Irene knew the Japanese American experience like few others. Her family had been incarcerated, and she later built ties throughout the community, first through JANM and later through USJC and the senator. As I read her afterword in the days leading up to my book's publication, I am more grateful than ever for her contribution.

I am also more saddened than ever that she will not be with us to see her contribution in print and for me to thank her again in person for everything she has done, not just for me, but for our entire community. ■

HELEN KAWAGOE, TWO-TIME JACL NATIONAL PRESIDENT, DIES AT 92

Kawagoe also left a legacy with the City of Carson in California.

By P.C. Staff

Helen S. Kawagoe, whose years of association with the JACL included serving two terms as its national president from 1996-2000, died April 6 as a resident of the Kei-Ai South Bay Healthcare Center in Gardena, Calif. She was 92.

In addition to her stalwart support of JACL, Kawagoe was also known for her long and storied career as the city clerk of Carson, Calif. She was first elected to the position in 1974 and held it for 37 years until a stroke in 2011 necessitated her retirement. To honor her decades of commitment and service to the city in Los Angeles County's South Bay, Carson's City Council named its council chamber after her in 2013.

Sheryl Miyamoto, Kawagoe's stepdaughter, said, "Mom had a very full life. Up until the end, she was sharp." As news of Kawagoe's death became known, those who knew and worked with her gave tributes acknowledging that "very full life."

In a statement, Assemblyman Al Muratsuchi (D-Torrance) said, "I am deeply saddened to hear that Helen Kawagoe passed away, but I see her smiling in heaven now. I remember Helen as my JACL mom, always so full of positive energy. She 'adopted' me, like so many others, when she was elected JACL national president in 1996 while I was working as the JACL Pacific Southwest regional director.

"Helen was part of the greatest generation in our community, and she will continue to inspire me and countless others who were blessed to know her," Muratsuchi concluded.

Past JACL National President Gary Mayeda, who served on the JACL National Board with Kawagoe during her tenure as the organization's leader, told the *Pacific Citizen*, "Twenty-four years ago, I had the pleasure to serve with Helen Kawagoe as the second female national president of JACL as one of her vice presidents for four years. In 1996, she brought fun to the National Board without sacrificing order and proper procedure.

"She brought much-needed funding, and

Helen Kawagoe served as city clerk of Carson for 37 years.

PHOTOS: ALBERT ROBLES

during her tenure, new membership rose because of her delightful personality and experience with nonprofit organizations," Mayeda continued. "Yes, she became my example of how to live with humbleness and purpose. She tasked me with working on the Japanese Latin American redress effort.

"She was always very supportive of many civil rights efforts. She called herself the 'Bulldog' as she fought for civil rights and showed her passion for JACL. My favorite memory of her was her nickname for me, 'Junior Bulldog.' She became one of my reasons for serving as a recent national president for JACL. Her spirit will live on in the many lives she touched," Mayeda concluded.

Carson Mayor Albert Robles, who in 2013 was the first Carson City Councilmember who grew up Carson to be elected to the council, said, "Growing up here in the city, Helen Kawagoe was a fixture throughout my upbringing. There was one constant throughout my entire upbringing here, and that was Helen. No matter how tumultuous the politics may have gotten in Carson, Helen Kawagoe continued consistent, honest leadership with the highest of integrity.

"One of my greatest honors since being elected to the city council and now being mayor, the very first thing that happened when I got elected — the very, very first thing — it happened the day I was sworn in," Robles continued. "I seconded a motion to name the city council chambers after Helen, and we voted, and it was one of the greatest honors I was able to do. . . . I remember, during my campaign, that was one of my campaign messages, that if elected, I would fight to name the council chambers and recognize Helen's commitment to the community.

"I want to convey my sorrow in the passing of a pillar here in the city of Carson, that being City Clerk Helen S. Kawagoe," said Carson Councilman Cedric L. Hicks Sr. "She was the second person in the history of the city to hold the post of city clerk. In hearing of her passing, we lost a great historical figure of our city. Knowing the beginnings of the city of Carson and how it has grown over the years with its motto: 'Future Unlimited!' she was an instrumental part of creating what we have today as a city. . . . She will be sorely missed in the City of Carson."

Carson Mayor Pro Tem Jim Dear was also effusive in his praise of Kawagoe. "She was like a mother to me at city hall, a woman who was very wise, very experienced. Her advice was always good. We in Carson will miss her tremendously," he said.

Noting that both she and her late first husband, Takeshi Kawagoe, were active in

the community even before Carson became incorporated as a city in 1968, Dear also said Helen Kawagoe "served longer than any other elected official in our city" and added, "Helen was highly respected by everyone in Carson and far beyond our city limits."

"Helen Kawagoe was an inspiration to many, as she was an early Asian American public official for the City of Carson, Calif.," said Floyd Mori, a former California assemblyman, former JACL national executive director and himself a two-term JACL national president who served immediately following Kawagoe. "Her tenure as national president was the beginning of engaging a broader universe of funding for the JACL. She was a leader with compassion and empathy and influenced me to seek further involvement on the JACL National Board. Her caring personality will be missed by many."

Alayne Yamamoto, who served as JACL's Pacific Southwest District Council's vice governor from 2003-05 and governor from 2005-09, remembers Kawagoe's unwavering support for the district.

"She had been a longtime supporter of the district's annual awards luncheons and dinners. The very first day we would announce the 'save the date,' she was always right there saying, 'I'm buying a youth table. Fill it. They don't need to pay, they just need to show up,'" said Yamamoto. "She helped us get centerpieces from a local nursery that she knew. She got loaves of bread for us to give out. She always did that personally for the district, which really was amazing. She was always active at the district level and attended all the district quarterly meetings and fundraisers. She was always there."

Nicole Inouye, who served on the JACL National Board as the national youth/student representative during Kawagoe's terms as JACL national president said, "She called us her JACL family, and she really did serve as our JACL mom. Like a lot of Nisei women, both in public service and privately, she was a force to be reckoned with," Inouye laughed. "She was a strong Nisei woman who was determined, she was steadfast. She knew what she wanted, but I don't think she ever strong-armed anyone into anything. She had a good way of working with others. She was someone who was really accomplished and was well-respected in multiple communities."

Born in Pasadena, Calif., to Ayako and Sueso Fukutaki, Kawagoe was one of their 13 offspring. During World War II, the Fukutaki family was uprooted and incarcerated at the Gila River WRA Center's Butte Camp in Arizona. After the war, the family returned to Pasadena.

Before getting involved in the politics of what would become the city of Carson, Kawagoe served as the public relations/marketing VP of a savings and loan association.

HELEN KAWAGOE
COUNCIL CHAMBERS

HELEN KAWAGOE COUNCIL CHAMBERS

DEDICATED JUNE 4, 2013



IN HONOR OF HELEN S. KAWAGOE, CITY CLERK, FOR HER DEDICATION TO PROVIDING THE HIGHEST CALIBER OF PROFESSIONALISM AND HER OUTSTANDING ABILITY TO SERVE THE NEEDS OF THE PEOPLE WHICH EARNED HER THE AFFECTIONATE TITLE "MOTHER OF CITY HALL."

HELEN HOLDS THE PRESTIGIOUS TITLE OF MASTER MUNICIPAL CLERK AND IS RECOGNIZED FOR SETTING A HIGH STANDARD OF HONORABLE SERVICE AND DEMONSTRATING OUTSTANDING DEVOTION TO CARSON AND ITS CITIZENS BY HER COLLEAGUES AND MANY LOCAL, STATE, AND NATIONALLY ELECTED OFFICIALS.

CITY CLERK
FROM 1974 - 2011

HELEN'S PUBLIC CAREER INCLUDES SERVING AS PRESIDENT OF THE CALIFORNIA CITY CLERKS ASSOCIATION, INTERNATIONAL INSTITUTE OF MUNICIPAL CLERKS, AND NATIONAL PRESIDENT OF THE JAPANESE AMERICAN CITIZENS LEAGUE FOR TWO TERMS. SHE IS THE FIRST CITY CLERK

TO SERVE ON THE BOARD OF DIRECTORS FOR THE LEAGUE OF CALIFORNIA CITIES AND WAS ALSO CONFERRED THE JUNIOR AWARD OF THE SACRED ORDER OF THE PRECIOUS CROWN APRICOT FROM THE EMPEROR OF JAPAN FOR 20 YEARS OF SERVICE TO FURTHER THE BUSINESS, POLITICAL, AND CULTURAL TIES BETWEEN THE UNITED STATES AND JAPAN.

THE HELEN'S DREAM COALITION PRESENTS THIS PLAQUE TO THE CITY OF CARSON WITH THEIR DEEPEST GRATITUDE FOR HELEN S. KAWAGOE'S DISTINGUISHED CAREER, COUNTLESS ACCOMPLISHMENTS AND PRIDE WHICH SHE HAS BROUGHT TO THE CARSON COMMUNITY.

The City of Carson Council Chambers was renamed in 2013.

Among Kawagoe's professional affiliations, titles and recognitions: three two-year terms as the elected state director for the City Clerks Department on the League of California Cities board of directors; president of the City Clerks Department of the LCC (1979-80); president of the International Institute of Municipal Clerks (1986-87); board of directors of the Municipal Clerks Education Foundation when it launched its first scholarship program; president of the Asian Pacific American Municipal Officials of the National League of Cities (1996); serving as the first city clerk on the Steering Committee of the NLC Finance, Administration and Intergovernmental Relations Committee; serving as the first city clerk to be elected to the NLC board of directors; and as a member of the NLC Advisory Council (2004-11).

Kawagoe was also named the 2010 Citizen of the Year by the North Carson Lions Club, the International Association of Lions Club, District 4-L3 and served as a board member of the NLC's Women in Municipal Government.

She served on the Gardena Valley Japanese Cultural Institute's emeritus board of directors; a member of the board of governors for the Japanese American National Museum's President's Circle; secretary and former VP of the National Japanese American Memorial Foundation; and served on the board of governors and board of directors of the Go for Broke National Education Center. She also was awarded Japan's Sacred Order of the Precious Crown, Apricot.

Prior to serving as the JACL's national president, she was a three-term president of the Gardena Valley JACL chapter, governor of the JACL's Pacific Southwest District (1971-72) and was named JACLer of the Biennium (1972). In 2012, the PSWD honored Kawagoe as a JACL Living Legend.

Helen Sadako Kawagoe was predeceased by her husband, Takeshi, and her second husband, Stanley H. Yanase. She is survived by her sisters, Margaret Koyama and Mary Ann (Sam) Ryono; stepdaughter, Sheryl Miyamoto, other stepchildren, many nieces, nephews and other relatives.



Pictured are Sheryl Miyamoto, Kanji Sahara and Helen Kawagoe at the Carson City Hall chambers.

PHOTO: PACIFIC CITIZEN



Helen Kawagoe

A NATIONAL GUIDE TO NOTABLE COMMUNITY EVENTS

CALENDAR

Due to health and safety concerns in the U.S. because of the COVID-19 pandemic, please check regarding the status of events listed in this issue's Calendar section.

NATIONAL

JACL National Convention

Continue to follow JACL on Facebook, Instagram, Twitter, JACL.org and PacificCitizen.org for updated information regarding this year's National Convention.

Info: Visit www.jaccnc.org/membership/special-promotions-2/.

NCWNP

Japanese Heritage Night at Oracle Park (The MLB season is currently delayed. Please continue to check for updates regarding this event date.)

San Francisco, CA

June 2; 6:45 p.m.

**Oracle Park
24 Willy Mays Plaza**

Price: Members \$14; General \$16

Join the JCCCNC at the ballpark as the San Francisco Giants take on the San Diego Padres on Japanese Heritage Night. Seats will be in section View Reserved 321 and 323. There also will be a pregame celebration in Seals Plaza. Reserve your tickets today!

Info: Visit <http://www.jaccnc.org/membership/special-promotions-2/>.

PSW

Inaugural LAAPFF Virtual Festival

Los Angeles, CA

Begins May 1

Online Showcase

Kicking off Asian Pacific American Heritage Month, this virtual showcase will feature a free digital showcase of films, panels and Q & A sessions from top Asian American filmmakers that focuses on the current Asian American experience in the U.S. The opening day film will feature a sneak preview of the upcoming PBS documentary series "Asian Americans."

Info: For full screening information and a festival lineup, visit festival.vcmedia.org.

Online Book Talk: From World War II to COVID-19: Reflections From the Fight Against Japanese American Incarceration

Los Angeles, CA

May 5; 6:30-7:30 p.m.

Price: Free; RSVP to receive instructions on how to join the conversation online.

JANM, in partnership with Skylight Books, will host a digital conversation with John Tateishi about his recent book "Redress: The Inside Story of the Successful Campaign for Japanese American Reparations" and his experiences leading the fight to seek reparative justice. Tateishi will join Karen Ishizuka, chief curator at JANM, to discuss the parallels between his own experiences, the post-9/11 period and today.

Info: Visit <https://app.mobilecause.com/f/2r5u/n?vid=7aaom> to RSVP. For general questions, email publicprograms@janm.org.

Keiro Caregiver Conference

Los Angeles, CA

May 31; 2-4:15 p.m.

Virtual Conference

This conference is one of several Keiro will be holding throughout the year to serve the community and inform them about caregiving options, resources and breakout sessions involving advanced care planning, decluttering and conversations regarding care. There will be free attorney and social worker consultations, along with a hosted bento and resource fair comprised of nonprofit organizations and businesses focused on helping older adults.

Info: Visit www.keiro.org/caregiver-conference to register for this virtual conference. Please register by May 27. For questions, please email programs@keiro.org.

'Under a Mushroom Cloud: Hiroshima, Nagasaki and the Atomic Bomb'

Los Angeles, CA (JANM is currently closed.)

Thru June 7

**Japanese American National Museum
100 N. Central Ave.**

To commemorate the upcoming 75th anniversary of the bombings of Hiroshima and Nagasaki on Aug. 6 and Aug. 9, 1945, this special exhibition will present photographs, explanatory texts, artifacts and contemporary art that will shed light on this painful history as well as provide a safe space for discussion with the hope that such events never happen again.

Info: Visit www.janm.org.

PNW

'Hear Us Rise'

Seattle, WA

Now Open

Wing Luke Museum

719 S. King St.

Price: Adult Admission \$17

This exhibit highlights Asian Pacific American women and other marginalized genders that have challenged society's expectations, defied its restrictions and fought for equality and opportunity since their arrival in the U.S. Visitors will hear personal stories from powerful women that have participated in and drawn inspiration from various civil and social justice movements.

Info: Visit www.wingluke.org.

EDC

Japan Society of Boston Free

Online Resources

Boston, MA

Virtual classes and information

Price: Free

The Japan Society of Boston is offering free online resources featuring Japanese language learning tools, Japanese cooking, origami, arts and lectures and much more, all in a virtual online capacity.

Info: Visit <https://japansocietyboston.wildapricot.org>.

Kimono Couture: The Beauty of Chiso

Worcester, MA

Thru July 26

Worcester Art Museum

55 Salisbury St.

This is the first exhibition outside of Japan of historic and contemporary kimonos from the collection of Chiso, the distinguished Kyoto-based kimono house founded in 1555. The exhibit will include 13 kimonos from the mid-1600s-2000s. A special video will also document the contemporary creation of a kimono, from start to finish.

Info: Visit <https://www.worcesterart.org/exhibitions/kimono-couture/>.

ADVERTISE HERE

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

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

PROTEST » continued from page 5

Dr. Ian Kim with Doctors for Camp Closure Sacramento and a co-organizer, explained that "social distancing is impossible in jails, prisons and detention centers like this one." In addition, he said that "COVID-19 now presents a crisis of human rights and public health."

Kim added that it "is an inalterably dangerous place for the people detained and for the people who work there and their families — that place must be cleared out."

A Yuba County local, Carlos Wadkins with Estamos Unidos, said he "became involved in organizing this car rally because I think allowing ICE to detain people in our county jail is always unjust, but during a pandemic,

it's a disaster waiting to happen. The rally turned out great because it brought a lot of attention toward what's happening, but we need to keep going. Yuba County Jail is far from equipped to handle the coronavirus, and until something changes, they're sitting on a ticking time bomb."

"It is undisputed that the housing units, meal area and temperature checks do not comply with social distancing orders. None of the detained people are provided masks, and most of the jail staff do not wear masks," wrote Judge Maxine Chesney on April 8 when she ordered the release of two people in Yuba ICE detention due to underlying medical condi-

tions. However, it left the rest of the nearly 150 people detained still in danger.

Explaining why the Jewish community helped organize the rally, Greg Brucker with Jewish Action NorCal explained that "as Jews, we have seen this before. We have lived and died through this before" and "the most important thing to do right now is to raise the noise level, get in the way and push back to shed light on the great darkness that surrounds, as love and light will lead us down the right path."

To practice social distancing in a COVID-19 safe manner, only those fairly local to Marysville attended the car rally in person. For those living too far away or unable to attend, social media activities were included.

People participating from home were encouraged to send emails to the board of supervisors, Yuba County Sheriff and the ICE director, as well as participate in a photo challenge with hashtags #FreeThemAllYuba #CutTheIceContract #PeopleOverProfits on Facebook, Twitter and Instagram.

For those in attendance at the rally, everyone remained in their cars. Local police showed an intimidating show of force, following along and parked in their patrol cars.

Wadkins was pulled over for honking, but he was not given a ticket. Instead, he was told to tell everyone to stop honking — to no avail. No tickets were issued, despite protesters not adhering to the warnings.

The rally not only

had a great turnout of cars but also had an amazing turnout online. Videos and livestreams from the event had more than 15,000 views, posts reached nearly 25,000 people and many more have been energized to continue advocating for those who do not have a voice. Pre-event media coverage by the local press also had some residents of Yuba county come and support the demand to free the ICE detainees.

The Coalition to Free Everyone in Yuba County ICE Detention was supported by Abuelas Responden/Grannies Respond; Alianza Sacramento; Amnesty International Sacramento; CAIR-SV/CC; California National Organization for Women; Campaign for Immigrant Detention Reform — NorCal; Centro del Pueblo — Humboldt; Davis Phoenix Coalition; Doctors for Camp Closure Sacramento Chapter; Earth Justice Ministry; Estamos Unidos — Yuba County; Florin JACL-Sacramento Valley; Indivisible Elk Grove CA7; Indivisible Sacramento; Jewish Action NorCal; Jewish Voice for Peace Sacramento; Labor Council for Latin American Advancement — Sacramento AFL-CIO; Move On — Sacramento; Never Again Action; Never Again Action Sacramento; Never Again Action SFBay; NorCal Resists; Sacramento JACL; Peace and Justice Center of Nevada County; Sacramento Immigration Coalition; Sacramento NLG; Sacramento Presbytery/SacACT; Tsuru for Solidarity — Sacramento, Bay Area, San Jose; Uniting for Racial Justice; Wellstone Progressive Democrats; and Women's March Sacramento.



Robyn Goka Huynh participated remotely in the photo challenge.

Rhonda Rios Kravitz with Campaign for Immigrant Detention Reform and her husband

PHOTOS: JOSHUA KAIZUKA

In MEMORIAM

Aoki, Dale, 60, Kealakekua, HI, Dec. 5, 2019.

Araki, Chad Takahiro, 41, Montebello, CA, Dec. 14, 2019.

Chinen, Elina Mitsuyo, 86, Gardena, CA, Dec. 5, 2019; she was predeceased by her husband, Hideo; she is survived by her daughter, Lesley Chinen; stepdaughter, Lynda Irahara; siblings, Kathryn (Masaru) Miyataki, Ruby (Paul) Kakugawa, Douglas Oshiro, Sanford Oshiro, Keith Oshiro and Derek (Norine) Oshiro; step-gc: 1.

Dozen, Patricia Etsuko, 70, Los Angeles, CA, Dec. 13, 2019; she is survived by her siblings, Vickie (Eddie) Tani and Jeff (Lorraine) Dohzen; a nephew, nieces and other relatives.

Enami, Reiko, 69, Gardena, CA,

Jan. 8; she is survived by her husband, Toshiaki; daughter, Nadine R. Fierro; siblings, Hitomi (Shozo) Kojima, Miyo Takahashi, Rose R. (Kent) Yamashiro, Lily Y. Hirahara, Judy S. (Douglas) Hirahara-Itomura, Carole M. (Anthony) Hirahara-Acosta, Yuko S. Hirahara; Hiromichi Hirahara, Teruo "Ted" Hirahara, Mike S. Hirahara (Michiko), Robert S. Hirahara, Tommy M. Hirahara (Itsuko), Kenneth M. Hirahara (Noriko) and Frank J. Hirahara (Saika); brother-in-law, Harry H. Enami (Jackie); sister-in-law, Kimiko Mushiaki; cousins-in-law, Donna (Dean) Hokama and Junie (Art) Oshiro.

Fujii, Mary, 96, Palatine, IL, Jan. 5; she was predeceased by her husband, John, and daughter, Joanne Fujii; she is survived by her children, Elaine (Willard) Jarvis and Wesley

(Susan) Fujii; gc: 6.



Harada, Larry, 78, West Jordan, UT, Nov. 11 2019; he was predeceased by his daughter, Caprice Mikiko Harada; he is survived by his children, Garin Harada, Brach Harada (Kelly) and Mariko Harada; siblings, Joyce Naito, Ron Harada, Janet Green (Ron), Vance Ha-

rada (Joanna) and Jolene Parrish (Bryan); mother, Yukiko Yokota Harada; gc: 5.



Harada, Mikiko, 76, South Jordan, UT, Dec. 28 2019; she was predeceased by her daughter, Caprice Mikiko Harada; husband, Larry, and sister, Chieko; she is survived by her children, Garin Harada, Brach Harada (Kelly) and Mariko Harada; siblings, Ken Akiyama (Claramae), Shoji Akiyama, Joe Akiyama, Keyko Silverman and Kai Akiyama; mother-in-law, Yukiko Yokota Harada; gc: 5.

Ichiyama, Testuo, 88, Gardena, CA, Jan. 2; he is survived by his wife, Lily; sons, Robin J. (Tina) and Dean

H. (Lynne); brothers, Ralph (Sandra) and George (Jan Arakaki) Ichiyama; he is also survived by many nieces, nephews and other relatives; gc: 2.



Kashiwabara, Masako, 97, Long Beach, CA, Nov. 26; she was predeceased by her husband, Mike, and sister, Setsuko Miyahara; she is survived by her daughters, Annette Kashiwabara Isozaki (Marty) and Michelle Farrell (William Wayde); gc: 2.

Matoi, Kaname, 93, Long Beach, CA, Dec. 9, 2019; he was predeceased by his wife, Evelyn, and brothers Akira "Ox," Bob, Mas and Susumu; he is survived by his children, Kevin Matoi, Lynda (Wayne) Nakahara, Craig (Donna) and David (Maily); sisters-in-law, Janet Hayashi, Joanne Okada and Atsuko Yomogida; brothers-in-law, Herb and Harold Yomogida; he is also survived by many nieces and nephews.

Tagami, Jean, 89, Gardena, CA, Dec. 27, 2019; she is survived by her children, Hogan, Stewart, Arnold and Tracy; gc: 3.

TRIBUTE

KIYO YAMAMOTO



Kiyo "Kay" Yamamoto, 95, of Oakland, Calif., passed away surrounded by her family on March 7, 12 days short of her 96th birthday.

Born in Honolulu, she grew up in Southern California, one of six Ikeda sisters. She was the last of the surviving sisters. Kiyo, along with her family, was imprisoned at the Poston concentration camp during WWII.

Married almost 40 years, she was predeceased by her husband, Paul, who died in 1984. She worked for many years for Kaiser Permanente, eventually managing

the Oakland Kaiser EKG department. She kept physically active going to the gym at 5 a.m. every weekday morning to exercise or swim. She took up running races as a senior and had numerous T-shirts, medals and trophies to show for it. But her pride and joy were her four granddaughters who lived nearby and for whom she was an integral part of their lives from birth. She never missed a family event or occasion when it concerned her granddaughters, card games with grandma were always a favorite over the years. She was a wonderful role model.

She was predeceased by her sisters, Sue, Yoko, Ruth, Itsuko and Kuch, and her husband, Paul. She leaves her two sons, Douglas, and daughter-in-law, Betty, and David, and daughter-in-law, Gail. Granddaughters Lynn, Miya, Kimi and Michi. Great-grandchildren Trevor, Sophie, Audre and Cameron were fortunate to have known her. Nieces and nephews and longtime friends.

In lieu of flowers, please make a donation to J'Sei, where she volunteered for many years. She will be greatly missed by all who knew her.

TRIBUTE

KAZUO HORIUCHI



Kazuo "Kaz" Horiuchi, of Port Townsend, Wash., died peacefully at his home on March 18 at the age of 95.

He was born in the Burien area (Sunnydale) south of Seattle and was raised in Yakima Valley.

His early memories of Washington include he and his older brothers driving across the state to deliver their family vegetables to be sold at Pike's Place Market.

During WWII, while his family was incarcerated at Heart Mountain War Relocation Authority Center in Wyoming, Kaz was in the highly

decorated 442nd RCT and received two Bronze Stars.

Upon his return to the U.S., he moved to San Francisco where he met and married the love of his life, Maudi (Mary) Suzuki. They had two daughters and moved to San Jose, Calif., where they grew chrysanthemums at the Horiuchi Nursery. Upon retirement, they moved to Port Townsend in 1995.

His heart was broken in 2000 when his dear wife, Maudi, died. His beloved pets comforted him in his last 20 years without her. He is reunited with her at long last.

He is survived by daughters Diane Holmes (John) and Barbara Horiuchi (Ron); grandchildren, Jackie Waller (Brent), Michael Lulu and Daniel Lulu; sister, Nobuko Matsumoto; and nieces and nephews.

Private services will be held at a later date.

PLACE A TRIBUTE

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

CONTACT:

Editorial@pacificcitizen.org
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By **Erwin Tan, M.D., AARP,**
and **Elizabeth A. Carter, Ph.D., AARP**



REIMAGINE EVERYTHING

COVID-19 DEMANDS ATTENTION TO MENTAL HEALTH, TOO

clearly and protect yourself and your family. Here are some actions that can help ease depressive symptoms:

Limit News Consumption and Stick With Trusted Information. Research suggests having the right amount of timely and reliable information is key for managing depressive symptoms. Accepting some level of uncertainty about the situation and only visiting trusted news sources can help.

Connect Across Social Distance. While crucial to our health, social distancing can exacerbate depression and anxiety. Reach out to friends and loved ones that may be lonely or isolated. Call frequently and schedule video chats if available. Try out AARP's new website, AARP Community Connections (www.aarpcommunityconnections.org). By providing some contact information, people can receive a friendly check-in call from an AARP volunteer.

If you're not sure what activities are allowed while social distancing, experts have advice on how to weigh the risks and benefits of certain daily activities. AARP has also compiled seven ways to engage in meaningful activities with your loved ones.

Exercise Regularly. Exercise is one of the most effective nondrug treatments for depression.

Practice Mindfulness and Meditation. Practicing deep breathing, mindfulness and meditation can all help calm anxiety. Many websites and apps offer guided sessions. Try free apps such as Calm; Breethe; UCLA Mindful; and Mindfulness Coach, from the U.S. Department of Veterans Affairs.

Help Within Reach

Finally, if you or someone you know is unable to engage in normal daily activities and needs additional help, there are a number of additional possible resources available.

In an Emergency. If you or someone you know is in danger of hurting themselves or others, call 911 or the National Suicide Prevention Lifeline at (800) 273-8255. The Lifeline provides free and confidential support and crisis resources. Both numbers are available 24/7, 365 days a year.

Other resources include both those coming directly out of the current crisis and excellent resources already in place:

Expanded Telehealth. On March 17, in a temporary measure in response to the COVID-19 pandemic, Medicare expanded its telehealth services and relaxed some restrictions to make accessing these services, including mental health counseling, easier for beneficiaries. Many private insurance plans offer therapy via telehealth as well, so contact your insurance company or check their website to learn more about their resources.

State Public Health Departments. Some states are making access to mental health services a priority. Check your state health department to see what it might offer. Websites are likely to be regularly updated in light of the current crisis.

Helplines. If you're in need, several services are available 24/7, 365 days per year. Here are some examples:

- SAMHSA's National Helpline: Call (800) 662-HELP (4357). This is a free and confidential treatment referral and information service for individuals and families.
- National Institute of Mental Health Crisis text hotline: Text "HELLO" to 741741. This text line serves anyone, in any type of crisis, connecting him/her with a crisis counselor who can provide support and information.
- Veterans Crisis Line: Call (800) 273-8255 and press '1' or text 828255. Those with hearing loss can call (800) 799-4889. The service is available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare.
- Disaster Distress Helpline: Call (800) 985-5990 or text "TalkWithUs" to 66746. This free, confidential and multilingual helpline provides immediate crisis counseling.

United in Challenging Times

Hopefully, these options and resources illustrate how none of us is alone; we are all navigating through this pandemic together.

Daily updates on how to avoid the spread of COVID-19 can be found online at aarp.org/coronavirus. You can also find COVID-19 information on the AARP Facebook, Instagram and Twitter accounts.

Erwin Tan, M.D., is a director at AARP Thought Leadership.

Elizabeth A. Carter is a senior health services research adviser at the AARP Public Policy Institute.

BLESSINGS » continued from page 3

Truthfully, when autistic children are in school, it is a mental break for the parents and caregivers, plus the structure and routine makes the children feel safe. In addition, Evangeline has an 84-year-old mother who she spends a great deal of time helping.

Fortunately, Evan's older sister and her domestic partner, Chelsea, were down to visit from Canada and got caught up in the "shelter-in-place" order. Unable to return home, Marlene and Chelsea are helping to watch over Evan and keep him busy with dance parties, art projects (they are both in the art field) and supervising homework.

I asked Evangeline what she would like people to know. Her words resonated with me as the mother of a transgender son.

"You can't judge a book by its cover," she said. "Unless you have walked this road and know what it is like to be different, you just don't know the daily fight Evan faces. Please just try to understand, have empathy and be kind. My son is not weak because he has

autism, he must be stronger than other kids."

As we closed our interview, I felt so honored to hear this mother's story. Evangeline has embraced not only an autistic child and a queer child but also a child by domestic partnership who happens to have cerebral palsy. She looks at all of it as a blessing and a way that the world has helped her to understand what unconditional love truly is and can be. I applaud this mother and am so in awe of her vulnerability, her generosity and her unwavering love.

*What the world needs now, is love sweet love,
It's the only thing that there's just too little of,
What the world needs now, is love sweet love,
No, not just for some but for everyone . . .*

—Burt Bacharach

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

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