A Buddhist priest awaits the start of the Interfaith Ceremony at Manzanar, which took place at the Ireito Monument.

PHOTO: SCOTT LEW

Participants unite to remember, support communities and provide hope for the future.
JACL Calls for Congress to Reinstate Assault Weapons Ban

By P.C. Staff

Two hundred and ten. That is the number of mass shootings that have occurred across the country this year according to the Gun Violence Archive, which defines a mass shooting as one where four or more people are either shot or killed.

Eleven mass shootings have happened in the five days since a gunman in Allen, Texas, took the lives of eight people, four of whom were Asian American, three of whom from a single family, leaving a 6-year-old without his family and in the hospital critically injured.

The Allen, Texas, shooting, like so many mass shootings, follows a pattern of extremist ideology combined with the use of an AR-15 rifle to inflict maximum damage upon victims targeted because of their race or other identification to be extinguished by white supremacist ideology.

But it is not just these extreme situations where AR-15s are being used to inflict maximum damage. Too many other shooters are utilizing assault weapons in their efforts to inflict pain on others, making what might be a personal vendetta a mass killing event.

AR-15-style rifles and pistols oftentimes are used with extended or high-capacity magazines. This weapon has become ubiquitous in mass shootings, and yet in many places, it’s possible to buy one easily at outdoorsports goods stores, pawn shops and even some major retailers.

These rifles and over 650 others were banned under the Federal Assault Weapons Ban of 1994. While the ban was in place from 1994-2004, research shows that there was a 70 percent decrease in mass shooting fatalities. While not perfect, the 10-year period in which the ban was in place showed some progress in combating gun violence. Unfortunately, Congress allowed the ban to expire, and we are now seeing the tragic results of a proliferation of mass shootings with extreme mortality rates due to the lethality of assault weapons.

Due to Congress’ failure to act, some states are taking action. Washington state, for example, recently passed a bill to ban the sale and manufacture of assault weapons, joining only nine other states with similar bans. In Tennessee, recently touched by the Covenant School shooting that claimed the lives of six people including three children, two lawmakers have filed legislation calling for the ban on the purchase of assault weapons.

However, state-level action will do little to stem the tide of assault weapons falling into the hands of too many who wish to inflict harm. So long as guns can be purchased in states with lax gun laws, we are all at risk.

If we are to make any significant changes to the landscape of our nation’s obsession with guns, sensible measures, including a full federal ban on assault weapons, are of critical importance. How many more mass shootings will take place before Congress takes any reasonable steps to implement and enforce policies directed toward stamping out gun violence?

Until a federal ban on the sale and manufacture of assault weapons takes place, we will continue to see a rise in fatalities and collective trauma in our communities.

Second Amendment rights must not supersede our unalienable rights of Life, Liberty and the pursuit of Happiness.

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‘I’m glad to see the Pacific Citizen growing and evolving with its website, and especially LOVE the much easier-to-navigate digital archives. It’s a treasure trove for JAs to learn about our community’s history, and for scholars and journalists looking to connect the past with the present. Thanks for the improvements, P.C.’

— GIU Akawawa

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Laughter — The Best Medicine

By Judd Matsunaga, Esq.

H ave you ever heard the phrase, “Laughter is the best medicine”? According to research, laughing helps relieve stress — and that’s no joke! Think about it, you can’t be both laughing and stressed at the same time. In addition to relieving stress, laughter is also good for your mood, mental health, heart health, pain relief and more, according to an article from the Mayo Clinic Staff (www.mayoclinic.org, “Stress Relief From Laughter,” July 29, 2021).

When you start to laugh, it doesn’t just lighten your load mentally, it actually induces physical changes in your body. A good laugh has great short- and long-term effects:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Sooth tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.
- **Improve your immune system.** Positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.

“Just a moment of laughter can allow us to think more clearly and creatively and strengthen a sense of connection with others,” said Natalie Christine Dattilo, PhD, clinical psychologist and instructor at Harvard Medical School (source: www.everyday-health.com, “How to Laugh More Every Single Day,” March 29, 2023).

“Laughter is the physical manifestation of finding something funny, and it can help to reduce inflammation and stress hormones, improve circulation and enhance the immune system,” said Everyday Health Wellness Advisory Board member Heidi Hanna, PhD, founder of Synergy Brain Fitness. The Everyday Health article lists six tips for bringing more laughter, giggles and chuckles into your everyday life:

1. **Don’t worry about being “funny”** says comedian Paul Osincup. “Humor is not a talent, it’s a habit. Instead, get in the habit of seeing the humor in everyday situations.”
2. **Improve your immune system.** One way to do this is to laugh. Laugh, laugh, laugh . . . The more you play with humor, you’ll get better and better at it.”
3. **The 3 ’Funny Things’ Exercise.** You’ve heard of the power of a gratitude journal, in which you write down three (or more) good things that happened that day. A humor journal might be just as impactful. Osincup points to a study that found that people who, at the end of the day, reflected and wrote down three amusing things that happened in the day for one week decreased depression symptoms and increased overall happiness for up to six months.
4. **Tap Laughter to Learn More.** “Laughter is a language we all recognize, and we feel connect- ed when we smile and laugh,” says Michigan State University professor Stephen E. DiCarlo, PhD. Humor can foster learning by building an emotional connection that strengthens memory and therefore can help you understand and retain information.
5. **Don’t Be Afraid to Lighten Up.** When something happens that’s mildly stressful and you react by being short with someone or stressed out, reflect on how you could have handled that with more humor or lightheartedness.

In conclusion, do you hold back your laughter because you think it looks dumb? Many people do. Once you start suppressing laughs, it becomes automatic, and you don’t know you’re doing it. The good news is that you can rewire this habit, but it takes time and effort. Start by noticing other people’s laughs, and think positively about them. If you notice that you’re being critical of other people’s laughs, make a conscious effort to find the joy and freedom they’re expressing. Once you can be positive about the laughs of others, your mirror neurons will help you be positive about your own laughter. It takes a lot of repetition to rewire your bodily impulse, so don’t give up.

Finally, if laughing is challenging for you or you’re struggling with a more severe mood disorder or mental illness, it’s best to seek professional help from a therapist or your doctor. If not, go ahead and give it a try. Turn up the volume on your mouth up into a smile, and then give a laugh. Even if it feels a little forced at first, practice laughing. It does your body good.

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@elderalawcalifornia.com. The opinions expressed in this article are the author’s own and do not necessarily reflect the view of Pacific Citizen or constitute legal or tax advice and should not be treated as such.
Keeping Our Community Safe
By Marsha Aizumi

On Aug. 6, 1977, Korean Air 801 crashed into the side of a mountain, killing almost everyone on board. It was not a mechanical error because the plane was in good condition. The weather was bad, but not too bad. The National Transportation Safety Board deemed the crash was caused by poor communication between the flight crew. Malcolm Gladwell, author of "Outliers," attributes the crash to what he calls cultural legacy.

Why am I talking about an accident that occurred over 40 years ago? I believe understanding the risk of poor communication and our cultural legacy is important to our API community’s safety today. We don’t want to be disrespectful to our elders, and so we want to stay silent. We don’t want to stand out in a negative way, so we try to remain invisible.

We are living in a time where violence and hatred are being seen as OK to those who are angry and want to lash out. Even in a state like California, which is seen as progressive and has cities that you would deem safe, there is evidence of this anger and hatred. The Monterey Park Lunar New Year shooting and the vandalism at the Higashi Honganji Buddhist Church in Little Tokyo have touched our API communities.

Now in the city that I live in and in a temple that Aiden and I have spoken at, someone has burned the Pride flag that the Pasadena Buddhist Temple has displayed for many years. For the first time, PBT decided to lock the doors of its temple during Sunday morning services. ITS MEMBERS DO NOT FEEL SAFE.

Safety has become so critical that PFLAG National, an organization that I also serve as a member of its President’s Advisory Council, sponsored an Active Shooter Training. Sometimes, I just think it can’t happen to me... it is out there in other states and cities, but now I see that I can’t bury my head in the sand. It is something that I have to face. We can’t avoid talking about hard things as businesses, churches, schools are being targeted. NO PLACE FEELS SAFE.

And so my husband and I attended an information session that PFLAG San Gabriel Valley API put together because three of our board members attended this Active Shooter Training. I attended very apprehensively. I didn’t want to think about it happening at a PFLAG meeting or in the J\A community. I asked Tad to attend because he owns a hair salon called In Vogue. Tad said the information was helpful. I walked away feeling more empowered because I had more information as well.

Aiden and Mary attended too, and as educators, they have trainings like this. The action that they have been given is... RUN, HIDE, FIGHT!

The training that PFLAG SGV API attended was broken down a little further, not in the order of action, but in a way to remember. It was called ALICE training. To get the complete information, you must attend the training, so my disclaimer is that this is just a summary.

A = Be Alert and Aware of your surroundings. Does someone look suspicious or out of place? Are they wearing heavy clothing or carrying a large bag in hot weather that can conceal a weapon? SAY SOMETHING...

L = Lockdown. Our PFLAG SGV API meetings will now be locked down after a reasonable amount of time. Curtains on windows will be closed.

E = Evacuate. This should be your first thought. Where are the exits in your building? Point them out in the beginning of your meeting. Keep those exits clear so people can escape. I will now be aware of any exits that I can run out of should I need to at a moment’s notice.

Our Asian culture has taught us to be very reserved, especially when it comes to violence. We are taught that if something is wrong, we must not speak up... that it will keep you safe. NOT be the nail that sticks out, or we will get hammered down. Or not to do anything to dishonor our family or disrespect our elders. But in the world today, I know I must speak up if I see anything that appears wrong. I must be aware of my surroundings and the people around me. And I must be brave, even at the risk of being wrong.

If that co-pilot on Korean Air 801 had respectfully challenged the other pilot who was older, perhaps those passengers and crew would still be alive today. I hope I didn’t make you more afraid, but more educated. And I hope you never have to use any of this information, but if you do, I hope it will keep you safe.

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

Honoring Our Service Members And Their Families
By JR Fujita

May is Military Appreciation Month and a time to remember and appreciate the sacrifices and challenges that our active-duty service members, veterans and their families have made. Some of those challenges include health-related issues, transition to civilian employment, accessing and understanding earned VA benefits, relocation, building and rebuilding relationships and adjusting to civilian life.

To help address some of those challenges and sacrifices, we participate in a variety of community events, including military spouses’ appreciation, stand downs, salute to service activities at sporting events or entertainment performances, veteran job and resource fairs, honor flights and remembrance ceremonies. There are also a variety of service projects such as card writing, placing flags at headstones at national cemeteries and sending care packages to our troops so that they know they are not forgotten and appreciated.

Both of my late grandfathers served in the U.S. Army, and I realize the numerous sacrifices they made along with my late grandmothers, as I age, I have made a more conscious effort to support our military families through service.

Writing note cards to a veteran goes a long way, especially for isolated veterans living in long-term care facilities. Saving toiletries from trips and sending care packages for active-duty troops is a welcome luxury. Spending time at a national cemetery cleaning gravestones or laying wreaths is peaceful and honors the memory of our fallen heroes. Supporting our veterans at a local stand down is a hand up and not a handout.

AARP offers many veterans, active-duty and military families a variety of free resources (aarp.org/Veterans), including military caregiving guides, fraud awareness and prevention information, veteran and military spouses job center and assistance to accessing earned VA benefits through a health benefits navigator.

Many states also offer free workshops for veterans and their families, and AARP participates in a variety of community service projects. Visit aarp.org/NearYou to find local events.

As Memorial Day approaches, let us take a moment to participate in a meaningful activity in our community to remember those who made the ultimate sacrifice for our nation for our independence and freedom.

JR Fujita is a senior state and community engagement specialist and is the state lead for AARP California’s Veteran, Military and their Families initiative based in Sacramento, Calif.
Downtown L.A. JACL, JWSSC Honor Four Nikkei Women

Annual Women of the Year luncheon fetes Kanesaka, Sato, Stark and Takimoto.

By P.C. Staff

On a mild May Sunday in Montebello, Calif., almost 230 people gathered at the Quiet Cannon banquet hall to honor Kyūka Kanesaka, Matsutoyo Sato, Fumiyo Stark and Margaret Nitta Takimoto for their individual and collective contributions and service to the greater Southern California community.

Co-sponsored and co-produced by the Downtown Los Angeles Chapter of the JACL and the Japanese Women’s Society of Southern California (Nanka Nikkei Fujinkai), the 2023 Women of the Year luncheon honored the quartet on May 7 with the event’s signature award — a trophy with an embedded clock and metal name placard — and congratulatory certificates from County of Los Angeles Supervisor Hilda L. Solis of the First Supervisorial District, Assemblywoman Blanca Rubio and Los Angeles Mayor Karen Bass.

It was the 119th iteration of the event. The 2023 luncheon began with remarks by the leaders of the two co-sponsoring organizations, George Kita, president of the DTLA JACL chapter, who introduced the honorees and their guests, and Joyce Chin, president of the JWSSC, who told the audience that the four honorees were being recognized “for the contributions, support and service to our Japanese community associations and organizations.”

After attributing the quotation, “Do all the good you can, for all the people you can, in all the ways you can” to Hillary Clinton, Chinn said, “These women are doing just that. Ladies, omedetō, and thank you. To all of you, friends and family who are here celebrating with us, dōmo arigatō.” Kita then invited Osaka, Japan-born Pastor Jin Hyun of Crossway Church of San Fernando Valley to provide the invocation. Hyun also gave the benediction at the luncheon’s conclusion.

First among the four honorees was Kanesaka, aka Yukari Kanesaka. In 1978, she earned her kyūjū degree in the art of kimekomi ningyo and in 1982, her gagō or master artist pen name, Kyūka. She was introduced by her daughter, Shari Kanesaka.

“Despite raising three active children, Kyūka made time to teach and share the art of making Japanese kimekomi ningyo throughout the United States and Vancouver, British Columbia. In 1979, Kyūka formed Yukari Kai Kimekomi Doll Academy. One of her first regular classes was taught at Westminster Presbyterian Church.”

Next to be honored was Osaka, Japan-born Matsutoyo Sato, who was formerly known as Junko Fukuchi Ishikawa. Before moving from Japan in 1966 to San Francisco, where she formed the Matsutoyo Kai Minyo Group, and then to Los Angeles in 1976, she studied minyo (a genre of traditional Japanese folk music), shijing (a form of Japanese poetry) and biwa (a Japanese stringed musical instrument). She also excelled in minbu, nagauta, hauta and zakkyōka.

Sato was introduced by Yuriko Shikai, who noted that Matsutoyo Kai became a nonprofit organization in 2006. “Its primary mission is to pass on the traditional music of Japan by providing instruction in singing, shamisen, taiko and ka-ne and giving public performances and Japanese folk and classical music,” Shikai said. “With Madame Sato as artistic director, Matsutoyo Kai continues to expand and keep the traditional art of Japanese culture alive.”

Up next to introduce honoree Fumiyo Stark was Kitty Sankey, a former president of the Japanese Chamber of Commerce of Southern California, a former president of the Downtown Chapter of JACL and a 2009 Woman of the Year honoree.

In her introduction, Sankey gave some biographical information about Stark, who originally hails from Kamakura, Japan. Stark graduated from the Tokyo University of Education (Kokuritsu Tokyo Kyōiku Daigaku) with a B.A. in psychology and a teacher’s certificate in English for middle and high school.

“Stark attended the University of Wisconsin, Madison, to study teaching English as a second language, where she met her future husband, Mike.”

The Starks lived and worked in Japan and Hawaii before moving to California, where Fumi Stark began working at Huntington Memorial Hospital’s Respiratory Therapy Department, during which she earned a master’s degree in education from California State University, Los Angeles. “She then worked at USC in the field of research regulatory administration for 27 years and received her second master’s degree at the age of 60 in health administration,” Sankey said.

Stark later worked at the University of Southern California and would spend two years as the president of the USC Japan office. Her volunteer work includes being active with Zoe International, which works to stop human trafficking, Crossway Church of San Fernando Valley and the Japanese Community Pioneer Center, at which she became its first woman president in its 50 years.

The afternoon’s fourth and final honoree was Takimoto, who was introduced by her son, Curtis Takimoto. His mother, a Sansei, was born in San Fernando, Calif., and her Kibei Nisei parents were actively involved in helping to fundraise for and build the San Fernando Valley Japanese American Community Center, Japanese Language School and the San Fernando Valley Hongwanji Temple.

“Shortly after I was born, she actually fell very ill and needed an emergency procedure. While the procedure was successful, the virus affected her motor skills, her ability to walk and talk. So, she had to relearn how to do all that, let alone take care of a brand-new baby. I say that we actually learned how to do both of those things together,” Curtis Takimoto said.

Years before her son was born, Margaret Takimoto attended the University of California, Los Angeles, where she earned her bachelor’s degree in microbiology and completed a medical technology internship at Los Angeles Kaiser Hospital. In her career, she oversaw the technical operation of laboratory testing and later developed a phlebotomy training program that is now required by the State of California Field Services. She retired in 2015 after 40 years as a hematology supervisor and director of the Clinical Laboratory Scientist Internship Training Program.

During that time, Takimoto performed a 25-year-long stint volunteering as the parent for children’s basketball teams. She also served as the co-head commissioner for SFVJACC Athletics and has co-chaired the SFVJACC’s Future Planning Committee since 2015. Additionally, she is a board member of the Little Tokyo-based Rising Stars Youth Leadership Program.

The members of the luncheon planning committee were Chinn, Toshie Kawaguchi, Kita, Rodney Nakada, Carol Okuda, Miyuki Namiki, Nancy Nix, Mari Robinson, Tomoko Sakurai, Sankey, Patricia Sookdet, Amy Tambara and Marie Tanaka.
WHY MANZANAR IS IMPORTANT TO US ALL

By Matthew Weisbly, JACL Education and Communications Coordinator

My family was not incarcerated at Manzanar, though they should have been. When the calls for voluntary “evacuation” came in early March 1942, my family was some of the few who listened. They sold their farm, packed up their belongings and piled into my great-grandfather’s truck, heading east.

Originally from Morgan Hill, Calif., they ended up staying near Turlock for a few days to try and sort out where they might go next. While they were there, the second set of exclusion orders came out, and they learned they could no longer leave California. As a result, my family was incarcerated instead at Gila River, Ariz. They decided to remain in Arizona after the war ended, some of only 500 Japanese Americans who did so from Gila River.

So, I have no personal connection to Manzanar, yet I wanted so badly to attend the Manzanar Pilgrimage one day. I was lucky enough to attend my first in 2019, the 50th anniversary of the pilgrimage and the last before the pandemic. It was a moving and beautiful experience, and I decided then that I’d go to as many as I could.

But we all know what kept us from attending more in 2020, 2021 and 2022. So, as the pilgrimage returned in 2023 for the first time since then, I knew I wanted to go. I went with my friends, one who like me had family at Gila River as well as from California. We talked about it on the car ride up and back from Orange County, nearly five hours to get there on Friday afternoon and roughly four hours coming back on Saturday night — plenty of time for random conversations, spontaneous karaoke sessions and a debrief of our time together.

After a three-year hiatus — the result of Covid-19 pandemic restrictions on large public gatherings — the Manzanar Pilgrimage, which first began in 1969, was able to be held face-to-face again on April 29 to the delight of approximately 1,000, largely unmasked, celebrants.

While the number of participants appeared down from previous in-person pilgrimages, something not entirely unexpected coming out of the pandemic, the upshot was that one could clearly see the smiles on people’s faces, simply happy to be able to see and enjoy being with and around each other again. This 54th Annual Pilgrimage also marked the 50th anniversary of the dedication of Manzanar as a state landmark in 1972.

This year’s program theme was “Our Legacy: Generational Struggles for Democracy.”

Even the weather at the Manzanar National Historic Site, located in Independence, Calif., seemed to be cooperating, providing this year’s pilgrimage attendees with sunny, almost cloudless skies, mild temperatures in the low 80s with a slight breeze against the backdrop of the snowcapped peaks of the Sierra Nevada mountains.

Those who have attended pilgrimages in the past will recall that the weather has not always been this generous to participants. Some years have seen bitterly cold and very windy days. This day, however, was perfect. And plenty of water was provided in cups for anyone that needed it.

After opening with a performance by UCLA’s Kyodo Taiko in this, the group’s 17th appearance at the pilgrimage, participants were welcomed to the MNHS by Superintendent Brenda Ling, followed by tributes to the memory of Jim Matsuoka, one of the original founders of the pilgrimage in 1969 and a longtime, valued member of the Manzanar Committee, and the late-Rev. Alfred Tsuyuki, who led the Konko Church of Los Angeles for nearly 40 years and presided over purification ceremonies at the well-known Manzanar Iireito monument in the site’s cemetery, best-known as the “Soul Consoling Tower,” which was built in 1943 to memorialize the deceased.

Also mentioned was the recent passing of Wilbur Sato, a former Manzanar incarceree, who was also a longtime member of the Manzanar Committee, a winner of the 2018 Sue Kunitomi Embrey Legacy Award and a noted community activist.

Every year is becoming a reminder of how few of the remaining camp incarcerees are still alive and how important it is to celebrate their lives and honor their memory.

Bruce Embrey, son of the late Sue Kunitomi Embrey and the current chair of the Manzanar Committee, spoke about how important it was to see the in-person return of the pilgrimage after a long three-year absence. He noted that “much has happened since 2019” and that “we need to be here to stand with other communities, whether it is Black legislators expelled in Tennessee or a trans legislator expelled in Montana.”
Keynote speaker Manjusha P. Kulakarni, the executive director of the Asian American and Pacific Islander Equity Alliance, spoke bluntly and realistically about the need for Asian Americans — and all those of color/race — to stay vigilant against racism that has plagued America from its beginnings to even today, citing “The Naturalization Act of 1790 that allowed only ‘free white persons’ to naturalize to become U.S. citizens.” She added, “. . . in the 1920s, California and other states passed Alien Land Laws” to prohibit nonwhite immigrants (especially Asians) from owning property, saying “These laws literally stole millions from their rightful owners.”

Kulakarni also warned of the dangers of “misogyny and imperialism” that are putting Asian Americans today in harm’s way, leading to verbal harassment, physical assaults and discrimination, noting that “a recent University of Chicago study found that almost 50 percent of our community members — 10 million out of 20 million individuals across our nation — reported experiencing anti-Asian hate in the past few years.” It was a very good speech and both a warning and a reflection of the anti-Asian hate in the past few years.” It was a very good speech and both a warning and a reflection of the anti-Asian hate in the past few years.”

There were two other keynote speakers on the program. The second speaker was renowned oral historian, professor, author and Manzanar expert Art Hansen, emeritus professor of history at California State University, Fullerton.

Hansen noted that he was very recently diagnosed with an advanced cancer that will likely greatly shorten his life, and this weekend at Manzanar might well be his last attendance at the pilgrimage. But rather than being negative about his personal health, he sounded a note of hope and the importance that the pilgrimage serves to inspire activism by others fighting against discrimination for acknowledgment of their human and civil rights.

“Feeling the sacredness of a place helps you to press ‘pause’ and be reminded why you are in this and helps to ignite or reignite one’s commitment to activism,” Heath said. “Our fights are interconnected, and we can’t run away from that reality.”

The pilgrim’s formal program ended with the traditional interfaith service at the Irreto monument in the cemetery. The meaning of the Japanese Kanji characters on its side reads “Soul Consoling Tower,” and it was built in 1943 by master stonemason Ryozo Kado, along with the help of Block 9 residents and a young Buddhist’s group, and designed by Buddhist minister Shinho Nagatomi to pay tribute to Manzanar’s dead.

In addition to UCLA Kyodo Taiko, musical entertainment was also provided by artist and musician Will Loy of Los Angeles and Los Manzaneros, a group of musicians connected by more than 40 years of camaraderie and political activism. Many in the group have been involved for several years in the pilgrimage, and they performed a well-received song titled “Here at Manzanar,” composed by Mundo Armijo with lyrics by Juan Taboada and Los Manzaneros.

Musical entertainment, spiritual and inspirational words and a reminder that history mattered all on display at this year’s 54th Annual Manzanar Pilgrimage.

We talked about why this was important to us despite not having a connection to Manzanar and how for those of us who are Japanese American, this pilgrimage and Manzanar itself represent all that happened to our family and our community.

It’s a way for those of us who may not be able to pilgrimage back to our family’s camps, or who don’t know where their family may have been, to still honor and respect those legacies. It is also something that I think many Japanese Americans share in common — we have a goal of someday making a pilgrimage to all 10 camps, so as to truly honor all 125,000 who suffered through the war.

But Manzanar also represents something outside of our community. It represents a dark time in our nation’s history when our laws, our government and the people meant to protect us didn’t. It’s a stark reminder of how fragile our democracy and our very way of life can be.

It’s also something all too similar for other marginalized communities who have experienced the same mistrust, hatred, racism and representative failure firsthand. It is why we are joined by members of the Paiute and Shoshone tribes, whose land Manzanar resides on and who were forcibly removed from it. It is why we are joined by Muslim and Arab American groups who felt the fear of mass incarceration and xenophobia following the 9/11 attacks and the subsequent war on terror. It is why Black organizations join us as we call for HR40 and the need for Black reparations, just as they joined us in calling for redress and reparations in the 1970s and ’80s. It is why one of the keynote speakers, Manjusha Kulakarni, who is Indian American, spoke about the need for solidarity and coming together as communities to support one another, especially in the midst of widespread anti-Asian hate, violence and especially scapegoating. That is why my friend, who has no connection to Manzanar, wanted to join us.

That is why we make these pilgrimages each year, whether our families were incarcerated there or whether they were even incarcerated at all. They stand as a symbol of solidarity, hope, change and remembrance for our community and all communities to ensure that when we say, never again, we truly mean it.

Matthew Weisbly is the JACL education and communications coordinator. He is based in the organization’s Los Angeles office.
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**JACL National Convention Registration Mail-In Form**

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1) **Your Information**

Name: ___________________________
JACL Chapter: ___________________
Phone (required): ___________________
Email (to receive Convention updates): ___________________

2) **Registration Type**

Includes Full access to convention events (Plenaries, National Council, workshops, Youth Luncheon, General Reception, and Sayonara Gala)

- [ ] Early Bird*: JACL Members: $300
- [ ] Regular: $375
- [ ] Early Bird*: Student/Youth Members: $200
- [ ] Regular - Student/Youth: $275

*Early Bird is only available until May 15, 2023

Additional Donation: $ ________

3) **Total Enclosed:** $ ________

4) **Payment Information**

Please make checks to "JACL" or enter credit card information below:

Card Type: [ ] Visa [ ] MC [ ] AmEx [ ] Discover
Card #: ___________________________
Exp. Date (MM/YY): ________ Security Code: ________
Signature: ______________________

5) **Mail**

Please mail this form to:
JACL Membership
1765 Sutter St
San Francisco, CA 94115

Questions? Please contact convention@jacl.org or (415) 921-5225 ext. 25.
The “Japanese of Lincoln County” exhibit, which highlights the lives and contributions of Japanese families who made Lincoln County their home, was officially dedicated at the Lincoln County Historical Museum in North Platte, Neb., on April 29 and opened to the public on May 1.

The multifaceted exhibit features a historical look at Japanese immigrants who initially came to Lincoln County to work for Union Pacific Railroad, picture brides, immigration and naturalization laws, Nebraska’s Alien Land Law and interracial marriage ban, agricultural and business endeavors, community life, sports and World War II and its impact on Lincoln County Japanese families.

The dedication ceremony and ribbon cutting were attended by approximately 150 people, which included donors, museum members and dignitaries. Jim Griffin, director and curator of the Lincoln County Historical Museum, welcomed guests and recognized donors. Remarks were also made by North Platte Mayor Brandon Kelliher; Kishi Naoya, deputy consul general of Japan from the Chicago Consulate; and Roy Yanagida and his son, Brent.

Kelliher presented a Key to the City to Deputy Consul General Kishi. Descendants of Japanese immigrants who settled in Lincoln County and donors who contributed to the fund-raising campaign attended the dedication ceremony, as well as members of the Lincoln County Historical Museum, Nebraska State Sen. Mike Jacobson and Val Jansante, community representative for Congressman Adrian Smith, were also present.

Roy Yanagida made a matching gift challenge in September 2022, which helped allow the exhibit’s $100,000 fundraising goal to be exceeded within three months. Attendees enjoyed the dedication ceremony, as evidenced by the following comments:

Roy Yanagida (Nisei)
Born in Lincoln County, Neb.
(Son of Charles Toshiro Yanagida and Ima (Okazaki) Yanagida, Japanese immigrants who settled in Lincoln County)

“'The dedication of the Japanese exhibit held April 29 at North Platte, Neb., was very emotional and exciting for all persons attending. I especially am very grateful for all the people who spent many hours to help put this event together. This will go down in history [as one of the] many great times yours truly had while growing up in the United States of America as a child of my parents, Mr. Toshiro and Ima Yanagida. I am one of a few second-generation (Nisei) living in Nebraska, U.S.A. as I write this. This country is made up of many immigrants who came to the U.S. to become citizens of this great nation. I am truly grateful for the free enterprise system where I live and enjoy events that happened at the Lincoln County Museum honoring Japanese families that settled in this fine country many years ago.”

John Miyoshi (Sansei)

Barbara “Barbie” (Okamoto) Bach
(Sansei)
(Granddaughter of Isoji Okamoto and Takeyo (Shiroyama) Okamoto [paternal grandparents] and Chozo Kumagai and Maki (Hashiura) Kumagai [maternal grandparents], Japanese immigrants who settled in Lincoln County)

“I believe my parents and all the Nisei and Issei would be delighted by the significant efforts made by the Lincoln County Historical Museum to document and preserve their experience in Nebraska. My Issei May 1-June 1, 2023

(Grandson of Takehiko Miyoshi and Takeyo (Shiroyama) Miyoshi, Japanese immigrants who settled in Lincoln County)

“What a fun, educational and exciting experience to be part of the dedication ceremony for the ‘Japanese in Lincoln County’ exhibit at the Lincoln County Museum. The exhibits are very well thought out with pictures and a story through time for the Japanese who immigrated to Lincoln County in the early 1900s. The exhibit brought back so many of my early childhood memories from grandpa and grandma’s life on their farm near Hershey.”

Barbara “Barbie” (Okamoto) Bach (Sansei)

(Granddaughter of Isoji Okamoto and Takeyo (Shiroyama) Okamoto [paternal grandparents] and Chozo Kumagai and Maki (Hashiura) Kumagai [maternal grandparents], Japanese immigrants who settled in Lincoln County)

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(Grandson of Takehiko Miyoshi and Takeyo (Shiroyama) Miyoshi, Japanese immigrants who settled in Lincoln County)
CALENDAR

A NATIONAL GUIDE TO NOTABLE COMMUNITY EVENTS

JACL National Convention
Los Angeles, CA
July 19-23
Doubletree by Hilton Hotel
120 S. Los Angeles St.
Price: Registration Required/Virtual Rates Also Available
Come join JACL at its annual National Convention, which will be held in Los Angeles’ Little Tokyo this July! This year’s theme, “Rooted in Community,” encompasses the cultural exploration into the area’s community organizations, museums, history, shopping and food, as well as continues to build on last year’s theme “Strengthening Our Community Through Action.” This year’s cohort will include a welcome reception at the Terasaki Budokan, Youth Awards Luncheon, Sayonara Banquet at the Japanese American Cultural and Community Center, David Ono’s ‘Defining Courage’ and a Tamlyn Tomita-led reading of ‘Question 27, Question 28,’ as well as workshops, scenarios and National Council sessions.
Info: For more information and to register, visit www.jacl.org.

Irei — A National Monument for the WWII Japanese American Internment
Los Angeles, CA
JANM
100 N. Central Ave.
The project contains the first comprehensive listing of more than 125,000 persons of Japanese ancestry who were forcibly incarcerated during World War II. Visitors can now view the book and leave a special hanko (stamp/seal) for each person in the monument as a way to honor those incarcerated. The project’s online archive is now searchable alphabetically or by camp.
Info: Visit ireizo.com for more information and janm.org.

NCWNP
Pioneer Memorial interfaith Community Service
Palo Alto, CA
May 26; 9:30-10:30 a.m.
Alta Mesa Memorial Cemetery (Japanese section, Lot BC)
695 Araratadero Road
Price: Free
The Sequoia chapter of the JACL is co-sponsoring the annual Pioneer Memorial Interfaith Community Service, and all are welcome to attend, which honors and remembers family and friends who have passed with special remembrance to the early pioneers who worked and lived in the area from the 1900s and who left no families.
Info: For more information, contact Mike Kaku at mikej@jclayh.com.

PSW
The Science of Sound Meditation
Los Angeles, CA
June 2; 2-3 p.m. and 6-7 p.m.
Japan House Los Angeles Salon, Level 5
681 Hollywood Blvd.
Price: $25
Hosted by ‘Zen Mind’ creators, the Rev. Ryugo Kurashima and Masahiro Nakawake, this program will start with a lecture about the scientifically measurable effects of Zen Mind as a form of mindfulness, followed by a live performance and meditation experience led by the experts. Please wear comfortable clothes to sit on the floor during the experience.
Info: To purchase a ticket, visit https://www.japanhouse-la.com/events/your-zen-science-of-meditation-healing-mindfulness.

PNW
78th Annual Memorial Day Service
Seattle, WA
May 29; 10-11 a.m.
Lake View Cemetery
1554 15th Ave. East
Price: Free
The Nisei Veterans Committee and NFC Foundation present this special Memorial Day Service to honor Japanese American and other veterans who gave their lives in service to our country. It has become one of the largest services in the Northwest. The service will include a presentation of colors, prayers and meditations, a keynote speech, service will include a presentation of colors, prayers and meditations, a keynote speech
Info: For more information, email skazikai@mac.com.

‘Parallel Barbed Wire’ Exhibit
Powell, WY
Now Open
Heart Mountain Interpretive Center
1539 Road 19
This new exhibit features the remarkable stories of Heart Mountain internees. Clarence Matsunaga and Holocaust survivor Sally Gamar. Matsunaga served in the 522nd Field Artillery Battalion and rescued Gamar. The exhibit details their remarkable friendship throughout their lives.
Info: For more information, visit www.heartmountain.org.

‘Resilience — A Sansei Sense of Legacy’

Tacoama, WA
Turu July 7
Washington State History Museum
1911 Pacific Ave.
This exhibit features eight artists whose work reflect those of EO 9066 as it resonated from generation to generation. It includes the works of Lydia Nakashima Degarrost, Na Omi Judy Shiratori, Reiko Fuji, Wendy Manjuma, Kristine Aono, Tom Nakashima, Roger Shimomura and Jerry Takigawa.

MDC
Como Park’s Cherry Blossom Festival
Saint Paul, MN
June 10
Como Park and Conservatory
1225 Estabrook Dr.
Price: Free
Como Park’s 20 cherry trees were a gift from Japan and specially developed to withstand the cold Minnesota winters. Located near the Marinerheim Memorial, the Cherry Blossom Festival is back after two years due to the Covid pandemic. This summer get-together will be filled with great food, activities and much more. Stay tuned, as more information will follow.
Info: Contact tcjca.org.

EDC
75th Annual Memorial Day Service
Arlington National Cemetery
Arlington, VA
May 28; 10 a.m. EDT
Arlington National Cemetery Columbarium
Price: Free
Join JACL, National and its Washington, D.C. chapter along with the Japanese American Veterans Asn. and the National Japanese American Memorial Foundation as it honors our nation’s veterans during its annual Memorial Day Service. The keynote speaker is Maj. Kay Iwuchihara, USAF, additional student speakers from Spark M. Matsunaga Elementary School and Kingsview Middle School will also be featured. The service will be in-person and recorded for JAVA Facebook.

Info: Contact jacldc@gmail.com for questions or additional information.

Symposium: Covering Hate Crimes in Black, Asian, Jewish and LGBTQ Media
Manchester, NH
June 9; 1-2:30 p.m. EST
Hybrid In-Person/Virtual Event
CUNY Campus
This hybrid event hosted by the Center for Community Media will focus on how community media can and do respond to hate crimes targeting Black, Asian, Jewish and LGBTQ communities. Speakers will include those with expertise in civil rights and community safety, as well as a panel discussion with media journalists covering hate crimes in their communities.

‘Hokusai: Inspiration and Influence’ Exhibit
Boston, MA
Thru July 16
Museum of Fine Arts
465 Huntington Ave.
Taking a new approach to the work of Katsushika Hokusai (1760-1849), this major exhibit explores the impact on other artists — both during his lifetime and beyond — and brings together more than 90 woodblock prints, paintings and illustrated books by Hokusai and more than 200 works by his teachers, students, rivals and admirers.

Eric Carle Loves Japan!
Amherst, MA
Thru Aug. 20
The Eric Carle Museum of Picture Book Art
128 W. Bay Road
This exhibition explores Eric Carle’s long association with — and deep admiration for — the country of Japan and its picture book museums he visited there: Chihyo Art Museum in Tokyo, Anno Mitsuasa Art Museum in Tsuwano and Kauzu Iwamura Picture Book Hill Museum in Nagakawa. Among the works on display are never-before-seen photographs of Carle’s visits to Japan over a 32-year period.

In addition to events listed in the calendar above, please visit this year’s platform for further information.

Applications for the next issue of CAL are now being accepted. Please see the Call for Submissions section for more information. Visit https://www.pacificcitizen.org/subscriptions/ for more information.

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Asari, Iwao, 95, Honolulu, HI, Dec. 21, 2022; veteran, Army; he was predeceased by his wife, Alice; he is survived by his children, Michael, Glenn (Audrey), Wayne (Marilynn) and Faye (Jay) Hara; brother; Robert; gc: 2.

Chikami, Gene, 82, Anaheim, CA, March 27; he was predeceased by his brother, Kenneth Eiji Chikami; he is survived by his wife, Kiyoko; children, Mitchell, Christopher (Elaine) and Arleen (Ron); sister, Joanne Kuniko Kokka (Sam); he is also survived by many nieces, nephews and cousins; gc: 2.

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grandparents raised five Okamoto and five Kumagai children (Nisei) in North Platte 100 years ago. Like other Japanese immigrant families, they worked for the Union Pacific railroad and farmed. The community was close knit like one very large family. We Sansei cousins treasure our memories of that community. This exhibit preserves beautiful photographs of aspects of daily life, as well as how they rose to face particular challenges. I loved seeing my grandparents featured in the Naturalization Ceremony, Father Kano, the Kamino farm, Roy Yanagida’s enterprise, the 442nd Regimental Combat Team and the names of military veterans. There are many more stories, so please tell Dr. Griffin to add another building expansion!"

The Honorable Brandon A. Kelliher,
Mayor, City of North Platte, Neb.

“Communities prosper through an understanding of their history. The Lincoln County Historical Museum’s Japanese of Lincoln County exhibit honors the contributions and rich history of Japanese Americans in our region by telling stories of hard work, dedication and the relationships that helped to make North Platte grow. Our community is fortunate to host such a wonderful addition to the Lincoln County Historical Museum.”

James ‘Jim’ Griffin,
Director and Curator,
Lincoln County Historical Museum

“The museum’s new exhibit on the Japanese of Lincoln County is the museum’s effort to tell the largely overlooked story of the early Japanese immigrants to our county. Their contributions to the economy through agricultural development and business creation were recognized at the time. Their perseverance in the face of everyday hardships and imposed hardships are an inspiration every citizen can learn from. In part, it is these facts that the exhibit is trying to convey to the visitor, not just to preserve their story in a static sense but as a way to invoke thought.”

The Lincoln County Historical Museum is located at 2403 N. Buffalo Bill Ave., North Platte, Neb. The museum is open May-September with the following hours: Monday-Saturday, 9 a.m.-5 p.m., and Sunday 1-5 p.m.

Numerous photos and artifacts are on display at the newly opened “Japanese of Lincoln County” exhibit.

PHOTOS: COURTESY OF STEVE KAY

To learn more about the Lincoln County Historical Museum, visit https://lincolncountymuseum.org. The museum’s contact information is (308) 534-5640 or email lincomuseum@gmail.com.