

Currents

Asian Pacific Islander Community Newspaper Serving Sacramento and Yolo Counties - Volume 32, No. 2 Spring/May 2019



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CHINESE AMERICAN COUNCIL
OF SACRAMENTO-5

Japanese Americans lead Texas protest

Youtube, April 8, 2019
Stop Repeating History

Japanese Americans placed thousands of hand-made paper cranes on the fence of the South Texas Family Residential Center in Dilley, Texas, in solidarity with the refugee

mothers and children confined inside. Their #TsuruForSolidarity campaign had asked people across the country to make 10,000 paper cranes (tsuru, orizuru). Over 25,000 folded cranes arrived for the March 30th protest. Anyone who folds 1,000 paper cranes will be granted a wish by the gods according to ancient Japanese legend. The cranes symbolize happiness and eternal good luck.

more than 4,000 innocent people of Japanese ancestry were held for indefinite detention during World War II.

At the Dilley detention center, the group joined with Grassroots Leadership, the Laredo Immigrant Alliance, and other local activists to call for an end to the criminalization and detention of refugee families arrested at the Mexican border. In the following days, they traveled to Laredo and Austin for more actions in support of migrants and refugees.

The national Japanese American coalition #TsuruForSolidarity is continuing its work to end family detention, including a second pilgrimage planned for November 2019.

About fifty Japanese Americans from across the country traveled to Texas for the demonstration, most of them former child detainees and their descendants. That morning, the group made a pilgrimage to the former site of the Crystal City Family Internment Camp (prison), just forty miles away from the South Texas Family detention facility. At Crystal City,

Census 2020 - US Supreme Court to decide

The heavily conservative stacked US Supreme Court heard argument on April 26th as to whether or not the Census Bureau can include the controversial citizenship status question in the 2020 Census questionnaire.

Court (Manhattan) found that the citizenship question would place Arizona, California, Florida, Illinois, New York and Texas at risk of losing seats in the House and several states could lose federal money. Judge Furman also ruled "the evidence is clear that (Commerce) Secretary Ross's rationale was pretextual" i.e. not the real motivation for inquiring about citizenship status. The Trump administration's Voting Rights argument is equivalent to the "military necessity" excuse used to arrest and incarcerate 120,000 Japanese Americans during WWII.

Former US Attorney General Eric Holder says if the court allows the citizenship question it would essentially "weaponized the 2020 Census" to determine where the political and economic power in the US resides. "Allowing the administration to demand citizenship information from every household as part of the decennial census for the first time in more than half a century would dramatically depress the count in areas with significant Latino and immigrant populations and would reposition political representation toward areas more likely to elect Republicans."

Secretary of State Alex Padilla's statement on the issue: "Attempting to include a question about citizenship in the Census is a cynical ploy by the Trump Administration to stifle non-citizen participation and jeopardize the accuracy and fairness of our nation's most important population count. Not only would it impact federal funding to states, an inaccurate count would undermine redistricting and voting rights for underrepresented communities. California will fight any effort by the Trump administration to sabotage the Census."

The Trump administration's argument for the citizenship question is solely "so the Justice Department can more effectively enforce the Voting Rights Act." The last time a citizenship question was asked was 1950. In March, Judge Jesse M. Furman, Federal District

or current resident

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ACC SENIOR SERVICES

Family Caregiver Support Program

“ACC saved my life,” declared a participant at a recent ACC caregiver support group. She was encouraging family caregivers new to the support group to ask for and accept help. ACC’s Bridge to Healthy Families program is an important resource; our goal is to assist family caregivers to access support services.

Family caregivers often face many challenges when caring for a loved one. For adult children caring for their elderly parents, the “role reversal” may be difficult, coupled with the day-to-day responsibilities of medication management, providing nutritious food, figuring out ways to make the home safer, and transportation to medical appointments. One family caregiver says he feels as though he’s managing a small business; the business of coordinating the different therapists, paid

caregivers, and appointments for his care receiver. Another feels overwhelmed by 24/7 care. And yet another said, “I just want to go to lunch with my friends,” but feels she cannot, because she can’t leave her loved one home alone.

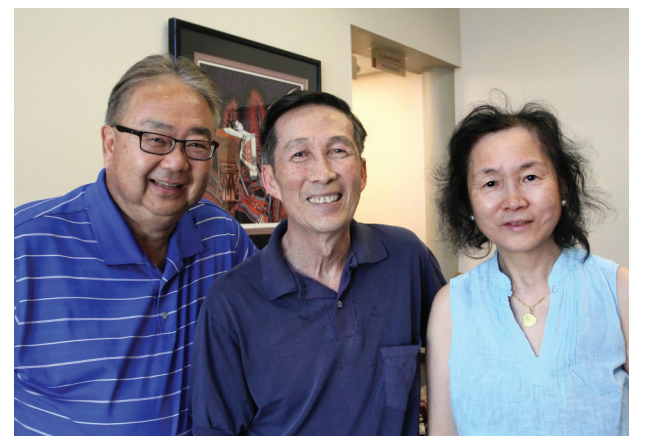
Soojin Yoo, MSW, Bridge to Healthy Families’ social worker, says, “One thing I think of is how lonely it can be to care for someone with this disease (Alzheimer’s). In this culture, independence is highly regarded, and many people feel like their life is just going to go downhill, so they suffer in loneliness.” But, there is no need to be lonely. Soojin leads two different monthly caregiver support groups at ACC, one on the second Wednesday from noon-1:30 pm and one on the fourth Thursday from 6:30-8:00 pm. For caregivers, attending a support group can be validating, as caregivers share their challenges... and listen to their fellow caregivers offer their solutions or suggestions. “I’m sorry, I don’t mean to vent,” is a common refrain from caregivers new to the support group. “That’s ok,” say the experienced support group members, “this group is here for you—we understand what you are going through.”

“There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”

- Rosalynn Carter, Aug. 6, 2012

In addition to the support groups, Bridge to Healthy Families offers care assessment and home safety checks, care management planning, educational programs, and information and referrals for other resources. These services are offered free of charge. A grant from Agency on Aging, Area 4 provides some funding. Client contributions, community donations, and fundraisers help support the program.

Caring for a senior may be the honor of your life, and it may also be the most challenging thing you’ve ever had to do. But, you don’t have to make that journey by yourself. Bridge to Healthy Families is here for you and your loved ones. For more information, contact: syoo@accsv.org or (916) 393-9026; www.accsv.org.



ACC MAPLE TREE VILLAGE

Assisted Living and Memory Care Center



COMING
SOON!

Designed by renowned architect Ed Kado, ACC Maple Tree Village will provide 72 apartment units for Assisted Living and 30 studio units for Memory Care services. It fulfills ACC’s mission to provide a continuum of care in a family oriented, culturally sensitive environment.



ACC Maple Tree Village will be opening in the Fall 2019. It is located on Maple Tree Way in 95831, less than a mile from ACC Care Center, ACC Greenhaven Terrace, and ACC Senior Services.

At ACC Maple Tree Village, residents will enjoy the family culture that is the hallmark of ACC. They’ll also experience a brand new facility that embodies the latest in universal design for residential living.

Visit accsv.org/mtv to download the Fact Sheet and watch informational videos.

Join the Interest List at tinyurl.com/MTV-List1. For more information, Contact Ted Fong at 916-503-5380 or email tfong@accsv.org.



Watch ACC Maple Tree Village being built at accsv.org/mtv.

April 28th Poway Synagogue assault

Every time a mass shooting occurs, we say “NO MORE. Something has to change.” How much more horrified can we become? Don’t let the trauma of these tragic events paralyze you, yes, YOU. Do something.

1. Support victims and their/our community
2. Support gun control, register and vote
3. Promote inclusion, reach out to others who need to know and appreciate every group
4. Offer an ear and referral to those who have mental health issues
5. Use every opportunity to speak against distinguishing “us” from “them”

On Saturday April 27, 19 year old John Earnest entered the Congregation Chabad of Poway (San Diego) making anti-Semitic remarks and opened fire. With a semiautomatic rifle, he killed one person and at least three others were injured. That Saturday was the final day of Passover, the holiest Jewish celebration of the year which marks the Jewish people’s exodus from Egypt for freedom from slavery.

Earnest’s weapon jammed and an off duty Border Patrol agent worshipping along with the 100 other congregants opened fire on Earnest but missed. Earnest drove off, called

CHP on 9-1-1, gave up his location and was arrested in his car. Earnest is known to be a CSU San Marcos student and is affiliated with an Escondido Presbyterian church but did not actively worship.

In a recently posted online letter attributed to John Earnest, he talks about an attack on Jewish people, references the Tree of Life Synagogue (Pittsburgh, October 27, 2018) attack and mosque shootings in Christchurch, New Zealand (March 15, 2019). He claims responsibility for a mosque fire in Escondido which authorities say may be the March 24th arson at the Islamic Center of Escondido. He wrote: “Four weeks ago, I decided I was doing this. Four weeks later, I did it.” Earnest is white. The manifesto says the writer is willing to sacrifice his future “for the sake of my people.” [Earnest does not mention the attacks on churches and hotels in Sri Lanka on April 24th.]

Rabbi Yisroel Goldstein, who leads Congregation Chabad and was injured in attack, says: This has to stop. The constitution of the United States guarantees freedom and religion for all faith. You know, we’re so lucky and fortunate to live in a country that protects our rights to live as proud Jews. We’re still recovering from the Holocaust. We found a haven to live as free people and yet, we’re being mowed down like animals like we’re Nazi

Germany. And this has to stop. But you know what? We’re not going to be intimidated or deterred. Terror will not win and as Americans, we can’t and won’t cower in the face of this senseless hate of what’s called anti-semitism. This coming Saturday, I personally feel I want to appeal to all the Jewish people to make an effort to attend synagogue. We need to fill up those rooms, not run away from synagogue. On the contrary, let’s fill up the synagogues. Let us show these terrorists, let us show these evil, wicked people, they will not do anything to hinder us from being proud Jews, and for being proud people walking the freedom of America. We need to really answer the darkness with as much life as possible.

Tree of Life Synagogue says this violence must end: “It’s only six months ago to the day that we became members of that tragic club of community-based shootings to which no one wants to belong,” read the statement from Pittsburgh’s Tree of Life synagogue. “We know first-hand the fear, anguish and healing process such an atrocity causes, and our hearts are with the afflicted San Diego families and their congregation. We will not give in to hatred,” the statement read. “These senseless acts of violence and prejudice must end,” it continued. “Enough is enough!”

13 A Good Omen for K.W. Lee Center for Leadership

The nonprofit celebrates its namesake journalist’s 90th birthday and reunites *Koreatown Weekly* staff

By George Toshio Johnston, Senior Editor, Digital and Social Media
Pacific Citizen, June 16-28, 2018
Submitted to Currents by K.W. Lee himself (of course!)

When the K.W. Lee Center for Leadership held its 13th annual fundraising dinner at Koreatown’s Oxford Palace Hotel on June 8 (2018) in Los Angeles, the nonprofit decided to find future inspiration by looking back.

Part of that entailed celebrating the nearly five-year run of *Koreatown Weekly*, which was founded by K.W. Lee, dubbed the “godfather of Korean American journalism,” whose career achievements inspired the center’s name. The dinner also reunited members of the *Koreatown Weekly*’s staff and marked Lee’s 90th birthday.

Why revisit the *Koreatown Weekly* in 2018, which folded in 1984? Looking back on the newspaper, California State University Northridge journalism professor Taehyun Kim said *Koreatown Weekly*’s mission was “to raise community consciousness” and noted how in 2018 a proposal by the City of Los Angeles to convert a city-owned parking lot in Koreatown into a homeless shelter came about without any input from local residents and business owners, implying that the existence of a news outlet like *Koreatown Weekly* might have precluded such a unilateral act by the city.

“Of course, we have Twitter, Facebook and Instagram to share our voices and information, but our community doesn’t have an English voice. They don’t get a seat at the table,” Kim said.

As an investigative journalist working for the *Sacramento Union*, Lee is best known for a series of articles about Chol Soo Lee, a young

Korean immigrant with a record of petty crimes who was improperly convicted and imprisoned for a brazen 1973 gang-related slaying in San Francisco’s Chinatown.

In July 1979, K.W. Lee launched *Koreatown Weekly*, an English-language newspaper for the Korean American community that proved to be an enterprise ahead of its time.

During its nearly five-year run, however, Lee worked with fellow *Sacramento Union* staffer Steve Chanecka, managing editor/business manager, and Randy Hagihara, news editor/photographer, to produce issue after issue using a most-unusual method they called “I-5 Journalism.”

On a weekly basis, Lee and Chanecka drove nearly 800 miles from Los Angeles to Sacramento and back to produce *Koreatown Weekly*, doing prepress in Los Angeles and composing and printing the paper in Sacramento. For that first issue, Lee and Chanecka used the equipment graciously provided by the *Pacific Citizen* and its then-editor Harry Honda.

The evening reunited Lee, Chanecka, Hagihara and staffers Sophia Kim and David S. Kim, with each sharing memories of the *Koreatown Weekly* era. Chanecka started the trapeze down memory lane, recalling how over lunch at the China Moon restaurant in Sacramento, Lee said he wanted to start an English language newspaper for Korean Americans across the nation.

Chanecka related the first night of production at the *Pacific Citizen* with “Harry Honda guiding us on a single Compugraphic” (computer photo typesetter) and how they

didn’t finish until about 3 a.m. After that, they realized they would have to change how they produced the paper.

Hagihara, who would later work for the *Los Angeles Times*, looked back fondly at his experience, remembering details like trapping more than 30 mice over the years at the *Koreatown Weekly*’s office space near Los Angeles’ Koreatown, as well as the numerous trips made in the company car - a Ford Pinto station wagon - used to trek back and forth between L.A. and Sacramento.

“To me, working with Lee and Chanecka was the most fun I ever had in journalism, and I was lucky enough to realize it at the time,” Hagihara said.

Sophia Kim remembered meeting Hagiwada when he came to report on the Center for the Pacific Asian Family, where she working at the time, for *Koreatown Weekly*. Intrigued, she got the address for the office. She drew laughs when she said, “I just knocked on that door the next day - and I got hired because he hires anybody off the street!”

Davis S. Kim noted that while he didn’t continue to pursue journalism Lee “instilled in me his passion for activism and public service and community service.”

Lee, Chanukah, Hagihara, Sophia Kim and David S. Kim were presented appreciation plaques by the K.W. Lee Center for Leadership for their work on *Koreatown Weekly*. They also each received a collection of all the issues of the newspaper hardbound into one book.

Proceeding the reunion was a spoken word performance by Natalie Castaneda and David Contreras. The reunion was followed by In Khang Hyun Jeong Shim singing
Continued on Page 8

CACS Foundation and Locke Foundation Jointly Present

Author Lecture Event

with

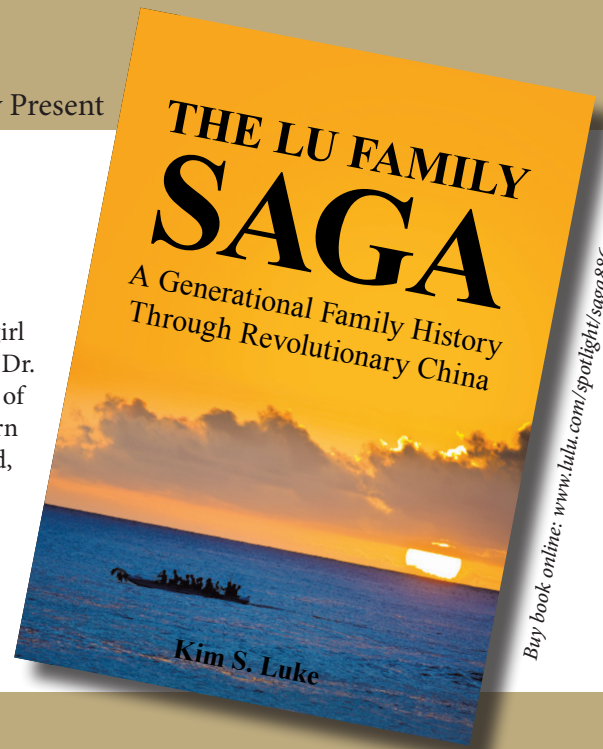
Kim Luke



The Lu Family Saga is an autobiography of a young girl whose great-grandfather, Lu Haodong, plotted alongside Dr. Sun Yat-sen to overturn the feeble Qing Dynasty, the last of the Chinese Dynasties. Generations later, the girl was born into a world still in turmoil. She and her family struggled, suffered, and survived.

Join us to meet a local author Kim Luke, who made Sacramento home after escaping Revolutionary China.

Hor d'oeuvres, tea and refreshments will be served.



Date: Saturday, June 1, 2019

Time: 1:00pm to 3:00pm

Special introduction by Roger Fong (former Sacramento County Assessor).

Book signing by author after lecture

Location: Jan Ying Museum, 13947 Main Street, Locke, CA 95690

(Locke is less than 1 mile north of Walnut Grove on the River Road)

Fee: \$15.00 per person

RSVP/information: Joyce Eng at 916-995-1186, or jeng916@sbcglobal.net



Fashion Show-Luncheon for Folsom Chinese Heritage Museum

July 21, 2019

The Chinese American Council of Sacramento Foundation and the Folsom Historical Society will present "Fashion in Tradition," a benefit Chinese fashion show and luncheon on Sunday, July 21st, from 11:30 a.m. to 2 p.m. at the Happy Garden Restaurant, 5731 Stockton Boulevard, in Sacramento.

The fashion show will present rarely seen exquisitely embroidered Chinese garments from the private collection of Karun Yee, dating back to the Qing dynasty (1644-1912). Garments and photographs from the archives of the Folsom History Museum will also be presented. The luncheon will feature fine Chinese Mandarin and Cantonese dishes.

Proceeds from the event will benefit the restoration of the historically significant Chan House, home of the future Chinese Heritage Museum in historic Folsom. The Chinese Heritage Museum will join the family of Folsom Historical Society museums, which include the Folsom History Museum (823 Sutter St.) and Pioneer Village, an outdoor interpretive center (196 Wool St.).

The Chinese Heritage Museum is being established to recognize the many contributions the Chinese have made in Folsom and California. Those contributions will be on display in the Chan House at 719 Sutter Street, which was the home of Howard Chan Sr. and Mabel Chan, descendants of Oak Chin Chan, a Chinese immigrant who arrived in Folsom in 1852 and became a prominent business man and the Chinese mayor of Folsom. The Chan family first rented the property in the 1920s but was not allowed to purchase the home until 1943 when the Chinese Exclusion Act was repealed. Howard Chan, Jr. and June Chan grew up in the home and are still local residents.

The legacy of Folsom's Chinese history is featured in the Folsom History Museum's newest exhibit, "The Chinese Legacy in Folsom," which runs from May 4 through September 1.

Tickets for the fashion show and luncheon are \$50 per person. They can be purchased online at www.folsomhistoricalsociety.org/events, or by telephone at 916/ 985-2707 between 11 a.m. and 4 p.m., Tuesday through Sunday. The Folsom Historical Society is a 501(c)(3) corporation.

**The Chinese American Council of Sacramento Foundation
& The Folsom Historical Society present**

Fashion in Tradition *Chinese Fashion Show & Luncheon*

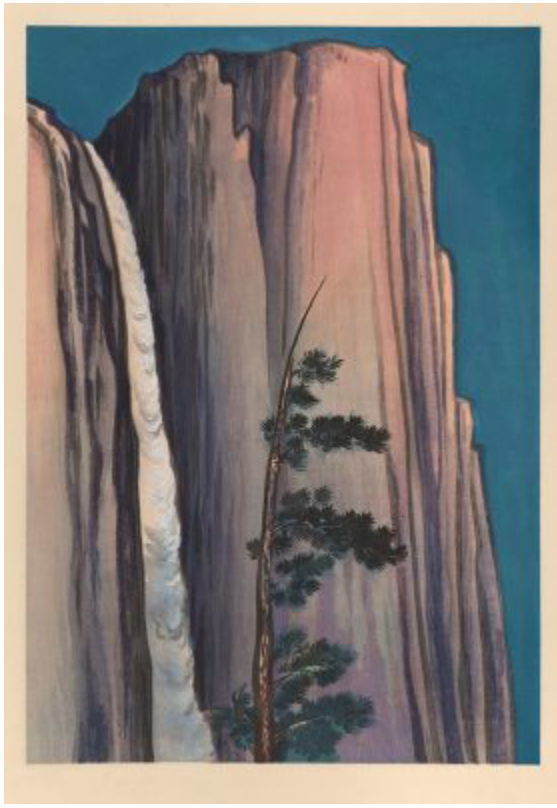
Proceeds to benefit the restoration of the historically significant Chan House,
future home of the Folsom Chinese Heritage Museum in Historic Folsom.



- ◆ Sunday, July 21, 2019
- ◆ 11:30 a.m. to 2 p.m.
- ◆ Happy Garden Restaurant, 5731 Stockton Blvd.
- ◆ \$50 per person. Tickets must be purchased in advance.

For reservations, please go to FolsomHistoricalSociety.org/events or call (916) 985-2707.

The Folsom Historical Society is a 501(c)(3) organization. 823 Sutter Street, Folsom, California 95630



Evening Glow at Yosemite Waterfall, 1930

Chiura Obata Retrospective

June 23-September 29
Crocker Art Museum

Born in Okayama, Japan, Chiura Obata (小園千浦, 1885–1975) emigrated to the US in 1903 at age 18 years, worked as a domestic servant in SF, earned a living illustrating for SF-based Japanese newspapers before embarking on a seven-decade career that saw the enactment of anti-immigration laws and the mass incarceration of Japanese Americans during World War II. He emerged as a leading figure in the Northern California art scene, had a show at the California Palace of Legion of Honor (1931), founded art schools in two WWII internment camps, and then taught at UC Berkeley for nearly twenty years.

UC Merced Professor ShiPu Wang says that he chose to curate an exhibit about Obata because he “hoped that audiences will have the chance to rediscover artists like Obata” who were never considered quintessentially (not quite) American but whose works nevertheless celebrated the beauty of America.

On display are paintings from the artist’s early formal studies as a student in Japan, his famous California landscapes, drawings during his imprisonment at Topaz, pieces depicting his UC Berkeley students. He used traditional ink painting medium (sumi-e), woodblock and water color.

When he came to American, Obata began to experiment with a diverse array of Western painting techniques, which can be seen through the many sketches and paintings of Yosemite National Park. At the onset of World War II, Obata and his wife, along with thousands of other Japanese immigrants, were detained at the Tanforan Assembly Center (San Mateo) and relocated to the Topaz Internment Camp in Utah as part of the Japanese American Internment (1942-1945).

According to Wang, there are two things that he hopes viewers can take from the exhibit: the first he urges visitors to “think about what it means to be American, in visual and artistic terms.” The definition of American art is constantly changing, and how and why are certain artists included and excluded?

Secondly, Wang hopes that viewers consider how “what [Obata] went through has

relevance in our time, and the battles we are going through.” Specifically, it’s important to consider how Obata’s peaceful protest through art can be a lesson to us in these tumultuous political times.

In addition to curating the exhibit, Wang designed the DigitalObata app (iTunes store) an “augmented viewing” experience meant to increase viewer engagement with the pieces contained in the exhibit. “Chiura Obata: An American Modern,” published by UC Press, contains photos of Obata’s work as well as selected writings of Obata and scholarly writings by other contributors.

The exhibit opened in 2018 at UC Santa Barbara. The collection went to the Utah Museum of Fine Arts, then to Okayama and now can be seen at the Crocker (Sacramento). From November 27, 2019 to May 25, 2020, the collection will be on display at the Smithsonian American Art Museum. The collection was organized by the Art, Design & Architecture Museum at the UC Santa Barbara with support from the Terra Foundation for American Art.

Exhibit Events (Free for Crocker members, fee for the public)

June 30 Sun (1030am-4pm) Sumi-e Brush (Japanese ink) Painting-Beginners Workshop

July 7 Sun (2pm) Opening Lecture by Professor ShiPu Wang, exhibition curator

July 2 Tue (12noon, 1pm), July 25 Thu (630pm) Look and Learn Tour: Setting Sun of Sacramento Valley

July 18 Thu (6pm) Sketch Night: Obata Edition

July 26 Fri (10am) Fourth Friday: Nature Colors

Aug 10 Sat (1030am) Artful Meditation in the Obata Exhibition Gallery

Aug 29 Thu (630pm) Conversations that matter: Immigration in California

ABOUT CURRENTS

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online at www.apsea.org



Chiura Obata (American, 1885-1975)
#Sad Plight, Crocker, 1942, 1942



A Sad Plight, 1942

Blue Zones, Part 2: How the World's Oldest People in Asia and Europe Make Their Money Last

What we can learn from Blue Zone island residents of Japan, Italy and Greece

By Richard Eisenberg, Money & Work Editor, April 9, 2019

In 2008, National Geographic writer Dan Buettner published his bestselling book, *The Blue Zones: 9 Lessons for Living Longer From the People Who've Lived the Longest*, about the five "longevity pockets" around the world. For this weekly series, *Next Avenue Money and Work & Purpose* editor Richard Eisenberg, a Gerontological Society of America Journalists in Aging Fellow, takes a different look at the Blue Zones — places where there's a high concentration of people living past 90 without chronic illnesses. Rather than focusing on the residents' diets, he reports on how the oldest people in the Blue Zones make their money last and what Americans and America can learn from this.

The Blue Zone of Okinawa, Japan

An archipelago of 150 small, rural islands south of mainland Japan, Okinawa is best known to Americans for two things: Its horrific World War II battle and the "Okinawa Diet." That plant-based diet (big on sweet potatoes) is believed to be a key reason for the residents' exceptional longevity. I was curious to learn how the centenarians and nonagenarians there make their money last and spoke with several experts who know them well and have spent a good deal of time with them.

Okinawa, the subtropical area sometimes called the Japanese Hawaii, has roughly 25 centenarians per 100,000 inhabitants — and they're mostly healthy centenarians. Rates of heart disease, strokes, prostate cancer and dementia are far lower than for people their age elsewhere. Frequent walking, as well as physical labor from agricultural work, fishing and gardening, keeps them in good shape.

But two other factors help explain why, as Francesc Miralles (co-author of *Ikigai: The Japanese Secret to a Long and Happy Life*), told me, the oldest Okinawans "don't worry about money" — even though they live in one of the poorer parts of Japan.

One is *ikigai* (pronounced EYE-kih-guy). Loosely translated as the happiness of always being busy, Buettner said it's more about having a reason to get up in the morning. Miralles believes *ikigai* is why Okinawa's centenarians "are free of stress." Dr. Craig Willcox, a gerontologist and co-principal investigator of the Okinawa Centenarian Study, described them to me as "happy-go-lucky," confident that "it will all work out in the end."

In Okinawa, people often work into their 90s. But work isn't the only reason for their *ikigai*. Nearly all the oldest Okinawans also take enormous pleasure in the vegetable and medicinal gardens they maintain outside their small houses. Many continue earning income selling what they grow.

The other key factor helping make Okinawans money last is one I found especially fascinating: the financial and personal safety net known as a "moai" (pronounced mo-AHY).

It's a group of about 20 close-knit older friends who look out for each other. They typically get together every afternoon to talk and play games. Moai participants also contribute about \$40 to \$50 a month to their communal pot. When one has a money emergency, he or she can pull money out, which reduces financial stress. It's something older Americans might want to create to help lessen their anxiety about outliving their money.

The moai is especially important because Okinawans' incomes and assets are small. Annual incomes are almost half of those in Tokyo, and assets are only a third as large as for people in Japan overall, said Takaoh Miyagawa, a retirement researcher at the Japanese insurance company AEGON Sony Life.

The community moai is a stand-in for the kind of care and assistance family members provide in other Blue Zones. "People in Okinawa usually don't have relatives in their village," said Miralles. "And some don't have children. The relationships with their neighbors are like family."

As one Okinawa centenarian from Ogimi (nicknamed "the Village of Longevity") told Miralles and his co-author Hector Garcia: "Getting together with my friends is my most important *ikigai*." (You can watch the intriguing video, above, that Miralles and Garcia made of their interviews with Blue Zone Okinawans; be sure to turn on the subtitles.)

A low cost of living also helps keep the oldest Okinawans afloat financially.

"They don't need to spend very much," said Miralles. While an apartment in Tokyo might cost \$3,000 a month, an Okinawan house runs closer to \$300 a month, Miralles noted. Due to their vitality, the oldest Okinawans "don't take as many medicines as in the U.S." said Buettner. And they generally don't buy on credit, either, avoiding interest charges.

Japan's government-provided health care — including its 19-year-old long-term care program — helps avoid costly out-of-pocket medical expenses. "Japan has quite a good long-term health care system," said Willcox. Everyone over 40 pays in and anyone can draw money out for home care or institutional care, when necessary, starting at 65. In America, by contrast, the Medicare health system for people 65 and older generally doesn't cover long-term care.

The Blue Zone of Sardinia, Italy

Roughly 120 miles west of mainland Italy lies the isolated, rugged Blue Zone island of Sardinia, Italy. It's actually the first place that was labeled a Blue Zone, which happened in 2000 when demographers drew a blue circle on a map around this low-income area peppered with male centenarians. Unlike the other Blue Zones, researchers found that in Sardinia, it's mostly the men who live especially long, healthy lives. So it's the men who've been the prime subjects of analysts of the Ikarian Blue Zone. No one yet knows exactly why older women there generally don't share the same characteristics as the men.

Like the Blue Zones of Nicoya Peninsula,

Costa Rica; Okinawa, Japan and Ikaria, Greece, the oldest (and often quite healthy) residents of Sardinia are often able to make their money last due to: government-provided universal health care and pensions; a low cost of living and income from produce they grow in their gardens.

Experts who have studied and talked with these Sardinians told me that they're especially frugal, too. If they do own cars, the vehicles are about 20 years old. Few older Sardinians save or invest regularly, as we in America are frequently told to do. Their wealth typically accrues from owning farm property, animals and equipment.

"If you asked them, 'Would you rather have another 10 sheep or X dollars in the bank, they'll probably pick the sheep,'" said Paul Hitchcott, a University of Pisa Research Fellow who has studied Sardinia's centenarians. "That is wealth for them. It means safety and security."

Belgian demographer Michel Poulain, who helped coined the term Blue Zones, told me: "I have never heard of anyone [there] who wanted to save and put money in the bank."

The 2018 study of 160 of Sardinia's oldest residents done by Hitchcott and fellow researchers found its men to be resilient and upbeat. "We noticed they seemed to be better cognitively and with lower levels of depression," said Hitchcott. "People who are depressed are more likely to die sooner."

As in the Blue Zones of Costa Rica and Greece, children of the centenarians and nonagenarians (usually daughters, as in Costa Rica and Greece) here frequently provide unpaid caregiving. Often, the oldest Sardinians live in their children's homes.

There are no long-term care facilities in Sardinia. "It would bring shame to a family to put an aging parent in a nursing home in Sardinia," Buettner told me.

Community support of the Sardinian Blue Zoners is very strong here, too. "People are literally on their doorstep who've got their back," said Hitchcott. "There's an incredibly rich network of close family members and friends who are very much out looking after each other."

Spending time there, Hitchcott said, reminded him of the TV show *Cheers*. "Everybody knows your name — and your family and your ancestors and your children," he joked.

Most of the male centenarians spent their working lives as shepherds and farmers. Some, Poulain said, stop working at around 50 because they can't continue doing the difficult, physical labor. "Then they take on another job, like bus driver," he noted.

Others continue working in fields and farms for decades, as elder advisers. Buettner told me that in Sardinia, 80-, 90- and 100-year olds "meet with farmers to help them deal with pests and bad weather."

Said Hitchcott: "They don't retire; they kind of get promoted."

Continued on Page 8

SOS Complex Named

On March 25th, the Secretary of State (SOS)/State Archives/California Museum Building Complex in Sacramento was officially renamed the March Fong Eu Secretary of State Building in honor of the late former Secretary of State. This is the first California state office building named after an Asian American woman. A ceremony in the building's auditorium featured the unveiling of a new plaque commemorating March Fong Eu's legacy. The plaque will be permanently installed at the building's main entrance at the corner of 11th and O streets.

"March Fong Eu's true dedication to public service embodies the very best of California," Secretary of State Alex Padilla said. "March Fong Eu's commitment to improving access to our elections, streamlining business filings, preserving state history, and making campaign finance data more transparent left a lasting legacy at the Secretary of State's office. For years, March Fong Eu sought to unify the operations of the Secretary of State's office under one roof. It is only fitting that the office complex March Fong Eu fought so hard to build bears her name." Padilla has said that Eu's presence in politics gave him a role model for his own political career.

"It is an honor to join Secretary of State Padilla in dedicating this March Fong Eu Building today," Suyin Stein said (Eu's daughter). "We are grateful that my mother's legacy will endure and her reputation for paving the way for greater women and minority participation, and integrity and openness in government, continues. May she inspire generations to pursue their dreams with determination."

The State Archives has launched a new digital exhibit on the Google Arts and Culture platform celebrating the life and legacy of March Fong Eu. The exhibit, "Leading the Way: March Fong Eu and a Lifetime of Service," tells the story of her life and lengthy public service career through original photos and documents from the State Archives collection.

2020 Citizens Redistricting Commission

Every 10 years, after the federal census, California must redraw the boundaries of its Congressional, State Senate, State Assembly and State Board of Equalization districts to reflect the new population data. This is why an accurate census count is so important.

In 2008, California voters passed the Voters FIRST Act authorizing the creation of an independent Commission comprised of 14 members, including five Democrats, five Republicans and four who are either registered as Decline to State or with another party. The Commission is responsible for drawing the lines of each district.

The open application period for new Commission members begins June 10, 2019 and will run through August 9, 2019. For information, contact the Commission at 1-833-421-7550 or email shapecaliforniasfuture@auditor.ca.gov

Blue Zones, Part 2: How the World's Oldest ...

Continued from Page 7

The Blue Zone of Ikaria, Greece

Dubbed "The Island Where People Forget to Die," the Blue Zone of Ikaria, Greece (pronounced ih-kir-EE-a), is a small (pop. 8,300), rocky collection of villages, 30 miles off the coast of Turkey, in the North Aegean Sea.

People in Ikaria, I learned, reach age 90 at 2 ½ times the rate they do in America; the average life expectancy in Greece overall is 80. They eat a version of the Mediterranean diet and frequently climb up and down the island's 20 steep hills, giving them exercise and strength. One study found that 60% of Ikarians over 90 are physically active.

In Ikaria, people tend to live eight to 10 years longer than elsewhere before succumbing to cancer or cardiovascular disease, if they ever get either. Researchers of the oldest Ikarians have found their blood pressure is low and they're less likely to suffer from depression than others their age elsewhere. Only 20% of Ikarians over 80 have dementia (compared to 50% in Athens).

But, Ikaria researchers told me, this island — whose residents are often subsistence farmers — is much different from the rest of Greece in other, surprising ways, too.

"It's a really weird place," Platon Tinios, a Piraeus University economist who studied the oldest Ikarians, told me. Howie Litwin, head of the Israel Gerontological Data Center, who has spent time in Ikaria, said: "Ikaria is a mind-blowing experience for someone used to an urban, tense atmosphere."

Here, stress is practically non-existent. Practically everyone takes a midday nap. And, Litwin said, "Time is a different entity on this island." As an example, Tinios said, "One village has reversed day and night; shops open at 11 at night and people go to sleep at 8 in the morning."

It's also a left-wing island. The Greek government exiled 13,000 communists and radicals to Ikaria in the 1940s and 1950s, which is why some call the place "Red Rock." Many of those exiles are among the oldest-old living there.

"The old people in Ikaria are from a very unique brand of people who struggled in the early parts of their lives," said Litwin. "They're used to fairly harsh conditions and, as a result, it affected their way of life and it positively affected their longevity."

Their don't-worry-be-happy attitude goes a long way in explaining why the nonagenarians and centenarians in Ikaria rarely worry about running out of money. That's an attitude I found is typical in all five Blue Zones.

In Ikaria, "they don't pay attention to money or artificial things," said Dr. Christina Chrysohoou, an Athens cardiologist who has studied the health of the oldest Ikarians. "They live poor, but happily."

The oldest in Ikaria are frugal, partly because of where they live. "They don't have places to spend money," said Chrysohoou. And, said Litwin, "They're not governed by a drive for

status symbols."

They're anything but prodigious savers, though. "Greece is not a saving culture," said Tinios. "People don't think old age is something they have to save for."

Instead, the oldest Ikarians rely on modest government pensions, the Greek National Health Service for their medical bills, property they own and assistance from extended family members.

Unlike in Japan, there is no national long-term care system from the government. Due to Greece's high unemployment and economic troubles, Tinios said, the government thinks it "has other things to worry about." Here, though, local municipalities pitch in, partly through a home-care program — often underfunded, due to Greece's financial woes — called Help at Home.

In Ikaria, caregiving provided for the oldest inhabitants by their children, nieces and nephews, is de rigeur, however. Often, Ikarians in their 80s, 90s and 100s live with their caregiving daughters, or with a child and grandchildren. In this way, "Ikaria resembles how Greece used to be 50 or 60 years ago," said Chrysohoou.

Liz Mestheneos, a founding member of the Hellas 50 initiative to support Greeks over 50, describes the implicit understanding this way: "It's a two-way process. They helped their children when they needed it, now their children help them. It's a family savings bank."

Source: www.nextavenue.org



(From left) Steve Chanecka, K. W. Lee and Randy Hagihara reminisce about obstacles they faced in producing the paper.

K.W. Lee Center

Continued from Page 4

"Arirang," Korea's unofficial national anthem and the presentation of a birthday cake for K.W. Lee. Hanah Lee Cook then led a toast to her grandfather and shared her childhood recollections of him.

The closing remarks were made by K.W. Lee, who remembered the man he helped free.

"Do you know why *Koreatown Weekly* was born? Because I spent two years as a reporter at the *Sacramento Union* to bring out the Chol Soo Lee murder case in Sacramento. ... My management said, 'K.W., we can't let you do anymore because nobody will give a damn to Chol Soo Lee,' said Lee. 'We cannot afford to cover Chol Soo Lee.' I said, 'All right, dammit. I'm going to start my own newspaper.' That's how *Koreatown Weekly* was born."

Memoirs of Jerome-Rohwer sought

Walter Imahara of Baton Rouge is spearheading a project to publish stories about life in the Jerome War Relocation Center (prison) and Rohwer prison, both Arkansas so-called internment camps, where Japanese Americans were unlawfully evacuated from the West Coast and detained during WWII as a "military necessity." His father James M. Imahara and mother lived in Florin California before they were arrested and sent to Arkansas during the war.

Walter wants to compile and leave a record of that camp experience - "I would ask all persons who have memories of the camps - either from their own experiences or from stories told to them by close relatives who went to Jerome or Rohwer - to contribute a story so that we can produce a nice book.

Jerome War Relocation Center in southeast Arkansas opened from October 6, 1942 to June 30, 1944. It was the last of ten concentration camps to be opened and the first to close. The Rife Construction Company of Dallas received the contract to build Jerome at a cost of \$4,703,347. Jerome's peak population was 8,497. Japanese Americans held at Jerome came from LA, Fresno, Sacramento and Honolulu. The camp was later converted into a holding camp for German POWs.

"Rohwer Relocation Center" in McGehee Arkansas opened September 18, 1942 and closed November 30, 1945. Japanese Americans from LA and San Joaquin were sent to Rohwer. Its peak population was 8,475. The Linebarger-Seene Construction Company was paid \$4.8 million to build the camp. Jerome and Rohwer were 30 miles apart.

As guidance, Walter is requested all former internees to write a 2-3 page remembrance of their life in the camps and send it to him with a photo of the writer and the former internee and any photos of camp life there. Dr. David Meltzer is editing the articles for publication. Walter is financing the publishing expense, is promising a copy of the book to everyone who contributes and will get this project published by Spring 2020!

Walter has requested Warren Shimonish who is affiliated with the San Jose Japanese Museum and Susan Gallion, curator of the Japanese American Museum in McGehee Arkansas to help locate and contact Jerome and Rohwer internees.

Hach Yasumura recently attended the April 13, 2019 Jerome/Rohwer Pilgrimage and met Walter Imahara at that event.

If you can contribute to this project, contact Walter Imahara at waltimahara@gmail.com or Kimiko Marr at Kimiko.marr@gmail.com. Walter can also be reached at 228 E. Greens Drive, Baton Rouge LA 70810, 225/413-4256.

2020 Census jobs

Supervisory and non-supervisory positions are available- Office Clerks \$16/hr, Office Operations Supervisors \$20.50/hr, Census Field Supervisors \$22/hr, Enumerators \$20/hr, Recruiting Assistants \$22/hr. Census workers have flexible hours, get paid training, and can work close to home. Census offices will be opening this summer. Apply online at 2020census.gov/job. Info: 1-855-JOB-2020



The Bulosan Center for Filipino Studies

The Bulosan Center for Filipino Studies at UCD held a conference on May 11th. The event included many workshops and panels focusing on Filipinx topics and issues. Keynote speaker was Dr. Martin Manalansan, author of "Global Divas: Filipino Gay Men in the Diaspora" and co-editor of "Filipino Studies: Palimpsests of Nation and Diaspora, Cultural Compass: Ethnographic Explorations of Asian America and Queer Globalizations: Citizenship and the Afterlife of Colonialism."

The Bulosan Center is hosted by UCD Asian American Studies. Its mission is drawn from the life work of Carlos Bulosan as a worker, writer and activist. The Center produces, preserves and disseminates knowledge about the Filipino experience in the US, abroad and in the Philippines. The Center has already established its digital archive at <https://welgadigitalarchive.omeka.net>. The Center supports UCD scholars researching on and teaching about the Filipino experience. Its programs are driven by close collaboration with community-based organizations. The Center is specially focused on addressing the experiences of the most marginalized, underserved and vulnerable members of the Filipino community.

The Bulosan Center has one ongoing call-out for archival materials about Larry Itliong and Philip Vera Cruz who were integral to the Delano grape labor strikes, UFW history, and the farmworker movement. Currently, the Welga! Filipino American Labor Archives houses a small amount of archival material about these famed labor leaders, but not enough documenting their achievements. Please consider donating photographs or documents regarding both Larry Itliong and Philip Vera Cruz, or share your experiences and thoughts of these two leaders on the Archives' "Share Your History" project. To donate materials, visit <https://welgadigitalarchive.omeka.net>.

Save the Date now! Run for a Safe Haven on 26th October 2019.....

It is the year of the Earth Pig, so save the date to root for this great cause. My Sister's House is ready to celebrate the 16th Annual Run for a Safe Haven! Help save Asian/Pacific Islander and other lives by supporting our work to end domestic violence, sexual assault and human trafficking. Join us for our 5K run/walk with your friends, family and co-workers. After the race there will be food, entertainment, henna designs, massages and more.

Race info www.runforasafehaven.com

Date: Saturday, October 26, 2019
From: 8 AM to 11 AM.
½ mile Kids Race: 8:30 AM
5K Race: 9 AM

Location: William Land Park, (Corner Freeport Blvd & Sutterville Rd) Sacramento
Halloween Costumes encouraged for you, friends, and Fido!

If you are interested in sponsoring the Run for a Safe Haven, please email Sitra T. at sitramsh@gmail.com or give us a call at 916-930-0626



China suspected in intellectual property theft

Two Chinese scientists have been ousted from University of Texas' (UT) MD Anderson Cancer Center (Houston) in April; a third is fighting the termination process. The center took action after a warning from the National Institutes of Health (NIH) that the faculty members are sharing confidential information, failing to reported foreign income and not disclosing conflicts of interest involving foreign ties. This investigation is part of the ongoing concern and speculation that China is stealing intellectual property and data.

The UT investigation found infractions of ethics policies, inappropriate sharing of confidential information from research projects, and the failure to disclose foreign interests, collaborators and payments; Some of these breaches traced back to Chinese institutions. The investigation did not find any disclosure of patient information

A fourth researcher was investigated, but that person's noncompliance did not meet the threshold to begin the termination process. A fifth UT scientist is still under investigation.

As of April 11th, NIH has contacted 44 institutions with concerns about foreign influences on specific scientists in NIH-funded research programs. In August 2018, NIH Director Dr. Francis Collins had notified more than 10,000 research institutions which received or applied for NIH funding that "some foreign entities have mounted systematic programs to influence NIH researchers." NIH is the largest public funder of biomedical research in the world. NIH believes that they are not the only funding agency being affected by outside entities attempting to unlawfully appropriate information.

The FBI notified MD Anderson of a national security investigation back in 2015. FBI had discovered that researchers at 55 institutions were believed to be receiving foreign government money without disclosing it, in some cases diverting intellectual property to China and frequently sharing research ideas accessed through the peer-review of grants process. China's Thousand Talents Program had ties to many of the researchers being investigated.

The Chinese government describes the Thousand Talents Program as an effort to bring the top minds from overseas "who can make breakthroughs in key technologies or can enhance China's high-tech industries." The FBI says programs like Thousand Talents offer incentives such as competitive salaries, state-of-the-art research facilities and honorific titles.

In a April 26th South China Post newspaper article, Chinese President Xi Jinping called for fair play for Chinese academics and businesses and asked nations to treat Chinese companies, students and scholars equally providing a friendly environment for exchange and cooperation. Another article in the South China Post warned that China could retaliate for the ouster of the UT scientists in a "necessary way," the firings will backfire on the US and alluded to initiating a visa war

The API community warns about racial profiling which in the past has ruin careers and reputations of exonerated API scientists in

the past. "Scientific research depends on the free flow of ideas," Frank H. Wu, president of the Committee of 100, a group of influential Chinese-Americans. said to the Chronicle. "Our national interest is best advanced by welcoming people, not by racial stereotyping based on where a person comes from.

In March, three professional groups for Chinese and Chinese American scientists wrote an open letter in Science Magazine to express "concerns about the recent political rhetoric and policies that single out students and scholars of Chinese descent working in the United States as threats to US national interests. These developments have led to confusion, fear, and frustration among these highly dedicated professionals, who are in danger of being singled out for scapegoating, stereotyping, and racial profiling."



KNOW ABUSE REPORT ABUSE

ELDER AND DEPENDENT ADULT ABUSE AWARENESS

A FREE Community Conference

Presented By: **AGENCY ON AGING AREA 4**

Keynote Speaker: Lisa Nerenberg

Chair of the California Elder Justice Coalition
 Author of "Elder Abuse Prevention: Emerging Trends and Promising Strategies", and her new release:
 "Elder Justice, Ageism and Elder Abuse"(Springer,2019)

Workshops Include:

- ◆ **Frauds and Scams—Know what is out there, how to avoid them-how to report them.**
- ◆ **Caregiver Support—How to avoid "Compassion Burnout"**
- ◆ **How to get out of an abusive situation and where to go when you do.**
- ◆ **The effects of elder abuse in the LGBTQ Community**

Tuesday, May 14, 2019

**Check in 9am— Program 9:45am-2pm
 Pannell Meadowview Community Center
 2450 Meadowview Road
 Sacramento, CA**

Continental Breakfast and Boxed Lunch Included!

Pre-Registration Required

Register Online Anytime at: <https://www.eventbrite.com/e/know-abuse-report-abuse-tickets-58763101017>

Or Call: (916) 246-2114

For questions about accessibility or to request accommodations contact Karen at kmarinovich@agingagency4.org—Two weeks advance notice of need for accommodations is requested.

Calendar

Continued from Page 12

June 24-Aug 1 **SASF Summer Basketball League.**

Guild your skills and learn how to compete on a team. \$100/Upper/Lower Girls/Boys, \$50/Rookies. Info: Jeremy Kanenaga jwkanenaga@gmail.com, 916/869-0657

June 28-30 **KAAN Conference Korean American Adoptee Adoptive Family.** Minneapolis.

Keynotes, films, presentations, roundtables, performers, exhibits, for adults, youth and children. Info: KAANet.org

June 29 Sat **Nichi Bei Foundation's 9th Annual Soy and Tofu Fundraiser.** 11am-5pm at St. Mary's Cathedral (Gough St, SF). Info: www.soyandtodefest.org

July 2-7 **PACT Family Camp West. Tahoe City.** Pact Family Camp is a weeklong summer retreat where adopted children of color of all ages—and their families—share experiences and build community while learning from experts and each other. Register: www.pactadopt.org, 510/243-9460

July 2-7 **PACT Family Camp West. Tahoe City.** Pact Family Camp is a weeklong summer retreat where adopted children of color of all ages—and their families—share experiences and build community while learning from experts and each other. Register: www.pactadopt.org, 510/243-9460

July 8-12, 15-19 **SASF Nike Basketball Camp.**

Improve your game and have some serious fun! 9am-3pm at SASF (9040 High Tech Ct, Elk Grove). For 8-15yo. \$265/participant. Info: 1-800-645-3226

July 21 Sun **Chinese American Council of Sacramento/Folsom Historical Society's Chinese Fashion Show and Luncheon Benefit for Folsom Chinese Heritage Museum.** 1130am-2pm at Happy Garden Restaurant (5731 Stockton Blvd, Sac). \$50/person. Tickets: www.folsomhistoricalsociety.org/events, 916/985-2707.

Aug 3 Sat **My Sister's House Rummage Sale.** Info: info@my-sisters-house.org

August 10 Sat and 11 Sun **ABAS Law Foundation Speaker Series: Hold These Truths.** Acclaimed one-man play about Gordon Hirabayashi, civil rights hero who challenged World War II's race-based restrictions in the US Supreme Court. Playwright Jeanne Sakata's "epic love story between one man and the U.S. Constitution" received three 2018 Theatre Bay Area Awards. Info: www.abaslawfoundation.org

Oct 26 Sat **My Sister's House-Run for a Safe Haven fundraiser.** 8-11am at William Land Park (Freeport X Sutterville Rd, Sac). Info: Sitra T sitramsh@gmail.com, 916/930-0626.

Current Faces,

New Places

Emily Xia, a Davis 8th grader, received a \$1000 scholarship from School Band and Orchestra Magazine for her essay: "An orchestra is a community, we follow, we lead. We help others when lost, covering up for our friends when they make a mistake... Through musically helping out others and outreach programs, orchestra has made me an important part of the community around us."

Jerry Guo (Davis High), Allison Malcolm, Esther Myers and Sam Petersen received scholarships from the Yolo Community Foundation recognizing youth volunteering with local nonprofit organizations.

Roger Xia (Davis High) won the SF Symphony Youth Orchestra's annual Concerto Competition and will appear as a piano soloist with the orchestra next season.

Greg Wong (graduated Davis High, UCD) is now working for Learfield Sports and will be the professional sports announcer for Aggie women's basketball.

Fly kites safely and with caution

SMUD offers kite flying safety tips

Spring is the best time for flying kites. Before flying any kite, though, be sure to be safe because kites and electrical power lines and equipment don't mix. SMUD offers simple precautions to help make kite flying safer.

- Build or buy wood or plastic kites. Only use cloth for the tail.
- Fly kites in wide, open areas, far away from power lines.
- Only use cotton, linen or nylon string. Never use metallic thread or metal-reinforced string,

"A journey of a thousand miles begins with a single step ..."

Message from Grace Kim - *What are you doing?*

I came across an article in recent months about a large scale survey from 181 countries indicating that Millennials, those aged 18 to 35, do care deeply about global issues and are determined to tackle them. This is despite the stereotype of Millennials as selfish and apathetic. In fact, they are very aware about the worst problems facing the world today, with climate change and the destruction of the environment leading their concerns, followed by large-scale wars and religious conflicts, and then poverty. When asked who should be trusted to fix the issue of global climate change and environmental destruction, Millennials answered "international organizations and THEMSELVES." They are keenly aware that their commitment and action is absolutely required for the survival of this rare, beautiful, and fragile planet and for the survival of future generations to come. The most precious and generous Gift of Life is from our God the Creator of all beings and all things!

There is abundant scientific evidence that the Earth is warming at a radically abnormal rate and the destruction of our natural environment is REAL and already in process. It made me reflect deeply upon my own understanding and insights into the issues of climate change and environment destruction that is under way, and most importantly, I struggled with the critical question, individually and collectively, what are we doing to help address the issue for younger generations as their elders and role models who have lived through many challenges in life and gained strength, courage and wisdom? A wise Native American saying comes to my mind: "Consider what you do today in terms of how it will affect our offspring seven generations hence." God has given us this amazingly beautiful and wondrous planet, the only Home we have and know of in the universe. It is our privilege and responsibility to take care of this generous Gift from God and leave this planet for our future generations to survive and thrive beyond our wildest imagination.

Styrofoam has become such an accepted

Erin Entrada Kelly, author, was the UCD Words Take Wing speaker in February at the Mondavi Center. Kelly writes from her Filipino heritage: "Blackbird Fly" (her mother's immigrant life), "The Land of Forgotten Girls" (sisters abandoned by father living in impoverished circumstances), "Hello, Universe" (unexpected friendships.)

which can cause a fire, serious injury or death, if it comes in contact with energized electrical equipment.

- Fly kites only in dry weather. Wet string is a stronger conductor of electricity.
- Leave the kite if it gets caught in electrical lines or falls into a substation. Do not touch any part of the kite or string and keep everyone away.

To have a SMUD employee come out to safely retrieve a kite caught in power lines or equipment, call 1-888-742-SMUD (7683). For additional electrical safety tips, visit smud.org.

everyday product. We know that Styrofoam is harmful to the environment. There are quite a few reasons why it is detrimental to our health and the environment. Styrofoam is not biodegradable, taking 500 years or more for it to be broken down. Hydrofluorocarbons used in the production of Styrofoam and 57 harmful chemical byproducts released during its production pollutes air that is linked to serious negative health impacts, it is a possible cause of cancer, irritation of the skin, eye, respiratory tract and central nervous system if exposed chronically. When Styrofoam is consumed by fish, we humans eating those fish can experience toxic effects of Styrofoam. The manufacturing of Styrofoam creates hydrocarbons that can result in permanent lung tissue change. Styrofoam cannot be recycled into the same product. Microwaving Styrofoam causes the release of toxic chemicals posing a threat to human health. There are health hazards for people working in the production of this material. Styrofoam is a major pollutant of oceans, bays and other water resources. Finally, the production of Styrofoam is energy intensive, creating a large amount of greenhouse gases.

Although there are many things we can do to contribute to this fight to help save our planet, I thought that we can together take that very first single step of a grand journey of a thousand miles. I would like to propose that we start bringing our own cups from home and use them at our Coffee Fellowship instead of using Styrofoam cups. As my full-of-life, enthusiastic, ever-optimistic 7 year old great-grandniece often says, "I know we can do it!"

P.S. After I wrote the article for my church newspaper and weekly newspaper at Leisure World (Seal Beach), so many clubs and churches are bring their own coffee cups and try not to use plastic, paper and Styrofoam products. I am so glad that people are more aware of global warming and what we have to do.

Calendar

Now thru end of May **US-China Railroad Friendship Assn's Photographic exhibit celebrating the 150th Anniversary of the Completion of the Transcontinental Railroad (1869-2019)**. Sacramento Central Library lobby (828 I St, Sac).

Now through Sept 30 **Locke Foundation Exhibit: Locke in the 1970's**. Photography by James D. Motlow. Tue-Fri 12-4pm, Sat-Sun 11-3pm at the Boarding House Museum, Locke.

May 14 Tue **Elder and Dependent Adult Abuse Awareness Conference**. 9am-2pm at Pannell Meadowview Community Center (2450 Meadowview Rd, Sac). Free. Breakfast and lunch included. Registration required: www.eventbrite.com/e/know-abuse-report-abuse-tickets-916/246-2114

May 14 Tue **ACC Senior Services "Victims with Disabilities."** 11am-12pm at ACC Senior Services (7334 Park City Dr, Sac). Staff from the Victims of Crime Resource Center will discuss common trends and signs of abuse, strategies disabled individuals can use to protect themselves, and potential remedial measures to take if one becomes a victim. Free. To register: 916/393-9026 x330, classes@accsv.org.

May 16 Thu **ACC Senior Services "Space Clearing and Feng Shui."** 1030am-1230pm at ACC Senior Services (7334 Park City Dr, Sac). Energy from emotions can be left by events and situations in your space and remain until they are cleared. Learn about the different way to clear your space and effective ways to do it. Understand the feng shui behind energy flow and other factors that may affect it. \$10/\$12 drop-in. To register: 916/393-9026 x330, classes@accsv.org.

May 18 Sat **Sacramento Japanese United Methodist Church: Asian Food Sale**. This is a pre-order pre-pay event. **Order by May 9th**, pick up May 18th 1030am-1230pm at SJUMC (6929 Franklin Blvd, Sac.) Menu: Teriyaki Chicken, Udon, Chow Mein, Spam Musubi, Korean Short Ribs with kimchi, Sesame Chicken Bento. Info: 916/421-1017, www.sacjumc.com

May 18 Sat **Locke Foundation: 2019 Asian Pacific Spring Festival**. 11am-5pm in Locke (Main St, Locke). Lion Dance, marital arts, cultural entertainment, arts and crafts, vendors, food, raffle. Free admission and parking. Info: www.locke-foundation.org, 916/776-1684

May 18 Sat **Sacramento Asian Pacific Cultural Village: 2019 Film Festival**. Noon-10pm at Guild Theater (2828 35th St, Oak Park, Sac). Afternoon films: A Place in the Middle (Dean Hamer, Joe Wilson; Hawaiian tradition), Defender (Jeff Adachi, Jim Choi; criminal justice). Evening films: Award-winning shorts from *Asians on Film* festival, 1985 (Kang Vang; Hmong American coming of age), The Debut (Gene Cajayon; featuring Dante Basco). Passes - full day, afternoon, evening. Info: www.SAPFF.com, www.abaslawfoundation.org

May 20 Mon **My Sister's House (MSH) #MeToo Sexual Assault Survivors Support Group**. Info: 916/428-3271, info@my-sisters-house.org

May 22 Wed **ACC Senior Services "Himalayan Singing Bowls."** 1:30am-3pm at ACC Senior Services (7334 Park City Dr, Sac). Experience the calming harmonics of the Singing Bowls and learn ancient techniques to relax the body & mind and bring balance. \$20/\$25 drop-in. To

register: 916/393-9026 x330, classes@accsv.org.

May 23, Jun 27, Jul 25 Wed **ACC Senior Services Family Caregiver Support Group**. 6:30-8pm at ACC Senior Services (7334 Park City Dr, Sac). If you are an informal/family caregiver in need of support, join us for informational/emotional support and guidance by other caregivers and staff. Free. Info: Soojin Yoo, 916/393-9026 x326, syoo@accsv.org.

May 23 Thu **Organization of Chinese Americans 2019 Dragon Boat Festival Celebration**. Honoring: ATT, Chris Mateo, Tia Gemmell, May O. Lee, Saori Marie Choulos. 530pm reception 7pm dinner at Double Tree Hotel by Hilton (2001 Point West Way, Sac). Tickets: Jinky Dolar 916/203-3707, Linda Ng 916/996-3770

May 24 Fri **ACC Senior Services "In-Home Support Services (IHSS)."** 1-2pm at ACC Senior Services (7334 Park City Dr, Sac). IHSS is an invaluable resource that allows an individual with a disability to live independently in his or her home. This presentation provides an overview of the program's requirements and initial application process. To register: 916/393-9026 x330, classes@accsv.org.

May 30 Thu **ACC Senior Services "Telephone Use in Emergencies and Tips for Gas and Electrical Safety."** 2:30-4pm at ACC Senior Services (7334 Park City Dr, Sac). Your telephone can save lives. In this workshop, we will review what you should do to make sure you get the help you need. In addition, we will provide some basic safety tips for natural gas and electricity. Free. To register: 916/393-9026 x330, classes@accsv.org.

May 31 Fri ACC Senior Services "Keeping Your Brain Active and Fit." 10am-12pm at ACC Senior Services (7334 Park City Dr, Sac). Tips for remembering things and staying mentally sharp will be discussed. Brain fitness topics will be presented to help you begin building your personal brain fitness plan. \$5/\$7 drop-in. To register: 916/393-9026 x330, classes@accsv.org.

May 31 Fri **Sacramento Asian Sports Foundation (SASF) Strive for Strength Retreat**. Empowering girls to combat social pressure and find their identity. 5-9pm at SASF (9040 High Tech Ct, Elk Grove). \$25/student, \$40/adult. Info: strive4strength2016@gmail.com

June 2-July 7 **SASF Youth Volleyball Clinic**. Learning fundamental volleyball skills for grades 3-9. 1-3pm at SASF (9040 High Tech Ct, Elk Grove). \$75/participant. Info: www.sasfevents.org

Jun 4 Tue **ACC Senior Services "Time-of-Use Energy Efficiency Program."** 12:30-1:30pm at ACC Senior Services (7334 Park City Dr, Sac). This presentation is designed to educate participants on utilizing the hours of 6am-4pm to maximize the use of natural energy sources (i.e. sunshine, wind, etc.) in lieu of utilizing the peak time of 4-9pm, which causes additional stress on the energy grid and will increase their rates. Free. To register: 916/393-9026 x330, classes@accsv.org.

Jun 6 Thu **ACC Senior Services "It's Not Taboo to Talk About Death. We Can Only Talk About Death if We Truly Talk About Life."** 11am-12pm at ACC Senior Services (7334 Park City Dr, Sac). During this workshop, we will start the conversation about Life that will lead us into the conversation about End of Life. We will discuss

the use of a Personal Planning Guide, why you need a funeral home, and how you can learn about cemeteries. Free. To register: 916/393-9026 x330, classes@accsv.org

June 6-9 **WakamatsuFest150**, a celebration of 150 years of Japanese American heritage at the Wakamatsu Farm, Placerville. Site of the first Japanese colony in the US, birthplace of first Japanese American, grave site of first Japanese woman and immigrant. Performances, music, speakers, demonstrations, vendors, food, crafts, poetry, kids activities, manga/anime contest. Sponsors, vendors and volunteers needed. Tickets/info: www.arconservancy.org

June 7 Fri **SASF Career and Education Fair**. Meet Sacramento recruiters and find your next job or educational opportunity. 3-6pm at SASF (9040 High Tech Ct, Elk Grove). Info: 916/391-6000, programs@sasfevents.org, www.sasfevents.org

June 7 Fri **CSUS: Project Hmong Black Tie Gala**. Helping mentor our next generation. Proceeds will support Project Hmong student scholarships, Student Fellow Program, Leadership Institute. 530-9pm at CSUS Alumni Center. Tickets: \$75 individual, \$750-1000 sponsor. Info: www.csus.edu/saseep/projecthmong/projecthmonggala.html, Dr. Chao Vang chao.yang@csus.edu, Kajin Hand khang@sierrahealth.org

June 8 Sat **Parkview Presbyterian Church: Spaghetti Dinner**. 4-6pm at Parkview (727 T St, Sac). Parking on 8th St between S & T. Sponsorships available, vegetarian and To Go Orders available, raffle prizes. Parkview Teriyaki Sauce on sale too. \$15/adult, \$7/children 6-10, Free-children under 5. Info: 916/443-4464. Advance sale tickets available: Send checks to Parkview-Spaghetti Dinner (727 T St, Sac 95811)

June 8 Sat **Sacramento Sheriff, Sacramento Police, Sacramento State Police, Calif. Dept of Justice, FBI: Missing in California**. Connecting people with the resources to find their long-term missing loved ones. CSUS Harper Alumni Center (6000 College Town Dr, Sac). Free. Info: www.facebook.com/CAMissing/, SSO Deputy Paige Kneeland 916/874-1751, ckneeland@sacsheriff.com

Jun 11 Tue **ACC Senior Services "Healthy Aging for Seniors."** 1:30-2:30pm at ACC Senior Services (7334 Park City Dr, Sac). Getting older brings with it an abundance of emotional, physical and mental challenges. Join Interim Healthcare for an open discussion on Healthy Aging. \$3/\$5 drop-in. To register: 916/393-9026 x330, classes@accsv.org.

June 12 Wed **MSH Cultural Responsiveness Training**. Info: 916/428-3271, info@my-sisters-house.org

Jun 21 Fri **ACC Senior Services "SMUD's Residential Assistance Programs and Time of Day Rate."** 1-2pm at ACC Senior Services (7334 Park City Dr, Sac). Learn about SMUD's Residential Assistance programs and discounts such as the Energy Assistance Program Rate (EAPR) and Med Rate Discount. We will also review the New Time of Day rates and how to reduce your energy between 5-8pm. Free. To register: 916/393-9026 x330, classes@accsv.org.

June 23-Sept 29 **Crocker Art Museum-Chiura Obata: An American Modern Retrospective**. See article. Continued on Page 11