



A Shogun Lord
Toshi Toda and an appreciation of authenticity.
— Page 3

121 YEARS OF COMMUNITY JOURNALISM

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FEATHERED FRIEND: Photo shows a fairy pitta at a zoo in Kochi Prefecture, western Japan, on March 2. Also known as “fairy sprite” (*mori no seirei*), the bird has multi-colored feathers and can be seen in western Japan in the summer.

VISIT TO BRITAIN: Japan’s Emperor Naruhito and Empress Masako will visit Britain as state guests in late June, the Imperial Household Agency said Saturday, marking the first state visit by a sitting emperor since his father Akihito’s in 1998. The trip, aimed at fostering goodwill and friendship, will be the second overseas one since their June 2023 official goodwill visit to Indonesia. The state visit was initially planned for 2020 as the emperor’s first overseas visit following his ascension to the throne in May 2019, but it was postponed due to the coronavirus pandemic.

RECORD PROFITS: ANA Holdings Inc. said Friday its net profit rose 75.6% to a record 157.10 billion yen (\$1.0 billion) in the business year ended March, driven by global tourism growth after the coronavirus pandemic. Sales for the year climbed 20.4% to 2.06 trillion yen as demand for both international and domestic flights grew, the parent of All Nippon Airways said. The recent weakness of the yen has also helped attract foreign tourists to Japan.

in the news

LIFE IN PRISON: A man who owned a marijuana dispensary and the business’ manager were sentenced Thursday to 25 years to life in prison for murdering a community college student whose remains were found in a remote area of the Mojave Desert nearly two months after he went missing in South Los Angeles. Superior Court Judge Mark Hanasono tacked on an additional one-year sentence for dispensary owner Weijia Peng in connection with an allegation stemming from his use of a syringe filled with a deadly dose of ketamine during the Sept. 22, 2020, attack on 21-year-old Juan Carlos Hernandez. Peng, 34, of Alhambra and co-defendant Ethan Kedar Astaphan, 30, of San Gabriel were convicted Feb. 26 of first-degree murder for the slaying of Hernandez, who was a student at El Camino College in Torrance. Deputy District Attorney Habib Balian said the two men suspected that Hernandez was stealing from the dispensary where he worked, although law enforcement found no proof to back up the allegation made in messages that Peng and Astaphan had written each other in the days before the young man’s killing.

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Yen-Dollar Rate

DOLLAR UP: The dollar was higher in trading Friday on the Tokyo Foreign Exchange Market, finishing at 156.70-71 yen, up 1.08 yen from Thursday’s close.

Kristi Yamaguchi Is Now a Barbie Too

Olympic gold medalist’s message to young girls is dreams are achievable.

RAFU STAFF REPORT

Kristi Yamaguchi — Olympic gold medalist, “Dancing with the Stars” champion, author, and children’s literacy advocate — can now add Barbie to her list of achievements.

“Elegance on ice — Barbie is proud to announce Kristi Yamaguchi as our newest Barbie Inspiring Women doll,” El Segundo-based toy company Mattel said in a statement. “An Olympic and world champion figure skater, Kristi’s story is one of determination, athleticism, and unwavering self-belief. With role models like Kristi Yamaguchi, girls can not just imagine, but actually see that their dreams are achievable.”

The doll recreates Yamaguchi’s look as she took gold during the 1992 Winter Olympics in Albertville, France, at the age of 20, including the black-and-gold brocade outfit designed by Lauren Sheehan, the gold hair ribbon, and the red-and-white



Photos courtesy of Mattel

Kristi Yamaguchi holds her Barbie doll that will be released next month.

bouquet she held atop the podium.

“It looks like me for sure,” Yamaguchi told The Associated Press with a chuckle. “You know, the eyes and just the shape of the face. And then, of course, the hair, for sure. I mean, it has the bangs that are the ‘90s.”

She added that her daughters Emma, 18, and Keara, 20, are fans of the “Barbie” movie and were “flabbergasted” when they heard about the doll.

As a little girl obsessed with figure skating, Yamaguchi’s favorite toy was a Dorothy Hamill doll. Before Yamaguchi competed in Albertville, her childhood idol

wished her luck.

The release of the Yamaguchi doll is timed to coincide with Asian American Pacific Islander Heritage Month (May).

“As the first Asian American to win a gold medal [for individual figure skating] in the Olympics, she has broken down barriers for women and Asian Americans in the sports industry, inspiring young girls to, as Kristi Yamaguchi says, ‘Dream big and accomplish big things,’” said Krista Berger, Mattel’s senior vice president of Barbie and global head of dolls.

“Her determination, advocacy, and commitment to educating and empowering the next generation perfectly embodies the mission of the Barbie brand and we couldn’t be more thrilled to amplify her inspirational story for a new generation of kids.”

“Truly an honor to be included in the Barbie series Inspiring Women,” said Yamaguchi. “What fun it was to collaborate with Mattel on recreating this moment in time. Thank you all and Always Dream!”

Always Dream is the name of the foundation that Yamaguchi

Please see Barbie, page 4



Yamaguchi’s Barbie outfit is inspired by her look from the 1992 Olympics.



Photos by KATHIE YAMAMOTO

Bunka Sai Celebrates Japanese Culture

The 49th annual Bunka-Sai Japanese Cultural Festival was held April 20 and 21 at the Torrance Cultural Arts Center, featuring food, entertainment, crafts and displays. It’s sponsored by the Torrance Sister City Association, whose members served as volunteers. Above: L.A. Miyake Kai’s taiko performance featured Jen Baik, Fred Visaya and Aki Imai



Doyle Saito (left) and Jason Saito, president and vice president, respectively, of Dai Ichi Bonsai Kai, a bonsai club that meets in Gardena. The club’s exhibit of bonsai and Jason’s demonstration on how to create a saikei or landscape bonsai were part of the festival.

Nancy Hayata’s Tierra Murra by Ecommshipments booth included hand-crafted clothes, jewelry and “Scrubbies,” machine-washable substitutes for sponges, some created to resemble sparkly sushi.

JANM Mourns Passing of Nisei Artist Hisako Terasaki

The Japanese American National Museum (JANM) mourns the recent passing of Nisei artist Hisako Terasaki.

Born to Shuichi and Chizu Sumioka, she and her sister, Tokiko, grew up in Boyle Heights, where her family ran a flower shop. The Sumiokas were incarcerated at the Poston concentration camp in Arizona. During the postwar years, they lived and worked apart from each other to help their family become financially stable again.

During that difficult time, Hisako attended high school and worked as a live-in housekeeper. When she returned to Los Angeles, she studied art and earned her BA in education at Los Angeles City College in 1954. That same year, she married Paul I. Terasaki, a pioneer in human organ transplant technology.

While raising a family, she pursued printmaking and exhibited her artwork in the Los Angeles area, including her exhibition in honor of Nisei Week, “Hisako Terasaki: A Self-Portrait,” that ran from Aug. 7–Sept. 5, 1999 in JANM’s Terasaki Orientation Theater.

Her work captured her worldwide travels and the raising of her four children. Later in life, she and her husband became cherished philanthropic supporters of the Japanese American and Los Angeles communities.

“It’s with a heavy heart that we grieve the loss of a phenomenal woman who touched so many people



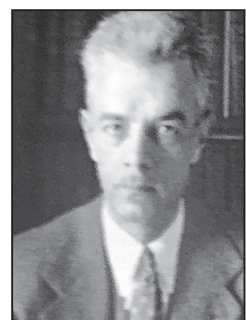
Hisako and Paul Terasaki

with her compassion, creativity, and generosity,” said Ann Burroughs, JANM president and CEO. “Among the many gifts that the Terasaki family bestowed on the museum was helping to restore the Historic Building, where JANM first opened to the public. Throughout the years, their family’s generosity has supported a wide range of initiatives that includes the annual Benefit and the Pavilion’s orientation theater and garden café, both of which bear their names.”

“The museum and the entire Japanese American community will always appreciate and cherish Mrs. Terasaki’s artistic talents, her kindness and quiet dignity that she shared with so many of us and that propelled our mission and the Japanese American community forward.”

VC Film Fest to Feature ‘One Fighting Irishman’ Documentary

The 2024 VC Film Fest will present the documentary “One Fighting Irishman,” which tells the story of legendary civil rights attorney Wayne Mortimer Collins and his work at the Tule Lake Segregation Center, on Friday, May 3, at 3 p.m. at the Tateuchi Democracy Forum of the Japanese American National Museum.



Wayne Collins

Featured as part of the film festival’s “Manzanar to Tule Lake” program, the half-hour film will be preceded by music from the film “Manzanar, Diverted,” and followed by a discussion with director Sharon Yamato, co-director Evan Kodani, and “Manzanar, Diverted” director Ann Kaneko.

Because the Tule Lake Segregation Center has had a controversial history as the camp for the so-called “disloyals” and renunciants, it has been little talked about, even among family members of those imprisoned there, many of whom were even shunned by their own community. Descendants of Tule Lake survivors are encouraged to attend the screening to learn about what led to its turbulent history and why their ancestors never spoke about it.

Wayne Collins was among the few attorneys who stepped up to fight for the rights of these thousands of Japanese Americans deprived of both their constitutional rights and their citizenship during wartime. Both the

National JACL and the National ACLU refused to step forward to help those who were American citizens ultimately in danger of being deported to Japan, a country that many of them had never been to.

Among them was George Takei, whose mother was saved from deportation by Collins. Takei’s mother, a U.S. citizen, was among the many who were segregated and victimized at Tule Lake. Collins was responsible for getting her citizenship restored after she was coerced into renouncing it.

Although the screening is free of charge, tickets must be ordered through the VC Film Fest website at <https://vcfilmfest2024.eventive.org/schedule/manzanar-to-tule-lake-66138f73819db20041f791b0>. DVDs will also be available for purchase at the screening.

Funding for this film was provided by the Department of the Interior, National Park Service (NPS) through a Japanese American Confinement Sites (JACS) grant to Visual Communications. Additional funding was provided by the California Civil Liberties Public Education Program.

For more information on this project, contact Sharon Yamato at sharon360@gmail.com. For questions regarding the JACS grant program, contact Kara Miyagishima, JACS program manager, at (303) 969-2885.

To Honor Our Fallen Heroes

Three Memorial Day weekend services will be held to honor America and our Japanese American heroes who gave their lives in her defense. We invite you to attend one or more of the following services:

- Saturday, May 25, 11 a.m. at the Japanese American National War Memorial Court. Sponsored by the Veterans Memorial Court Alliance, Go For Broke National Education Center, Japanese American Cultural & Community Center, Japanese American National Museum, Little Tokyo Service Center and Keiro. The Memorial Court is located at the JACCC, 244 S. San Pedro St. in Little Tokyo.

- Sunday, May 26, 2 p.m. at the Gardena Valley Japanese Cultural Center, 1964 W. 162nd St. in Gardena. Sponsored by 4th District VFW Post 1961.

- Monday, May 27, 3 p.m. at Westminster Cemetery, 14801 Beach Blvd., Westminster. Sponsored by Kazuo Masuda VFW Post 3670.

We are planning to resume the service at Evergreen Cemetery, sponsored by Sadao Munemori American Legion Post 321, in 2025. Look for additional program details to be announced by sponsoring organizations in *The Rafu Shimpō*.

Visual Communications Celebrates 40th Film Festival

The event begins May 1 at locations in Little Tokyo and Long Beach and will feature more than 150 films.

Visual Communications (VC), the first nonprofit organization in the U.S. dedicated to the honest and accurate portrayals of Asian, Native Hawaiian and Pacific Islander communities through media arts, announced the lineup for VC Film Fest, the 40th edition of their film festival, formerly known as the Los Angeles Asian Pacific Film Festival (LAAPFF).

Set to open on May 1, VC Film Fest will center the storytelling power from Asian, Native Hawaiian and Pacific Islander communities, and will encourage audiences to activate that power into action at home and action with organizations that serve Black, Indigenous, and additional people of color.

Produced annually by Visual Communications, VC Film Fest will present over 150 films over 10 days. The festival will be anchored in Little Tokyo, as a way to build regenerative power in the Arts District/Little Tokyo neighborhood, with in-person events at Aratani Theatre, Japanese American National Museum (JANM), and Union Center for the Arts. Additionally, VC Film Fest will bring programming to the Art Theatre of Long Beach, closing out the festival with films that center on Black, Southeast Asian and Pasifika stories.

L.A. Storytellers

As one of the most diverse cities in California, Los Angeles has many unique storytelling threads that connect the communities. Honoring that legacy, VC Film Fest will present films that reflect some of the diverse talent in L.A. with films including:

The world premiere of **“Nobuko Miyamoto: A Song in Movement.”** Directed by Quyên Nguyen-Le and Tadashi Nakamura, this feature documentary is a sweeping tale that follows the life of visionary artist-activist Nobuko Miyamoto. Born and raised in Los Angeles, her cultural impact has stretched across both coasts of the nation and her work has changed Asian America forever.

“Cruisin’ J-Town.” Produced in 1975 and directed by Duane Kubo, one of VC’s founders, this documentary explores the roots of the popular jazz fusion band Hiroshima and connects them to the era of pre-redevelopment Little Tokyo. Select group members discuss the sociological and cultural pulse of the early 1970s. Dan Kuramoto describes the political movements of the 1960s out of which Asian American music emerged, while June Kuramoto relates being ridiculed in her youth for playing the koto. Taiko player Johnny Mori delves into the influence of African American, Latino, and rock ‘n roll music on his art.

VC Archives

Home to the VC Archives, one of the largest photographic and moving image archives on Asian Pacific experiences in America, VC designed this year’s festival to honor the archives and VC’s practice of documenting

Asian American and Pacific Islander communities in California and beyond. In doing so, VC Fest will present a slate of films, to celebrate that legacy, including:

“Stand Up for Justice.” A production of VC and Nikkei for Civil Rights & Redress, this film, directed by John Esaki, presents the story of Ralph Lazo, a 17-year-old Mexican American student at Belmont High School in Los Angeles during World War II. After President Franklin D. Roosevelt signs Executive Order 9066, Ralph witnesses the pain and humiliation of his Japanese American friends and their families, who are forced to sell their belongings and “evacuate” to Manzanar, a concentration camp in a remote California desert. Against the backdrop of the chaos when armed soldiers ordered tens of thousands of Japanese Americans to board trains and buses to unknown destinations, Ralph’s response remains a rare act of friendship, loyalty and strong principles in a time of crisis.

“Pieces of a Dream.” Directed by Eddie Wong, one of VC’s founders, this lyrical documentary follows immigrant farm laborers — Chinese, Japanese, and the Filipino manongs — who came to America through Angel Island to work the land. “Pieces of a Dream” tells the story of Asian Pacific American life and history on the Sacramento River delta. A visit to the Locke Historic District, a town founded by Chinese immigrants shows viewers the sharp realities of the present: The crumbled wooden Chinatown looks like a quaint tourist landmark, but is revealed as low-income housing for the Delta’s poor; a Japanese American farmer talks about the pressures of the large agribusiness on small farmers.

Following the short film program, presented on Opening Day, VC founder Duane Kubo will join Wong in a fireside chat to discuss the power of community, the synergy of media production and civil rights activism, and the early days of VC.

Armed with a Camera

In continuation of VC’s mission to build connections between peoples and generations through film, video, and media, VC Film Fest will debut 24 works from VC’s artist development programs: Digital Histories, designed to encourage older adults to



Duane Kubo’s **“Cruisin’ J-Town”** explores the roots of the band Hiroshima and cultural scene in pre-redevelopment Little Tokyo.



An archive image from **“Nobuko Miyamoto: A Song in Movement.”** The documentary by Quyên Nguyen-Le and Tadashi Nakamura will screen May 4 at the Aratani Theatre as part of the VC Film Fest.

make films with their perspective; and the Armed with a Camera Fellowship, a program that cultivates a rising generation of artists committed to social and political changes and movements.

This year, the AWC world premieres center the perspectives of six creatives and their artistic response to selections from the VC Archives. The AWC 2023-2024 artist cohort is composed of:

Alfred Bordallo’s work focuses on recollecting and honoring the fragmented and, more importantly, repurposed facets of Chamoru identity through the analog mediums of photography and video.

With ancestral ties to the Hawaiian and Philippine islands, **Bryson Nihipali**, draws much inspiration for his photographic work from his family and their rich cultural heritage.

Honestine Pa’ala-Fraser received her MS in digital communications at Syracuse University. Her work can be found in publications like Teen Vogue, POPSUGAR, and HuffPost.

Kayli Kimura’s work spans various genres with a focus on non-fiction storytelling and musically driven films. In addition to her directorial and cinematography work, Kimura worked in the camera department for a variety of commercials, TV shows,

documentaries and music videos, including projects for Netflix, Hulu, Food Network, PBS, The Metropolitan Museum of Art, and Telfar. She is the creative director and manager for Queens, N.Y.-born Nigerian American rapper Akinyemi.

Paula Kiley most recently worked on a feature documentary titled “Body Parts,” a Sundance-selected film that explores the evolution of desire and “sex” on-screen from a female perspective — allowing women to reclaim the parts of themselves that have been objectified and exploited for decades.

As a Pakistani American, **Zaynah Waseem’s** work uplifts the diverse stories of South Asian, Muslim communities through ethnographic film, media production, digital storytelling, and archival research.

VC Film Fest will feature over 150 films with 37 world premieres, five international premieres, 11 North American/U.S. premieres, 24 West Coast premieres, and 37 Los Angeles premieres. Highlights from the fest’s robust feature film lineup:

Narrative Features and Documentary Features will take us around the world: from the Uyghur Region, to Monterey Park to Pakistan and beyond. Some highlights, include:

World premiere of **“Home Court.”** This documentary directed by Erica Tanamachi traces the ascent of Ashley Chea, a Cambodian American basketball prodigy whose life intensifies amid recruitment, injury, and triumph throughout her high school career.

“Jewell: A Just Vision,” directed by Madeleine Lim, shines a hope-filled spotlight on Lambda Award-winning novelist, activist, and philanthropist Jewelle Gomez, an Ioway/Wampanoag Native American, and Cape Verdean/Black lesbian

femme elder.

The West Coast premiere of **“Nikah,”** directed by Mukaddas Mijit Mijit and Bastien Houzan. This narrative feature from the Uyghur region follows a 27-year-old woman who is still single, and has to endure pressure from her family to get married.

World premiere of **“Paper Marriage.”** Written and directed by Jeff Man, with the Duplass Brothers as executive producers, this feature narrative follows a young professional who is seeking a U.S. green card and enlists the help of a directionless slacker to stage a marriage.

World premiere of **“Shaka: A Story of Aloha.”** Directed by Alexander Bocchieri, this feature documentary invites you on a global journey, from a temple in Japan to surf breaks in Brazil and the white sandy shores of Hawai’i, to discover the shaka hand sign’s origin, meanings and why it’s the secret to paradise.

Democracy Series: This year, more than 80 nations will hold elections; and the current political commentary grows more urgent by the day, as democracy seems to slowly break down in governments around the globe. The series will be a space to reflect on democracy from different nations, through films including:

World premiere of **“Dissidents.”** Directed by Yi Chen, the film follows as an artist’s sculpture is burnt down, a protester is charged with a criminal case, and a democracy movement is violently attacked. Not even exile is safe.

L.A. premiere of **“And So It Begins.”** In a decades-long nonfiction saga of the Philippines, director Ramona Diaz presents the latest chapter on her homeland as the despotic reign of President Rodrigo Duterte is coming to an end. “And So It Begins”



Kayli Kimura

proffers unbridled access to he key players in the months leading up to the 2022 presidential election.

L.A. premiere of **“Breaking the Cycle.”** This documentary directed by Aekaphong Saransate and Thanakrit Duangmaneeporn explores the 2019 election in Thailand, which marked the end of five years of full military rule and a new group of young politicians who campaign against an authoritarian constitution, sparking hope and a once-in-a-generation youth movement.

L.A. premiere of **“Invisible Nation.”** With unprecedented access to Taiwan’s sitting head of state, director Vanessa Hope investigates the election and tenure of Tsai Ing-wen, the first female president of Taiwan.

Pacific Cinewaves: Programming celebrating stories and storytellers emerging from Hawai’i, Aotearoa (New Zealand), Guåhan (Guam), Rapa Nui (Easter Island), Samoa, and throughout the Pacific region. Film presentations include:

U.S. premiere of **“Inky Pinky Ponky.”** Directed by Ramon TeWake and Damon Fepuleai and written by Amanaki Prescott-Faletau, this feature film paints a tale of high school crushes with the arrival of the faka-leiti (two-spirited) Lisa causes a stir, particularly with rugby captain Mose.

L.A. premiere of **“Kükini,”** directed by Mitchel Merrick and written by Paula Fuga. In 1790 Hawai’i, an elite warrior must leave his family behind when sent on a deadly mission to report on the bloody war waged by Kamehameha against Maui.

L.A. premiere of **“Lea Tupu’Anga/ Mother Tongue.”** Directed by Vea Mafile’o, this short film follows a young speech therapist who is disconnected from her Tongan heritage and lies about her Tongan language skills to get a job.

Our Storytelling Power: This short film program is curated from arts organizations that encourage community-centered filmmaking that begins with the community members as the lead creatives. The lineup will feature Asian, Black and Latine communities, and will embody a multicultural solidarity that amplifies the combined storytelling power that can impact all of our lives. Participating films and organizations include:

The Botanical Gardens: An Urban Oasis.” Produced with guidance from Entre Film Center in Rio Grande Valley, Texas, this short documentary features archival footage of the McAllen Nature Center and interviews with Jessica Tanguma and Angelina Vasquez, two former park employees.

“Staying Put.” Produced by Philadelphia’s Chinatown Community Development Corporation, with guidance from Scribe Video Center’s Precious Places Community History Project, the documentary traces voices from the 1960s to present day to chronicle Philadelphia Chinatown’s history of community and resistance to external forces of development, gentrification, and erasure.

For more information, visit festival.vcmedia.org.



NANKA KENJINKAI KYOGIKAI
南加東人会協議会
(Japanese Prefectural Association of Southern California)
16500 S. Western Ave., Suite 103, Gardena, CA 90247

Consul General of Japan in Los Angeles Cup

20th Annual

Golf Tournament

FRIDAY, May 24, 2024

California Country Club

1509 Workman Mill Rd. • Whittier, CA 90601 • (626) 333-4571



Kenko Sone
Honorary Chair
Consul General of Japan
in Los Angeles

Kazue Kitagaito
Tournament Chair

Richard Watanabe
Tournament Vice Chair

Richard Watanabe
Golf Committee Chair

Nanka Kenjinkai Kyogikai is a California non-profit public benefit corporation organized and operated exclusively for charitable purposes within the definition of Internal Revenue Code Section 501 (c) (3). Tax ID 27-4272762. All donations are tax deductible to the extent allowed by law.

MEDIA SPONSOR RAFU SHIMPO



Consul General of Japan in Los Angeles Cup

Date: Friday, May 24, 2024

Place: California Country Club

Tournament Rules:
Registration 11 a.m.
Shot-Gun Tee-off 1 p.m.
Modified Double Peoria

Fee: \$185 Registered by May 11
(green fee, cart, snack, dinner and prizes)
\$175 Early Bird Special (registered by April 30)

Info: Richard Watanabe
Tel: (714) 292-1077
Email: rwinoc@aol.com

Send entry fee check to:
NANKA KENJINKAI KYOGIKAI
Attn: Richard Watanabe
2901 Hickory Pl.
Fullerton, CA 92835

INVITATION

NANKA KENJINKAI KYOGIKAI GOLF TOURNAMENT

Nanka Kenjinkai Kyogiki, a California Non-Profit Organization, proudly announces the 20th Annual Consul General of Japan in Los Angeles Cup Golf Tournament to be held on Friday, May 24, 2024 at California Country Club. The tournament offers several sponsorship levels and we welcome your participation, donation and support.

This tournament will fund various activities of Nanka Kenjinkai Kyogiki, and support other Japanese American non-profit organizations. We strongly promote Japanese cultural programs and support the Japanese American community. Your generous donations, which are essential to the success of our commitment in promoting Japanese culture, are much appreciated.

Please complete the registration form and mail it to Richard Watanabe with your payment before Saturday, May 11, 2024. EARLY BIRD SPECIAL registered by Tuesday, April 30, 2024 will entitle you to a \$10 discount off the individual play fee. Your generous donations of tournament prizes and opportunity prizes are greatly appreciated.

Thank you in advance for your support and cooperation.

Sincerely yours,

Kazue Kitagaito
Nanka Kenjinkai Kyogikai
Tournament Chair

Richard Watanabe
Nanka Kenjinkai Kyogikai
Golf Committee Chair



IT PAYS TO KNOW By Judd Matsunaga, Esq.

Why Older People Fall

Falls are a scary thing — especially if you are 65 and older. Just this week, my 70+-year-old neighbor fell. The fire department came, red lights lit up the sky, and took her to the hospital. Evidently, she broke her back. You might even know a senior who recently fell. You'll see them at an event all bandaged up like they got mugged. "What happened?" you might ask. They would respond, "I fell."

Did you know that millions of people 65 and older fall each year? According to the CDC website (www.cdc.gov/falls/index.html), more than one out of four seniors fall each year. But less than half tell their doctor. One out of five falls causes a serious injury such as a hip fracture or a traumatic brain injury. These injuries can make it hard for a person to get around, do everyday activities, and reduce their ability to remain independent.

Falls can cause broken bones, like wrist, arm, ankle, and hip fractures. Falls can also cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they don't have a brain injury. Falling once doubles your chances of falling again.

Sometimes, falls do not cause injuries. However, many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities and stay at home. DON'T STAY AT HOME!!! When a person is less active, they become weaker and this increases their chances of falling. To go out safely, however, you need to understand what risk factors may contribute to falling.

According to the CDC Fact Sheet "Risk Factors for Falls," risks factors are categorized as intrinsic or extrinsic. Intrinsic factors are: (1) Advanced age; (2) Previous falls; (3) Muscle weakness; (4) Gait and balance problems; (5) Poor vision; (6) Postural hypotension; (7) Chronic conditions including arthritis, stroke, incontinence, diabetes, Parkinson's, dementia; and (8) Fear of falling.

Extrinsic factors include: (1) Lack of stair handrails; (2) Poor stair design; (3) Lack of bathroom grab bars; (4) Dim lighting or glare; (5) Obstacles and tripping hazards; (6) Slippery or uneven surfaces; (7) Psychoactive medications; and (8) Improper use of assistive devices. The more risk factors a person has, the greater their chances of falling. Most falls are caused by a combination of risk factors, i.e., "falls in older people are almost always multi-factorial."

Although it's not possible to prevent all falls, the good news is that it's almost always possible to reduce the chance of a bad fall by taking action that will reduce the number of risk factors at play. According to the CDC, the best way to reduce and prevent falls is to cut down a person's risk by reducing the fall risk factors. It can be hard to try to address every single factor, and some, such as slower reflexes, may be impossible to reverse.

The CDC has a brochure titled "What You Can Do to Prevent Falls." In a nutshell, the brochure says there are "four things YOU can do to prevent falls." The first thing you can do is to "talk openly with your healthcare provider about fall risks and prevention." Tell a provider right away if you fall, worry about falling, or feel unsteady.

Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

According to doctor board-certified geriatrician Dr. Leslie Kernisan, MD MPH, "Even if you're pretty sure your loved one just tripped and stumbled, a good medical assessment can uncover potential fall risk factors. A fall can also be a sign of a new and serious medical problem that needs treatment. For instance, an older person can be weakened and fall because of illnesses such as dehydration, or a

serious urinary tract infection.

Dr. Kernisan says, "Most doctors have the best intentions, but studies have shown that older patients often don't get recommended care." All too often, a medical visit after a fall is mainly about addressing any injuries that the older person may have suffered. Busy doctors often miss opportunities to reduce fall risk. "By being politely proactive, you can make sure that certain things aren't overlooked," says Dr. Kernisan.

Also, don't assume that most doctors will identify and manage the most important risk factors for falls. Ask the doctor or healthcare provider to evaluate your senior's risk for falling. Medications are among the most common causes of increased fall risk in older people. Ask your doctor or pharmacist to review your medicines



to see if any might make you dizzy or sleepy. Medications are often a fixable risk factor when it comes to falls in older adults.

The second thing YOU can do to prevent falls is to "exercise to improve your balance and strength." Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is tai chi. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or healthcare provider about the best type of exercise program for you.

The third thing YOU can do to prevent falls is "have your eyes and feet checked." Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

Lighting can be used to reduce falls risks in older adults. Older eyes have more difficulty discerning objects with little contrast. By age 60, you'll need about three to four times more light to see than you did in your 30s. Aging can also throw off your depth perception. It's also harder for aging eyes to adjust to changing light conditions, increasing the risk of falling.

Because your eyes take longer now to adjust to changing light conditions, keep the light strength uniform from room to room. Install a dimmer switch by your front door, so you can turn on the light gradually as you enter the house at night. Increase illumination where you need it, such as at the front entrance, in hallways, in the bathroom, and on stairs. Marking each stair with a white or brightly colored tape stripe will help you see it.

The fourth thing YOU can do to prevent falls is to "make your home safer."

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a stepstool.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.

- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear well-fitting shoes with good support inside and outside the house.

Learning why your senior has fallen means that you'll be able to figure out why he or she is likely to fall — and take steps to help them. It's easier to take action once we understand more about why an older person has fallen. Once you understand the particular risk factors for your senior, it will be easier to focus on the fall prevention strategies that are most relevant to your situation. In other words, you'll be able to personalize your approach to fall prevention.

A Special Health Report from Harvard Medical School, "Aging in Place," says that rather than live in fear of falling, seniors should try the following 10 fall-prevention strategies. Since I've already discussed four of these fall-prevention strategies above, I've removed them from the list, leaving only six:

1. Try tai chi. Better balance translates into fewer falls. Tai chi has been shown very effective for improving balance, in part by improving your strength and muscle control and partly by making you more aware of your body's position in relationship to your surroundings.

2. Check your vitamin D status. The U.S. Preventive Services Task Force (USPSTF) recommends vitamin D (along with calcium) for preventing fractures in people who are deficient in this vitamin. A quick blood test from your doctor can determine whether you're low on vitamin D and need a supplement.

3. Wear the right shoes. To prevent falls, wear shoes that fit your foot snugly and that have a low heel and a non-skid sole. The wrong shoes can throw off your balance and stability. High heels and slippery leather soles are among the worst offenders. Walking barefoot or in socks can have risks, too. In one study, 52% of participants who fell were barefoot or wearing socks or slippers.

4. Treat chronic pain. It's important to see your doctor or a pain specialist to address and control your pain. Constant aches and pains can disrupt your life in many ways, one of them being an increased risk for falls. Researchers who've studied the connection have found higher rates of falls among people with chronic pain — especially those who had pain in more than one area of the body or in their feet.

5. Treat health issues. A number of health issues that become more common with age contribute to the risk for falls. Alzheimer's and other types of dementia can rob you of the judgment you need to navigate your surroundings. See your doctor to assess your risks for these conditions, and get treated if you have any of them.

6. Avoid alcohol. Your body metabolizes alcohol differently now than it did when you were younger. Certain medicines can also intensify the effects of alcohol. As a result, even a single drink may be enough to intoxicate you. Alcohol can throw off both your balance and judgment, making a fall more likely.

Judd Matsunaga, Esq., is the founding partner of the Law Offices of Matsunaga & Associates, specializing in estate/Medi-Cal planning, probate, personal injury and real estate law. With offices in Torrance, Hollywood, Sherman Oaks, Pasadena and Fountain Valley, he can be reached at (800) 411-0546. Opinions expressed in this column are not necessarily those of The Rafu Shimpo.

OBITUARIES

Chikara "Chik" Furuta

Chikara "Chik" Furuta passed away on Monday, March 4, 2024. He is survived by his wife of 58 years, Judy; son, Troy (who passed away on March 29, 2024) and his wife, Courtney; grandsons, Cole and Miles; brother, Tyrone; sister, Shigeko; sister-in-law, Jeanne (Gary predeceased); and many other relatives.

His Celebration of Life was held on April 26, 2024, at Wintersburg Presbyterian Church in Santa Ana. www.fukuimortuary.com (213) 626-0441

Norman Kazuo Hata

Mr. Norman Kazuo Hata, 84, born in Los Angeles, Calif. on November 22, 1939, passed away peacefully on February 7, 2024.

Norman is survived by his children: son, Randy Tomoichi (Lisa) Hata; daughter, Audrey Kazuyo

Hata; grandchildren, Charlotte Mae Hata, Sara Fumiko Hata, and Christopher Kazuo Hata; brother, Gary Hata; sister, Joyce Andry; along with many nieces, nephews, and relatives. Predeceased by his loving wife, Mae Hata; his parents, Tomoichi and Shizuko Hata; and brother-in-law, Emile Andry; and sister-in-law, Joan Hata.

A private Celebration of Life luncheon was hosted at the Shade Hotel in Redondo Beach on April 21, 2024.

www.fukuimortuary.com (2-13) 626-0441

Yasuko Katsura

Yasuko Katsura, 80-year-old, passed away on November 26, 2023. Yasuko is survived by son, Kenzo (Mari) Katsura; and grandson, Kaito Katsura.

A memorial service is scheduled for May 11, 2024, 11 a.m. at Mission



J-TOWN BEAT By Gwen Muranaka

At Valley JCC, a Noble 'Shōgun' Lord

"He's in 'Shōgun,'" Kay Oda whispered to me of the gentleman next to him last Saturday at the Valley Japanese Community Center's 70th celebration. Sure enough, I looked and there was Lord Sugiyama, a member of the Council of Regents, or rather Toshi Toda at the table next to Kay, Consul General Kenko Sone and his wife, Mami, and Liz Doomey.

I wasn't the only one who was a little starstruck. I've been enjoying this adaptation of James Clavell's "Shōgun," which concluded its critically acclaimed run on FX this week. Toda has been an actor for more than 50 years with credits that include "Menace II Society," "Letters from Iwo Jima" and "Curb Your Enthusiasm."

He explained that Lord Sugiyama, like the rest of "Shōgun," is based upon Japanese history. In this case, Maeda Toshiie, who was a general serving Oda Nobunaga. It's a small

in Japan, first made an impression in "The Last Samurai," but it took 20 years for him to have control as producer of "Shōgun" and, one senses, with that came an insistence on authenticity.

I appreciated how Father Alvito (Tommy Bastow) spoke Japanese in a way that you felt the Japanese dialogue rather than sensing that he was just phonetically repeating it, as so often happens. And so often an emotional beat was conveyed through silence and repose, rather than a need to constantly bombard the viewer with loud visuals.

Toda said the production stayed true to Japanese culture, despite being filmed outside of Japan. "It was an important series and very authentic. Many people came from Japan and they brought 5,000

to claim her body. After two weeks, authorities cremated her body.

The circumstances of her death brought attention to the increasing numbers of lonely deaths in Japan, as the country ages and there are more and more individuals with few family or friends.

In Shimada's final movie, "Ever Garden," she portrayed a woman struggling to make a living as the owner of a *ryokan* amid the COVID pandemic.

Barbie hair.

I guess when you're around long enough you can see how culture changes.

Cartooning for me has been a bit of a personal time capsule and now when I look back I see in some of my older work the way that I have changed and



spoiler, but Toda's character takes a principled stand in the conflict, unlike his peers, who are divided in factions and conflicted loyalties.

"He didn't belong to any group. He goes his own way. I really liked him," Toda said.

Unlike Lord Sugiyama, Toda spoke with a broad smile of this time in Vancouver shooting "Shōgun" and even joined in dancing "Taiko Bushi" with other members of Valley JCC.

"I was in five episodes. For each episode I would have to fly back and forth. The longest time I was there

wigs from Japan," Toda said.

"Sometimes (Hollywood) misunderstands our culture. So, I wanted to...introduce the world correctly," Sanada explained to CNN.

It's also wonderful that this has led to opportunities for actors and crew such as Toda.

"It's amazing. I was so fortunate to be in that production. Everybody is recognizing me. They're saying, 'You did a great job,' so I'm very happy to be in it," he said.

As "Shōgun" continues to garner accolades, a sad footnote is the lonely passing of Yoko Shimada, who so memorably portrayed Mariko in the 1980 miniseries.

Shimada won a Golden Globe and an Emmy nomination, but when she passed away of cancer in 2022 she died alone and nearly destitute at a Tokyo hospital.

According to *Asahi Shimbun*, Shibuya Ward officials tried to contact family members but no one showed

also the ways society has evolved.

In today's *Rafu*, Kristi Yamaguchi is holding her very own Barbie.

When I drew this cartoon back in the early '90s, Barbie hair meant blonde and the little girl in my cartoon felt like she could never be Barbie. For JA girls like me, we had very few role models to look up to.

Kristi helped change that when she won the gold in figure skating at the 1992 Winter Games. The number of Asian American athletes who followed in Kristi's footsteps are numerous, including the likes of Mirai Nagasu, Michelle Kwan, Nathan Chen and Alex and Maia Shibutani.

Way back then in our office at *Pacific Citizen* there was a sign of her impact on American culture: Kristi's photo on a box of Wheaties.

Gwen Muranaka is Rafu senior editor and can be contacted at gwen@rafu.com. Opinions expressed are not necessarily those of The Rafu Shimpo.

Frank Takeshi Imamura



Frank Takeshi Imamura passed away peacefully at home on April 10, 2024, at the age of 93. He is survived by his wife, Iku; two children, Steven and Leane; and two grandchildren, Lilly and Mickey.

A funeral will be held on Saturday, May 4, at the San Fernando Hongwanji Buddhist Temple at 11 a.m. and will be presided over by Reverend Yukari Torii, and a graveside service will be held at Green Hills Memorial Park in Palos Verdes at 1:30 p.m.

Nagiko Hashiba

A private funeral service for the late Nagiko Hashiba, 104-year-old resident of Los Angeles, who peacefully passed away on February 27, 2024, was held on Saturday, April 6, 2024, at Fukui Mortuary Chapel.

Nagiko lived a long, fulfilling and remarkable life. She was a wonderful and caring daughter, wife, mother, grandmother, and great-grandmother. She was predeceased by her parents, Seibe and Mito Tanabe; her husband, Sam Hashiba; and her son, Neil Hashiba. She is survived by her loving family: daughter-in-law, Mary Hashiba; son, Ben (Joy Nakamura) Hashiba; daughter, Joy (Gerald) Sekimura; 4 grandchildren and 3 great-grandchildren; and she is also survived by many nieces, nephews and other relatives.

Nagiko was very special and generous. She was generous in her kindness, thoughtfulness, and exceptional spirit.

Nagiko volunteered at the Japanese American National Museum (JANM) in Little Tokyo for many years. In lieu of flowers or koden, she would be happy to know that donations are being made "In memory of Nagiko Hashiba" to the Japanese American National Museum.

www.fukuimortuary.com (213) 626-0441



Nagiko Hashiba

IN MEMORIAM
Phillip Hiyoshi
1963 - 2003

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Flying Fish



Carp streamers flutter in the wind on April 25 in Shingu in Wakayama Prefecture, western Japan. Kyodo Photo

Barbie

Continued from page 1

established to ensure that children have access to high-quality books in the home environment and extensive family engagement support. It's based in the Bay Area, where she grew up. She has also written books for young readers, including "Cara's Kindness" and "Dream Big, Little Pig!" "Hi Barbie!" the foundation said on social media. "Did you hear the big news? Our founder is officially a Barbie! We can't think of a more deserving person and are so grateful for her always-inspiring leadership. Congratulations, Kristi!"

Mattel has pledged to split a \$25,000 Barbie Dream Gap donation between Yamaguchi's foundation and ASPIRE (Asian Sisters Participating in Reaching Excellence), an organization committed to building and empowering Asian American women leaders.

In particular, Yamaguchi, a Sansei, has been an inspiration to her fellow Japanese Americans and other Asian Americans. The 1992 Winter Olympics coincided with the 50th anniversary of Executive Order 9066, which led to the mass exclusion and incarceration of over 125,000 Japanese Americans, including her grandparents. Half a century later, their granddaughter became a national heroine.

Yamaguchi, who recently explored her family history on Henry Louis Gates' PBS show "Finding Your Roots," has supported Japanese American and Asian American events, causes and organizations throughout California and across the country. She was among the prominent Japanese Americans who attended the White House's recent state dinner for Japanese Prime Minister Fumio Kishida.

Other figures in the Inspiring Women series include: Maya Angelou, Pulitzer-nominat-

ed memoirist, poet and civil rights activist.

Susan B. Anthony, social reformer and women's rights activist who played a pivotal role in the women's suffrage movement.

Bessie Coleman, civil aviator and the first African American woman to hold a pilot's license.

Celia Cruz, a Cuban singer and one of the most popular Latin artists of the 20th century.

Ella Fitzgerald, a jazz singer sometimes referred to as the "First Lady of Song."

Dr. Jane Goodall, primatologist and anthropologist known for her work with chimpanzees.

Katherine Johnson, a mathematician who played a key role in several NASA missions.

Frida Kahlo, Mexican painter known for her many portraits and self-portraits.

Helen Keller, author, disability rights advocate, political activist and lecturer.

Billie Jean King, former world No. 1 tennis player and champion for gender equality.

Wilma Mankiller, Native American activist and first woman elected principal chief of the Cherokee Nation.

Florence Nightingale, social reformer, statistician and the founder of modern nursing.

Rosa Parks, "the first lady of civil rights," known for her pivotal role in the Montgomery bus boycott.

Sally Ride, astronaut, physicist and the first American woman in space.

Eleanor Roosevelt, diplomat, activist and America's longest-serving first lady.

Madam C.J. Walker, philanthropist and America's first female self-made millionaire.

Ida B. Wells, investigative journalist, educator and one of the founders of the NAACP.

Anna May Wong, the first Chinese American film star in Hollywood.

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Los Angeles County Sanitation Districts Invite Bids For The Construction of:

JOINT OUTFALL H UNIT 9B TRUNK SEWER REHABILITATION PHASE III

(Bid Opening May 28, 2024 - Estimate \$5,200,000 - \$7,800,000)

Contracting And Supply Opportunities Include:

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Pro-Palestine Encampment Established on UCLA Campus, Met by Israeli Supporters

CITY NEWS SERVICE

Pro-Palestinian demonstrators have established an encampment on campus at UCLA, and it had grown to about 50 tents Friday, drawing Israeli supporters to meet them over the past two days.

The pro-Palestinian groups and Israeli supporters at UCLA are part of a growing display of tensions among college students and groups in Los Angeles and nationwide, and demonstrations were expected to continue.

A day after nearly 100 people were arrested following pro-Palestine protests on the campus of USC Wednesday, a similar protest emerged on the Westwood campus of UCLA, with participants forming an encampment of tents outside Royce Hall.

By mid-morning Thursday, several dozen protesters were sitting and milling around inside the encampment, which was established around 4 a.m. The encampment slowly grew as the day wore on, with dozens of tents being erected and more protesters gathering.

Organizers of the "Palestine Solidarity Encampment," similar to their counterparts at USC, issued a list of demands that include divestment of all University of California and UCLA Foundation funds from companies tied to Israel, along with a university call for an immediate and permanent ceasefire in the Israel-Hamas war and an academic boycott by UC against Israeli universities, including a suspension of study-abroad programs.

"For 201 days, Israel has murdered, injured, starved, disappeared, displaced and kidnapped Palestinians with impunity," according to a message posted online by organizers of the UCLA encampment, including the UCLA Divest Coalition at UCLA, Students for Justice in Palestine and Jewish Voice for Peace UCLA.

"For 201 days, the world has watched in silence as Israel has murdered over 30,000 Palestinians. Today, UCLA joins students across the

country in demanding that our universities divest from the companies which profit off of the occupation, apartheid and genocide in Palestine. Now, more than ever, we must rise in solidarity to demand that the world centers Palestine, that the genocide is immediately ended and that our university is no longer complicit in human rights violations."

Participants erected a makeshift wooden fence alongside the encampment and displayed signs with slogans such as "UCLA Says Free Palestine," "Blood on the UC Hands" and "When people are occupied, resistance is justified."

It was not immediately clear if all of the participants in the UCLA action were students.

"Our top priority is always the safety and well-being of our entire Bruin community," Mary Osako, vice chancellor of UCLA Strategic Communications, said in a statement Thursday morning. "We're actively monitoring this situation to support a peaceful campus environment that respects our community's right to free expression while minimizing disruption to our teaching and learning mission."

Around midday, a small group of counter-protesters, some holding Israeli flags, began gathering in the area. The day remained mostly peaceful, but early Thursday evening some brief shoving matches broke out, prompting a quick response from campus security, which worked to keep the two groups apart.

There were no reports of injuries or arrests.

On Wednesday, hundreds of people took part in a pro-Palestine protest and attempted "occupation" of Alumni Park on the USC campus. That event ended with 93 arrests of people who refused to disperse from the area on the private campus.

The USC campus remained closed to the general public Thursday, but open to students, staff and faculty with proper identification.

Late Wednesday afternoon, the Jewish Federation Los Angeles issued a statement calling protests at USC and other college campuses across the nation "alarming."

"Anti-semitism, hate, and intolerance towards Jewish students has no place on any campus," according to the federation. "JFEDLA is working to ensure the safety of every Jewish student across Los Angeles. While we believe in peaceful civic discourse, these protests have escalated to the point of creating a dangerous climate for Jews on campus."

Caught a WHALE?? Be sure to show off your prize catch! Send us photos & details! mculross@rafu.com Rafu Sports Editor

国際・日本

ガザ反戦、全米で学生デモ

大統領選控え、政争の具に

【ニューヨーク共同】全米の大学でイスラエル軍によるパレスチナ自治区ガザでの戦闘に反対する抗議デモが広がっている。ニューヨークの名門コロンビア大学の学生らがデモを組織して敷地の一部を占拠し、100人以上の逮捕者が出たことで注目を浴び、各地に波及した。大統領選で再び争いを狙うトランプ前大統領は学生を急進派と呼び、バイデン政権批判を展開。学生デモが政争の具になりつつある。

25日、フェンスで囲まれた芝生広場に数十のテントが並び、食料配給のテントもあり、野営していた。一時拘束された大に動いた。一時拘束された大学院生リネア・ノートンさん(26)は「平和的なデモだったのに学長は政治的な態度があったのではないかと感じる」と不満を述べた。トランプ氏が大統領選の候補指名を確定したと共和党は、大学の「反ユダヤ主義的」な言動を問題視している。反戦デモが拡大したハーバード大やペンシルベニア大にも圧力をかけ、両学長を辞任に追い込んでいる。シヤフィク氏は下院委員

外音イベントのようにだが、パレスチナの民俗衣装のスカートを身に付け、身元を隠すためにマスクを着用する姿が目立つ。コロンビア大で「ガザ連帯キャンプ」が始まったのは17日。シヤフィク学長の排除を請を受け、警察は18日、摘発



コロンビア大学で野営する学生たち。24日、ニューヨーク

EVの30年生産目標に自信

ホンダ社長「対応できる」

【アリストン共同】ホンダの三部敏宏社長は25日、カナダで2028年に稼働を目指す電気自動車(EV)の新たな完成工場も活用する「EV市場は成長し、巨額な投資に『ちゅうちゅう』はなかった」と強調した。今年11月の米大統領選で返り咲きを目指すトランプ前大統領が「反EV」の姿勢を示していることに関して「大統領選についてはコメントしない」としながらも「選挙結果で『脱炭素化の流れが』変わることはない」との見解を示した。

日米の宇宙非核決議案否決

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【ニューヨーク共同】国連安保理理事会(15カ国)は24日、日本と米国が共同提出した宇宙空間に核兵器や大量破壊兵器を配備しないよう各国に求める決議案を否決した。常任理事国のロシアが宇宙へのあらゆる種類の兵器配備禁止を訴え拒否権行使した。中国が棄権し、ほかの13カ国は賛成した。安保理筋

15億カナダドル(約1兆7千億円)は「自動車分野の投資でカナダ史上最大となる歴史的な日だ」と歓迎した。

米で患者にブタ腎臓移植

2例目、遺伝子改変少なく

【ワシントン共同】米ニューヨーク大の医療センターは24日、心不全と末期腎不全を患い透析治療を受けていた54歳の女性患者に、遺伝子操作したブタの腎臓を移植したと発表した。患者の治療を目的とした移植としては、3月に米マサチューセッツ総合病院が実施したのが初例。ブタは1カ所の遺伝子操作を拒絶反応の原因となる糖を作れなくしてあった。患者の免疫機能の一部を抑える薬も使った。69カ所も遺伝子操作した1例目にして対照的に、担当医は「迅速に多くの命を救うなら、遺伝子改変は最小限にして薬を併用するのが正解だ」と述べた。異種移植はまだ実験的な医療で、最適な方法の探究が続く。

山と海で悠々このぼり

和歌山、新宮と串本

5月5日の「このぼり」を前に25日、2011年の紀伊半島豪雨の被災地、和歌山県新宮市の山間にある熊野川町地区では復興を願うこのぼりが掲げられ、同県の本州最南端の町、串本でも地元の人々が海と山と海とこのぼりを元気に泳がせた。熊野川町地区では川の氾濫でこのぼりが流失、復興を願って全国から寄せられたこのぼりを住民団体が掲げた。恒例行事となった。この日は市内の中学校の1年生も作業



25日、和歌山県新宮市で、風にたなびくこのぼり

「水の都」で入場料開始

伊ベネチア、日帰り客に

【ベネチア共同】「水の都」として名高い世界遺産のイタリア北部ベネチアで25日、増え続ける観光客を抑制するため、日帰り客が約8,300人(約8300)の試験的な徴収が開始された。今年も観光客が押し寄せ、住民生活が苦まれる「オーバーツーリズム」が深刻化。かつては10万人を超えていた市心部の人口は近年減少し、現在は5万人を切った。観光客向け宿泊ベッド数が住民の数を上回っている状況だ。

国連教育科学文化機関(ユネスコ)は昨年7月、ベネチアを「危機遺産」に指定するよう勧告、最終的に指定は見送られたが、対策が急務となっている。

羅新短歌 2024年3月 松江久志選

【ベネチア】と機織りに似て弾たに夕鶴の如くゆれゆく
我 北加 石井志志を
我 去年まで出来たことが一つ一つでできなくなる身にこんな
もどかしさ
【佳】これまでの源氏嫌いは変わらねど、光る君へてまた読み返す
【佳】震の字にひそみし辰がとび出たか元日能登に大地震の
修 平和和だな野馬選手結婚のニュースがトップのアメリカ
カノ春の段飾りはないけれど古手しと桜解作
ひな祭りの段飾りはないけれど古手しと桜解作
デジタルの技術は日々に進歩する、少し待てば聞こえぬら
しい
佳 春の風アゲンペリアの花びらにふるわせながら頬をなで
大岡和子
春の風アゲンペリアの花びらにふるわせながら頬をなで
大岡和子
真夜中のフロントガラスの雨粒はキラキラ輝く街の灯を
病み上がり少しだるいが気分は軽く春はくすぐる、飛び立つ
想い
満月に雲がかりてみえるもスリムが写す月の裏側
名雪連次
久方に亡夫つまの眠れる墓に來てもうすぐ我も眠ると告げる
山口淑子
嫉妬こそ己を磨くチャンスだと敵を愛する友の説教
金川紀恵
泣く園児笑う園児の手をつなぎずれいゆく笑顔に汗す
大坂 森本麗子
雑草抜きついで続くこの戦い今年雨は降るをさぶさ
高田和子
東京の街の記憶は純んでつかみ損ねた夢玉手箱
細川 巖
雪折れのままのあみだの枝が花咲かせんと赤み帯くる
ネバダ トマス康子
若き日々一杯の酒に身体癒さる今一杯の茶に心癒さる
官崎 洋
人は皆孤独と謂れし誠めと母の一字が胸に迫る
渡辺ゆきえ
雛鳥が犬の鼻先行き交うも犬は薄目を閉じて
テキサス マックス遼子
日にやけしラダ記念日見つけたり嫁ぎし姪の残せし棚に
園田佐知子
桃の花終わりに山吹ひっそり春の日差しを受け咲きおひ
北加 オンネル恵子
伸びてきし山椒の若葉指先でつまんでほくほくは君に
佐賀 大坪伸子
何処からか種子飛んできて芽生したマトと力ボチ大きく
北加 普恵美子
クリスマス直近となるに悪態を吐き流るほどのニュースが
業ユナイテッド、セビエ
ティクスが供給するブタから
採取した腎臓と、免疫に関わ
る胸腺を移植した。

USA田鶴の会3月句抄

【USA田鶴の会第223回誌上句会(3月15日)】
水田むつみ選 特撰5句(順不同)
我先と溢るるこ草萌ゆる
二月にすれば萌ゆるの何か芽生えてくるのだ、まさに
「我先」の措辞の如く急にあららに芽立ち始める
「草萌ゆる」の自然の不思議さ、偉大な力を感じざるを得ない。
中野 詩乃
遠き波に身を乗せ春の月
春の月の照らす海とは何と旅情をかきたてることか、
何か包んでくれるよな雰囲気の花びらなだ。乗せたとき
と云っているが、作者は自分を乗せたのではないだろうか。
ウオーマ 恭子
手袋を脱ぎて親し別れかな
「別れにもいろいろ別れがあり、親しくない人との別
れなら、手袋はわざわざ脱がない。手袋を脱ぐという動
作がそもそも親しい証拠。
高岡 啓子
伐採の済む春光あふれ出す
伐採したばかりの森に改めて「春光があふれ出ているこ
とに気づいた作者。暗かた森が突然明るくなった春光
の存在に改めて驚き感謝している。
小森 容子
寝床にも飽きて洗濯する風邪
「春の風邪」だから寝床にも飽きて「気軽な言葉が飛
び出す。だから、軽い「春の風邪」だからこそ軽快な動きが
見える。
鳥 幸佑
雨止みで梅に添へたる空の青
雨が止んだ途端に白梅紅梅の色が浮きあがり、青空が
更に梅の存在を誇張し始めたのだ。
南風 薫安
一人居に細き三月の涙
春はしどろり日常の動き出す
辺野古は特別の場所、浅春の季節が作者にとっての更に
思い入れの深い所にさせている。
入選
佐藤 次子
飾りとり今日日常の動き出す
冬の田の海までつづく三河かな
揺る揺る静かな母一人
冬の星地に届くかに種撒き
空を染め彼方の波に初日の出
訃報への恩書けぬまま夕時
寒き世を犬と猫とに見守られ
冬椿散りて我が庭形ぬ
佐藤 次子
【USA田鶴の会・誌上俳句興味ある方は支部長の浜
5411 Delta Ave. Long Beach, CA 90810
Tel (562) 426-4858

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羅新短歌への投稿は、毎月20日締め切り。

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