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羅府新報

土
SATURDAY

日本語欄

コンテンツ

トップニュース
(米国・日本・国際)
コミュニティー
スポーツ

産経新聞

japan-at-a-glance



VIRTUAL TRAINING: A ground operations staff member for All Nippon Airways Co. trains with a virtual reality simulator at Haneda Airport in Tokyo on Oct. 4.

DEATH PENALTY: Newly appointed Justice Minister Hideki Makihara said Wednesday that abolishing the death penalty in Japan, where there have been no executions in over two years, would be "inappropriate" as the public largely considers it "unavoidable for heinous crimes." Speaking at a press conference, Makihara added that since taking a human life is an extremely serious matter, it should be approached with utmost care. Amid heightened interest in the retrial process following the recent acquittal of Iwao Hakamata, 88, who spent nearly half a century on Death Row, Makihara stressed that "careful and thorough consideration from various perspectives is necessary."

TOYOTA EV PRODUCTION DELAYS: Toyota Motor Corp. said Thursday it will delay the start of electric vehicle production in the U.S., with sources saying the schedule will be pushed back by several months to 2026 in an effort to ensure the quality of its products. The world's largest automaker by volume had originally planned to begin producing three-row electric sport utility vehicles at its Kentucky plant in 2025. The delay comes as Toyota has reviewed its EV global output target for 2026 amid slow demand for the all-electric vehicles.

in the news

LICENSE PLATE READERS: City and police officials are touting Friday an ongoing effort to install 100 automated license plate readers in the northwest San Fernando Valley, saying the technology can play a crucial role in combating rising crime. Los Angeles City Councilmember John Lee allocated \$500,000 to have 100 readers, known as ALPRs, installed throughout his 12th Council District to help police identify and locate vehicles linked to crimes. The license plate readers are being installed at various strategic locations in Lee's northwestern San Fernando Valley district, generally mounted to light poles. When the cameras detect a plate that has been linked to crimes, police are automatically notified.

DENGUE FEVER CASE: Los Angeles County health officials on Thursday continued to investigate a fifth locally acquired case of the mosquito-borne illness dengue, this time in a resident of El Monte. The latest patient does not appear to have any connection with the four previous reported infections, the county Department of Public Health said Wednesday. Health officials again stressed that locally acquired cases of dengue are extremely rare in areas where it has not been previously transmitted by mosquitoes. The county previously reported a cluster of three infections in the Baldwin Park area, and last week a fourth case was confirmed in a Panorama City resident.

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Yen-Dollar Rate

DOLLAR DOWN: The dollar was lower in trading Friday on the Tokyo Foreign Exchange Market, finishing at 146.30-31 yen, down .16 yen from Thursday's close.

Japan Business Mogul Gifts Record-Setting \$31M to UCLA Humanities Program

CITY NEWS SERVICE

Billionaire Japanese businessman Tadashi Yanai has committed to donate \$31 million to the UCLA College Division of Humanities, the largest gift in the division's history, the university announced Oct. 3.

The donation will support the Yanai Initiative for Globalizing Japanese Humanities, which was created at UCLA — in partnership with Tokyo's Waseda University — in 2014 thanks to a \$2.5 million donation from the businessman. Yanai in 2020 donated \$25 million to the initiative.

Yanai, considered one of the richest — if not the richest — people in Japan, is the founder and CEO of Fast Retailing, the parent company of the Uniqlo clothing brand.

The bulk of his latest donation will support "Japan Past & Present," which is based in the UCLA Department of Asian Languages and Cultures and is designed to "transform the field of Japanese humanities by promoting easy and equitable access to research and teaching resources and fostering greater collaboration among scholars throughout the world."

"I am proud to support the study of Japanese humanities at UCLA and around the world because I believe in sharing and valuing the practices and artforms that shape our world," Yanai



Tadashi Yanai

said in a statement. "The humanities and arts make us who we are — they enable us as humans to relate to and care for one another. I look forward to seeing how 'Japan Past & Present' will expand and enrich this critical work."

According to Michael Emmerich, director of the Yanai Initiative and "Japan Past & Present," Japanese humanities scholars often find it difficult to collaborate with peers due to simple logistical issues, because many universities outside Japan

don't have stand-alone departments dedicated to the field. The "Past & Present" website is an effort to create bridges and foster collaboration worldwide.

"We want to make sure there is greater equity across the global community of scholars, in terms of both access to resources and the visibility of the work we are all doing," Emmerich said in a statement. "And we want this digital hub to be a place researchers keep coming back to, because it will offer all sorts of resources they want and need."

"Creating that sort of space for scholars everywhere is key to reimagining the Japanese humanities as a truly global field."

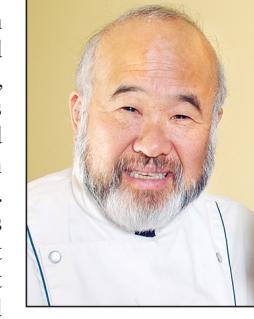
The "Japan Past & Present" website went live in March.

Interim UCLA Chancellor Darnell Hunt said in a statement that Yanai's gift "will substantially advance the study of Japanese humanities, solidify UCLA's position as a leading center for such scholarship and contribute greatly to our global reach and impact."

"Thanks to Mr. Yanai's generosity, UCLA will continue to grow as a nexus for scholars across the world to come together to explore and exchange ideas, transcending political, linguistic and cultural boundaries," Hunt said.

JANM Mourns the Passing of Chef Akira Hirose

The Japanese American National Museum (JANM) mourns the passing of Chef Akira Hirose on Sept. 26 at the age of 70.



Chef Akira Hirose

opened Azay in 2019.

During the COVID-19 pandemic, Azay provided meals to low-income families, and Hirose participated in a series of virtual public programs about Japanese cuisine for JANM's audiences.

"We are devastated by the loss of Chef Akira, whose food, hospitality, and kindness were part of the cultural fabric of the museum and the neighborhood," said Ann Burroughs, president and CEO of JANM. "He was a vocal advocate for JANM and was always generous in sharing his passion and knowledge of Japanese food and culture."

"Whether serving a grand dinner at a gala or a bento lunch for local seniors, the quality, authenticity, and originality of his food was always evident. He will be greatly missed."

A Festive Autumn Day Comes to SEJSCC

Looking for something fun to do on Saturday, Oct. 12? Come to the Southeast Japanese School's Pancake Breakfast from 7 to 11 a.m., Holiday Boutique from 8 a.m. to 12 noon, Holiday Kitchen at 8:30 a.m., and Paint 'n Sip at 1 p.m.

Start your day with a hearty "onolicious" Hawaiian-style pancake breakfast featuring Portuguese sausage, eggs, rice and pancakes, pineapple, coffee and tea. Bring your family and meet with friends at this 30-year tradition. Enjoy a relaxing autumn morning. Tickets are \$10. Raffle prize is \$100. All proceeds benefit Norwalk Youth Sports and their Scholarship Fund.

Be a "Super Santa" at the Holiday Boutique. Treat family, friends, and yourself to unique gift items. Chat with the friendly vendors who are glad to inform you about their craft and can help you find or suggest gifts for that "special person." Get an early start on your Christmas shopping

so that you can relax and enjoy the holiday season.

Stop by the Holiday Kitchen and take home a gyoza lunch with Spam musubi, specially prepared by judo black belt chef Johnson Long and his culinary staff.

Feeling artistic? Come to the Paint 'n Sip at 1 p.m. for lunch and painting, or at 1:30 p.m. for the painting-only session. There will be an art instructor to assist or guide you in creating your masterpiece. All art supplies (canvas, paint, paint brushes, and easel) will be provided. If you wish, you can bring some wine to drink as you ease the paint onto the canvas. The fee for this art fill event is \$40 for lunch and painting or \$30 for painting only. Go to sejssc.org to register for Paint 'n Sip or for more information.

Southeast Japanese School and Community Center is located at 14650 Gridley Rd. in Norwalk and can be reached at (562) 863-5996.

Ex-L.A. Deputy Mayor Linked to Huizar Bribery Scheme Gets 12 Years in Prison

By FRED SHUSTER

CITY NEWS SERVICE

while Huizar "may have been the face of the pay-to-play scheme, (Chan) was the brains that devised some of the most sophisticated aspects" of the conspiracy.

For example, Chan arranged what prosecutors called "the single largest bribe payment obtained in the scheme" — the secret funneling of \$600,000 from a billionaire real estate developer that Huizar used to confidentially settle a pending sexual harassment lawsuit from a former staffer. Structured by Chan, the bribe "was shrouded in layers of concealment," according to court papers.

Huizar, 56, pleaded guilty in January 2023 to accepting bribes from Downtown developers and cheating on his taxes, and was sentenced to a 13-year federal prison term. He was ordered to surrender to begin his sentence no later than noon Monday.

U.S. Attorney Martin Estrada said Chan used his leadership role at City Hall to "favor corrupt individuals and companies willing to play dirty" to win approval of Downtown high-rise construction projects.

Members and associates of the bribery scheme included lobbyists, consultants and other city officials and staffers, who sought to personally enrich themselves and their families and associates in exchange for official acts. They included George Esparza, Huizar's former special assistant, real estate development consultant George Chiang, political fundraiser Justin Jangwoo Kim, and lobbyist Morris Goldman, among others. Each pleaded guilty and agreed to cooperate with the government's investigation.

Before Huizar pleaded guilty to federal charges, he and Chan were scheduled to go on trial together. A mistrial was declared in Chan's first trial last year due to a defense attorney's medical emergency.

Director Julie Ha, producer Su Kim, film narrator Sebastian Yoon and film participants Ranko Yamada and Sandra Gin took to the stage at the Palladium Times Square to accept the award on behalf of the entire film team, which also includes director Eugene Yi and producers Jean Tsien and Sona Jo (who could not attend the ceremony), as well as the community that inspired the film.

In her speech, Ha, a former *Rafu Shimpo* reporter, noted that the film grew out of love — love for journalist mentor K.W. Lee, whose articles about the Chol Soo Lee case throughout the 1970s and '80s helped spark a bold, righteous social justice movement that embraced a poor Korean immigrant man and fought for his

freedom. Lee lamented, however, that this remarkable story became forgotten.

"But it was too important to be forgotten," said Ha. "And thanks to him and the hands of so, so many, we were able to excavate this lost history — which we assert is not just part of Asian American history, but American history, human history — so that it can move and inspire today, just as it did almost 50 years ago."

The team dedicated the Emmy to Chol Soo Lee, "who suffered too much in this world," said Ha. "But we hope that your spirit can find peace, Chol Soo, knowing that your story will be spread far and wide, and your legacy will continue."

Lee, who served nearly 10 years in prison before being released in 1983, died in 2014 at the age of 62.

The team also thanked its public TV partners, "Independent Lens," PBS, ITVS and CAAM (Center for Asian American Media) and its many supporters, including the community who lived this epic history and entrusted the film team with it.

"This honor goes beyond anything I could have dreamt of, and it's a testament to the many who came together to make this film possible," said director Yi. "From those who knew Chol Soo Lee, to all those who supported this project, to the talented collaborators who helped bring the film into the world. This is a testament to that collective action."

"This Emmy recognition is truly amazing," said producer Kim, who previously won an Emmy for the



Photo by GRANT DIN

From left: "Free Chol Soo Lee" producer Su Kim, Sandra Gin (film participant), director Julie Ha, Ranko Yamada (film participant) and narrator Sebastian Yoon celebrate the Emmy win for Outstanding Historical Documentary at the Sept. 26 ceremony in New York City.

'Free Chol Soo Lee' Wins Emmy for Outstanding Historical Documentary

"Free Chol Soo Lee," the critically acclaimed film about a Korean immigrant wrongfully convicted of murder and the pan-Asian American social justice movement he inspired, won the Emmy for Outstanding Historical Documentary at the 45th annual News & Documentary Emmy Awards on Sept. 26 in New York City.

The film, broadcast and streamed on PBS' "Independent Lens" last year, beat out a field of heavyweights, including "America and the Taliban" (Frontline), "JFK: One Day in America" (National Geographic), "To End All War: Oppenheimer & the Atomic Bomb" (MSNBC Films) and "World War II: From the Front Lines" (Netflix).

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freedom. Lee lamented, however, that this remarkable story became forgotten.

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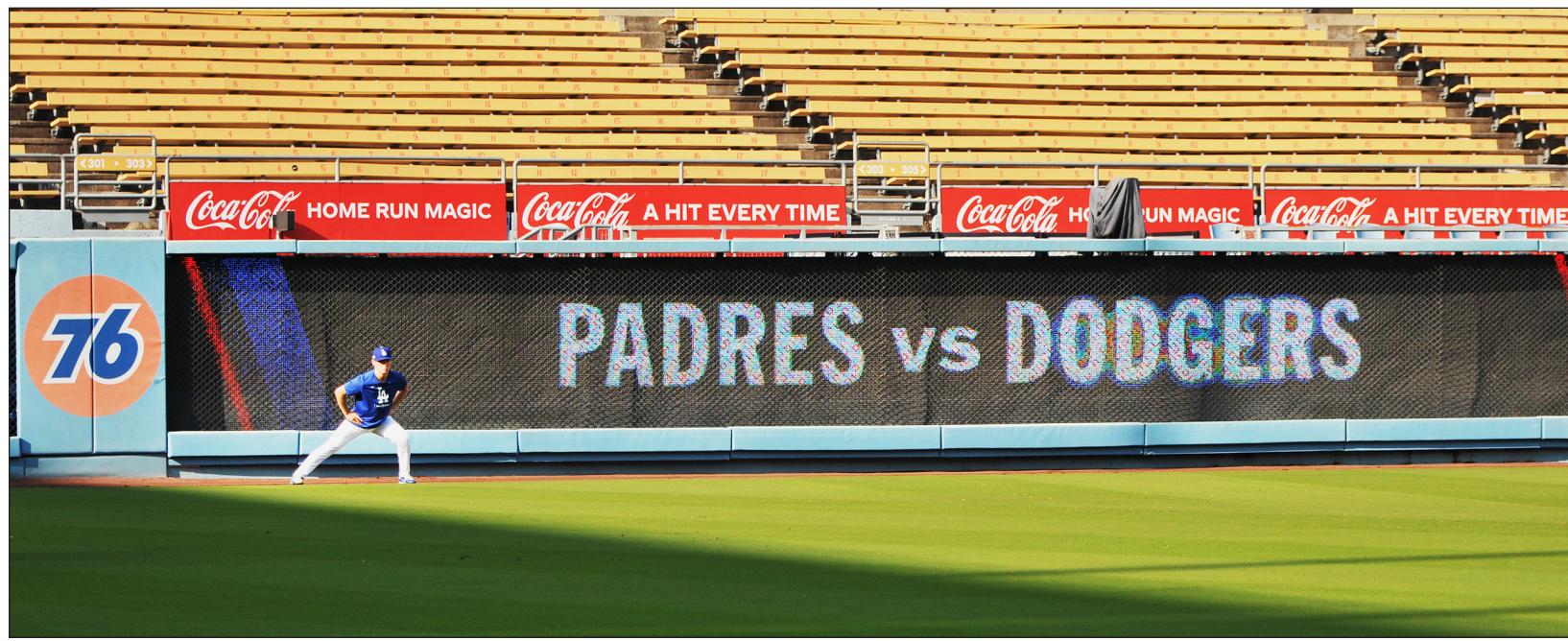
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Yoshinobu Yamamoto stretches in the outfield at Dodger Stadium on Friday, as he prepares to start Game 1 of the National League Division Series against the San Diego Padres on Saturday. Yamamoto was originally scheduled to begin Game 2, but will take the ball in the opener.

Ready for a Playoff Redux

Shohei Ohtani and the Dodgers are looking to turn the 2022 tables on San Diego in the NLDS.

By MIKEY HIRANO CULROSS
RAFU SPORTS EDITOR

Shohei Ohtani might have been trying to conceal his excitement, but the thrill of the moment still managed to peek through.

This year's NLDS has the added intensity of pitting L.A. against their rivals to the south, the emergent Padres, who would like nothing better than to spoil the party for the Dodgers and their lofty expectations.

The teams last met in 2022, when the Padres – and a wayward goose – stunned the Dodgers into an early playoff exit, so there may well be some desire for a little payback.

"I think 'unfinished business' is something that resonates with our guys," Dodgers manager Dave Roberts said on Friday. "I talk about it, but we've got to go out there and be about it – talk about the edge, the fight, but I really do feel that's the mindset that we're coming into. It's an edgy group right now, which I think is a good thing."

L.A. is favored in the series that begins Saturday at Dodger Stadium, even though they were forced to navigate a host of pitching injuries throughout the regular season, notably in the second half. A huge part of their 2024 pitching plan, Tyler Glasnow, is out for the season with an elbow injury.

Still, the pitching has been good enough to stay competitive with an offense that boasts Ohtani, Mookie Betts and Freddie Freeman at the top of their lineup.

Roberts said any team that has a Shohei Ohtani at its disposal will always be a force to respect.

"He's the most talented hitter on



Shohei Ohtani recalled watching the Dodgers win the World Series in 2020, while as a member of the Angels he was in rehab after surgery.

the field. He can change the game in a lot of different ways," Roberts explained. "Even if he were to get on base by way of walk, he can steal a base. He can score from first. He can hit a homer. He's shown the ability in this last month to use the whole field, to get a hit if he needs to. He can drive in runs.

"That's what we're getting. I agree with you in the sense that he's played in a lot of big ball games, and I think it's more for us as fans to see that it's something that's new to him to see how it plays out."

Roberts added that the brightest lights on the biggest stage won't faze Ohtani, who had plenty of playoff experience in Japan.

"If there's any person that I feel that's going to be able to handle this, it's certainly Shohei. I think he just brings a next-level mega star to our ballclub."

Yoshinobu Yamamoto, originally tapped to start the second game in the best-of-five NLDS, has been moved to take the ball in Game 1 on Saturday night. After a disastrous start in the first game of the regular season against the Padres in Seoul, Yamamoto missed several weeks of the season with a shoulder issue, but has shown effectiveness in the latter part of the season.

He was particularly sharp against the Yankees in New York, striking out seven batters in as many innings, as the Dodgers won in 11 innings.

He hopes to bring that form into the playoffs.

"I like to focus on, of course, winning, and I want to get myself ready to go out there with a good condition, physically and mentally," he said. "And also I have experience in the big game, but this is my first MLB playoff. So it's going to be a big one because I'm going to try to do my best to contribute for the team."

Yamamoto will face a potent San Diego lineup that includes Fernando Tatis, Jr., Manny Machado and a surprisingly heavy-hitting catcher in Kyle Higashioka. The Huntington Beach native clubbed two home runs in the Padres' wild-card series win in two games over the Atlanta Braves.

"This is what October is all about," Higashioka told *The Rafu* during his team's final regular season games last month at Dodger Stadium. "This is where the game gets really fun."

Ohtani had hoped to see Yamamoto go head-to-head with Padres ace Yu Darvish, but that pitching matchup hasn't materialized.

"Darvish has been my childhood hero. He's somebody that I've seen him play in Japan and obviously in Major League Baseball," he said. "My personal hope was that Darvish would have faced against Yoshinobu. Obviously that's not going to happen this time around, but I'm very honored and excited to be able to face him."



"He's the most talented hitter on the field," Dave Roberts said of Ohtani. "He can change the game in a lot of different ways."

California Sisters' Nonprofit Carrying on Legacy of Japan's A-Bomb Survivors

By JAMAH BONDS
KYODO NEWS

For two teenage sisters, a chance meeting with an atomic-bomb survivor during a volunteer project proved to be a fateful encounter that would lead to them starting a nonprofit organization dedicated to mobilizing young people to call for a world without nuclear weapons.

Founded in 2022 by twins Manon and Kanon Iwata, 16, the group called Teens 4 Disarmament & Nonproliferation now has five chapters located in the U.S., Japan and Ukraine.

Two years ago, the Japanese-American teens, soon to be 11th graders at their all-girls high school in Pasadena near Los Angeles, took part in a visit to patients at a facility for elderly people.

There, they met with Bill Ota, a survivor in his 90s of the nuclear attack on Hiroshima, one of the two Japanese cities hit by U.S. A-bombs in the closing days of World War II.

After some time, Ota began to open up about his childhood and share his experience as a survivor.

He told the sisters that on Aug. 6, 1945, the day that the atomic bomb was dropped on Hiroshima, he was meant to



Kanon (left) and Manon speak at a peace forum held last May at Westridge School in Pasadena.

be celebrating with friends who had gathered for his 16th birthday.

As he and his friends left school, the bomb was detonated over the city, and only Ota survived. He recalled the final words of one of his friends, who said, "I am so glad you made it."

The girls said listening to his tale was heart-wrenching, making them both sad and angry.

Still filled with guilt at being the lone survivor among his friends, Ota, now 95, asked the girls to promise to strive to create a world free of such destructive weapons.

"When we saw his cheerful personality and outlook to life, even after what had happened, we felt more encouraged, and I want to say, more obliged to help his wish and help

the hibakusha," Kanon said. Since that meeting, the sisters have dedicated themselves to taking steps to fulfill the wishes of Ota and other hibakusha and protect their own and future generations from the threat of nuclear war.

Manon, who likes science and research, and Kanon, who prefers speech and debate, have worked on everything from educating youth about nuclear weapons to creating a "Peace Forum" at their high school.

Their stated goal on their website is to inform future generations about the testimonies of A-bomb survivors, saying the greatest potential impact lies in educating the future decision-makers in society.

"It's important that our whole generation is educated about this topic, so we can make informed decisions about these mass destructive weapons. That's why youth, for us, was a main priority," said Kanon.

Their goal is in line with a 2023 request made by the U.N. General Assembly to U.N. Secretary General Antonio Guterres to explore youth involvement in disarmament and nonproliferation. Guterres' report was the first to explore the topic.

The Iwata sisters hope first to create an impact in their lo-



Kanon Iwata (center) and her sister Manon pose for a photo with A-bomb survivor Bill Ota in Los Angeles in 2023.

cal community.

Manon revealed that they were in talks with a local legislator in their hometown and had called for introducing education on nuclear weapons in local schools.

In May, the twins created a peace forum as an extracurricular activity at their high school to educate students about nuclear disarmament.

At the forum, they shared the account given by Ota to the roughly 15

LATW Launches Sakata's Audiodrama Adaptation of 'The Secret Garden'

An audiodrama adaptation of Frances Hodgson Burnett's classic children's novel "The Secret Garden" by L.A. Theatre Works will have its broadcast premiere on Sunday, Oct. 6, at 10 p.m. on KPFK, 90.7 FM.

Adapted by actress/playwright Jeanne Sakata, the play comes in two versions — a "listen anywhere version" and a special enhanced version designed for headphones for a truly immersive listening experience.

Mary Lennox is an orphaned 10-year-old who is sent to live with her uncle in his country house on the moors. Her new life is almost unbearable, but when she hears stories of the estate's mysterious, abandoned garden, she's determined to discover its secrets.

"This was truly a labor of love and I had the incredible gift of once again working with my dear friend, Jessica Kubzansky, who grew up loving this novel and knows it inside and out, and directed the piece with such profound artistry and love," said Sakata.

"And immense gratitude to our marvelous cast, each of whom shine in their roles — Alma Marian as Mary, Lina Patel as Ayah Lakshmi, Shannon Cochran as Mrs. Medlock, Cerris Morgan-Moyer as Martha, Ian Ogilvy as Ben Weatherstaff, Alastair James Murden as Dickon, Adhir Kalyan as Archibald Craven, and Jonathan Charles as Colin.

"And to our fabulous design team that brought this story alive with gorgeous music and sound — Ronn Lipkin, Mark Holden, Charles Carroll, Neil Wogensen, Chloe Foster.

"Thanks, too, to dear friends for invaluable help — Lina Patel for also being our cultural consultant for our scenes in India, Sabina Zuñiga Varela (who also loves this novel) for the wonderful idea of bringing Ayah into the work as a real character, Lisa Sanaye Dring for her terrific feedback, and Nathan Singh for his warm support and encouragement.

"Most of all, gratitude to Susan Loewenberg and Anna Lyse Erikson for asking me to adapt this work, and Stacey Martinez for all her incredible help inside and outside the studio. And thanks for your enthusiasm and support, Susan Gurman!

"This is my first play for young people, and as the daughter of a farmer who grew up surrounded by soil and earth and growing things, it was a gift to work on it. If you have kids who love this book, or if you yourself are a kid at heart — we'd love to share this with you!"

Sakata (www.jeannesakata.com) is an award-winning actor and playwright whose versatility



Jeanne Sakata

spans across theater, television, film, voiceover animation, and audiobooks.

Recent TV recurring and guest star roles include ABC/Shondaland's "Station 19," CBS' "Magnum, P.I.," "NCIS Hawai'i," and "NCIS Los Angeles," and Disney Plus' "High School Musical: The Musical: The Series," with her voice talents featured in Marvel's animated series "Hit Monkey," Apple TV's "Stillwater," Disney's "Big Hero 6," and Nickelodeon's "Avatar: The Last Airbender," as well as the audiobooks "How High We Go in the Dark" (2023 Audie Award finalist for science fiction) and "Trust."

Onstage, Sakata recently performed in Anna Deavere Smith's "Twilight: Los Angeles, 1992" at Center Theatre Group's Mark Taper Forum, as well as the world premiere of Moisés Kaufman and Amanda Gronich's "Here There Are Blueberries" at La Jolla Playhouse. Additional stage credits include the Public Theater, Lincoln Center Theater, Kennedy Center, La Jolla Playhouse, Vineyard Theatre, People's Light Theatre, Northlight Theatre, Theatre Works Silicon Valley, Berkeley Rep, ACT San Francisco, ACT Seattle, and Portola Center Stage, to name a few.

Sakata's first play, the celebrated solo work "Hold These Truths," commissioned by Center Theatre Group, has had over two dozen productions across the country and continues to be produced nationally and internationally. Winning rave reviews from *The New Yorker*, *The New York Times*, and AP critics, it is the recipient of numerous awards and has received encore or extended runs at Barrington Stage, Arena Stage, and TheatreWorks Silicon Valley. It tells the true story of civil rights hero Gordon Hirabayashi.

Sakata also authored the 2021 L.A. Theatre Works audio play "For Us All" and is frequently commissioned for new works. Both "Hold These Truths" and "For Us All" are available through Audible and other streaming platforms.

visited Hiroshima twice. They have also interacted with young people in Ukraine, which faces the threat of nuclear weapons due to Russia's invasion, and a local branch of their organization has been established there.

This year marks the 79th year since the atomic bombs were dropped on Hiroshima and Nagasaki. The survivors have either grown old or already passed away and need people to carry on their legacies.

Beginning in September, their own school has invited A-bomb survivors to give lectures and also begin incorporating the history and effects of nuclear weapons in U.S. history classes.

The Iwata sisters have shared the experiences and thoughts of about a dozen hibakusha on their website and via social media.

Many people in the U.S. believe that the atomic bombings of Hiroshima and Nagasaki hastened the end of World War II and saved many American lives. But Manon said that few people of her generation even know about the atomic bombings.

"I think by listening to these stories, people take a second to think, and they try to process it through themselves as well," Manon said, adding that this self-reflection is what they hope motivates people to think about these issues more critically.

**IT PAYS TO KNOW** *By Judd Matsunaga, Esq.*

Restless Sleep to Restful Sleep

If you haven't "slept like a baby" since you were a baby, this article is for you. An uninterrupted night of peaceful slumber can make all the difference in how you feel the next day. Not only that, but mounting evidence shows that getting a good night's sleep on a regular basis is vital to your health and well-being.

Did you know that about 35% of Americans sleep less than the recommended seven hours each night. According to a Special Report from Harvard Medical School, "Improving Sleep," insufficient sleep can increase your susceptibility to depression, weight gain, and even the common cold. A growing number of studies have linked long-term sleep deficits with significant health problems:

Diabetes: People who sleep just five to six hours a day are twice as likely to be diagnosed with prediabetes and Type 2 diabetes compared with people who sleep seven to eight hours a day, according to a 2021 review in the *Journal of Endocrinology*.

High blood pressure: Shorter sleep times were linked to a higher risk of high blood pressure. People with very short sleep times (four or fewer hours per night) were twice as likely to have high blood pressure compared with those who slept seven hours nightly.

Dementia: A growing body of research suggests that sleep disturbances may increase the risk of developing dementia. Experts believe that sleep helps clear the brain of amyloid, the protein thought to damage nerve cells in Alzheimer's.

Weight gain: Numerous studies have linked inadequate sleep with obesity. Researchers found that lack of sufficient sleep tends to disrupt hormones that control hunger and appetite, causing you to eat hundreds of extra calories per day — in particular, quickly digested carbohydrates. Excess weight, in turn, increases the risk of several health problems.

Depression: A study found that, compared with normal sleepers, people who reported a history of insomnia were four times as likely to develop major depression within the next three years. And two studies found that sleep problems often developed before a diagnosis of major depression and (to a lesser extent) anxiety.

Viral infections: People who'd slept less than six hours per night were four times as likely to get sick as those who'd slept at least seven hours per night. Other research found a link between shorter sleep duration and lower antibody response to the flu vaccine.

Most adults need seven or more hours of sleep to function at their best. In older adults, falling asleep takes longer, and the shallow quality of sleep results in dozens of awakenings during the night. Because of the frequent fragmentation of sleep, it can take longer in bed to get the same amount of sleep.

Two of the most common medical conditions that affect people's ability to sleep are (1) sleep apnea and (2) nocturia.

Sleep apnea is a serious health condition in which breathing stops or becomes shallower hundreds of times each night. Sleep apnea can double a person's risk of suffering a stroke over a seven-year period. Sleep apnea also wreaks havoc on the cardiovascular system because the heart must work harder every time the person rouses to open the airway, increasing heart rate, blood pressure, and stress hormones.

Today, one in four men suffers from obstructive sleep apnea (OSA), the most common form of sleep apnea. With OSA, the tongue or throat tissues block the airway and you can't breathe.

A potentially life-threatening lack of oxygen and buildup of carbon dioxide, as well as increasing efforts to breathe, cause you to wake and

gasp loudly for air until blood oxygen levels return to normal.

Untreated, sleep apnea can have devastating consequences. The relentless daytime fatigue that often results may destroy careers, break up marriages, and lead to automobile and workplace accidents. It can even be life-threatening, contributing to the development of high blood pressure, heart failure, and strokes.

Treatment for OSA often includes lifestyle changes, which may improve but usually don't fully resolve the condition. For people with mild to moderate OSA, therapies such as dental devices and positional aids may be reasonable alternatives. However, the gold standard (and most commonly used) treatment is positive airway pressure (PAP). Less common treatments include a variety of surgical procedures.

Another common cause of sleep loss for seniors is the need to get up frequently to urinate during the night, called "nocturia." Nocturia is a common cause of sleep loss, especially among older adults. It affects nearly two-thirds of adults ages 55 to 84 at least a few nights per week. A mild case causes a person to wake up at least twice during the night; in severe cases, a person may get up as many as five or six times.

Nocturia becomes more common with age. As you grow older, your body's ability to concentrate urine (that is, to remove water from the fluid going into the kidneys) decreases,



causing you to produce a higher volume of urine. Also, the bladder tends to lose holding capacity, leading to more frequent emptying. Older people are also more likely to suffer from medical problems affecting the bladder.

Nocturia has numerous possible other causes, including some of the disorders mentioned in this report (heart failure, diabetes), other medical conditions (urinary tract infection, an enlarged prostate, liver failure, multiple sclerosis, sleep apnea), and medication (especially diuretics). Some cases are caused or worsened by excessive fluid intake after dinner, especially drinks containing alcohol or caffeine.

Surveys suggest that although two-thirds of Americans have sleep problems at some time in their lives, most of them suffer in silence. They enjoy life less, are less productive, and endure more illnesses and accidents at home, on the job, and on the road. The American Academy of Sleep Medicine recommends seeking medical advice if sleep deprivation has compromised your daytime functioning for more than a month.

Don't hesitate to ask for help when you're sleeping badly following a death in the family or other stressful event. A physician may suggest the short-term use of a sedative to help you sleep at night. This may help you cope better during the day and prevent the development of a long-term sleep disorder. However, sleep medications are not necessarily the best option.

According to a National Sleep Foundation survey, most primary care physicians do not routinely ask their patients about sleep. Doctors trained in the U.S. receive roughly three hours of instruction on this topic during four years of medical school. So it's in your best interest to ask your primary care provider for a referral to a sleep specialist to get an evaluation and treatment for a sleep problem.

If sleep problems are not that serious, the Harvard Special Report makes the following suggestions to help you sleep better at night:

• If older people are unable to get all the required sleep at night, they often supplement nighttime sleep with daytime naps. This can be a successful strategy for accumulating sufficient total sleep over a 24-hour period. However, if you find that you need a nap, it's best to take one midday nap, rather than several brief ones scattered throughout the day and evening.

• Replace bright lights with lower-wattage bulbs or install dimmer switches that allow you to keep the lights low at night. Also, if you need to block early-morning sunlight, consider light-blocking curtains or shades. Bright bathroom lights can be an issue, too, especially since most people use the bathroom right before retiring (and often in the middle of the night). But you don't want to stumble if you can't see. As long as it's safe to do so, consider using night lights to light the way to and in your bathroom.

• Screening out blue light: Electronic devices such as televisions, laptops, and cellphones emit blue light. Nighttime exposure to blue light, the shortest of the visible wavelengths, suppresses the brain's production of sleep-inducing melatonin. Blue-light exposure tends to suppress REM sleep as well. That means using a blue-light-emitting device close to bedtime — whether you're reading a book on a tablet or binging your favorite TV series on a laptop — can make it harder for you to fall asleep.

• Keep comfortable. A bedroom that's too hot or too cold may interfere with sleep. Most people sleep best in a slightly cool room (around 65° F). Replace your mattress and pillows if they're worn or uncomfortable. If aching joints are keeping you awake, ask your doctor about pain relievers. Some people say they are more comfortable sleeping on "memory foam" mattresses and pillows.

• Try relaxation rituals. Worrying about a problem or a long to-do list can be a recipe for insomnia. Well before you turn in, try writing down your worries and make a list of tasks you want to remember. This "worry journal" may help move these distracting thoughts from your mind. Closer to bedtime, try comforting rituals that may help lull you to sleep, e.g., listen to soft, calming music, take a warm bath, do some easy stretches, and/or read a book or magazine by soft light.

In conclusion, getting sufficient sleep will keep you healthier. You don't have to toss and turn. Once you crawl between the sheets, use the above relaxation techniques, such as deep breathing or progressive muscle relaxation, so you can have all the health benefits restful sleep affords. Use whatever works so you can get to sleep without counting sheep.

Finally, for all *Rafu* readers interested in a drug-free approach to treating insomnia, I have created an audio clip that is currently available online. Simply search "ELS theta wave music" on YouTube. You'll find a 15-minute induction (to stop the excess chatter in your mind), followed by an hour of theta wave deep relaxation music. I listen to it every night. It works!!!

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.

JANM Volunteers to Host Kokoro Craft Show on Oct. 20

Volunteers of the Japanese American National Museum (JANM) will host the 2024 Kokoro Craft Show with over 60 vendors at the museum on Sunday, Oct. 20, from 10 a.m. to 4 p.m. Kokoro is a Japanese word meaning heart, mind, and spirit. The first craft show was a volunteer-led fundraising event for JANM during a national economic downturn in 2009. Now in its 16th year, this annual craft show is a free in-person event featuring fashion apparel and accessories, jewelry, ceramics, gifts, and more.

It will also feature performances by Sunset Jive at 10:30 a.m. and Bombu Taiko at 12:30 p.m.

Shoppers who spend \$25 will receive a 10% discount to local restaurants.

This event is sponsored by the Friends of JANM and proceeds will benefit JANM's cultural, educational, and volunteer programs. In conjunction with the craft show, museum admission will be free all day.

JANM is located at 100 N. Central Ave. (at First Street) in Little Tokyo.



J.K. YAMAMOTO/Rafu Shimpo

Vendors at last year's Kokoro Craft Show.

For more information about the Kokoro Craft Show, visit kokorocraftshow.com or email kokorocraftshow@

gmail.com. Stay up to date with the craft show on Facebook and Instagram.

RELIGION CONTINUED

To submit information to our religion calendar, please contact Peter Yoon by email at Petery@rafu.com by noon on Wednesday.

Anaheim Revive Church (formerly AFMC) 1001 N. Mayflower St., Anaheim 92801, 714-827-0782 anaheimrevive.org

Centenary United Methodist Church 300 S. Central Ave., L.A. 90013, 213-617-9097.

Central Japanese American Community Church of SDA 2113 East Villa St., Pasadena, 91107, 626-304-7800.

Chatsworth West United Methodist Church 10824 Topanga Canyon Blvd., Chatsworth, 91331.

Christ Episcopal Church 408 S. Broadway, Redondo Beach, 90277, 310-540-1722.

Christ Presbyterian Church of Hollywood 4011 W. Clinton St., L.A. 90004, 323-665-3581.

Church of Perfect Liberty L.A. 1130 W. 223rd St., Torrance, 90502, 310-328-4861.

Crossway Church of San Fernando Valley (formerly San Fernando Valley Holiness) 9610 Haddon Ave., Pacoima 91331, 818-896-1676 (E), 818-899-4115 (J).

Davar Church 1539 E. Howard St., Pasadena 91104, 626-398-2290.

Evergreen Baptist Church of L.A. 1255 San Gabriel Blvd., Rosemead 91770, 626-280-0477.

Evergreen Baptist Church of San Gabriel Valley 323 Workman Mill Rd., La Puente 91746, 626-363-0300.

Faith United Methodist Church 2115 W. 182nd St. (at Van Ness), Torrance 90504, 310-217-7000.

First Presbyterian Church 2775 Lincoln Ave., Altadena 91001, 626-791-4271.

Gardena Valley Baptist Church 1630 W. 158th Street, Gardena 90247, 310-323-5683.

Gedatsu Church USA 7850 Hill Dr. S. San Gabriel 91770, 626-288-1212.

Gospel Venture International Church (GVIC) 17811 S. Western

OBITUARIES**Emily Fumiko Sunahara**

Emily Fumiko Sunahara passed away on September 18, 2024, at the age of 94 years old. She was born in San Jose, Calif., and lived in Huntington Beach.

A private graveside service was held at Westminster Memorial Park on September 28. Emily is survived by her daughter, Suzy (John) Sunahara-Walker; and grandson, Sam Walker. She is also survived by many nieces, nephews, and relatives.

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Akira Hirose

Akira Hirose, a 70-year-old, Kyoto, Japan-born, Los Angeles resident, passed away peacefully at his home on September 26, 2024. He was the chef-owner of Azay restaurant in Little Tokyo and formerly of Maison Akira in Pasadena.

He is survived by his loving wife, Jo Ann; their children, Michelle and Philip; brothers, Shigeru (Tomoe), Yutaka (Hikaru-san), Hikaru (Kiyoko), all of Japan; brothers-in-law, Norman Maehara (Mardy), Nolan Maehara (Sandy); sister-in-law, Rosanne Takahashi (Ron). Also, survived by many nieces, nephews, and extended family in Japan.

The funeral service will be held on Sunday, October 13, 3 p.m. at the Los Angeles Hompa Hongwanji Buddhist Temple, 815 East 1st Street, L.A. The family respectfully requests that in lieu of flowers, donations can be made to an organization of your choice.

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Akira Hirose

William Nagamasa Sato

William (Bill) N. Sato passed away peacefully on September 22, 2024, at the age of 88 years old, two weeks shy of his 89th birthday. He was born in Glendale, Calif., and lived most of this life in the Los Angeles area, eventually settling in the city of Duarte. During World War II and a few years following, Bill resided with his family in the Amache Relocation Center in Colorado and Chicago.

Bill was an avid fisherman, taking frequent trips to the High Sierras and Alaska. He had an amazing ability to get people to talk, making him a natural greeter at church. He was also a dedicated civil servant with the City of Pasadena for over 30 years. His commitment to the city eventually earned him a promotion to one of the top positions in the Public Works department, that of City Engineer. But promotion was never his primary goal as he always sought to bring out the best in those who worked for him.

Bill is survived by his beloved wife, Tomoko; sons, Brian (Winnie) Sato and Kirk (Julie) Sato; grandchildren, Darynne (Elijah) Olmos, Kira and Kaleia Sato; and many nieces, nephews and cousins.

A memorial service celebrating Bill's life will be held at the West Covina Christian Church (WCCC) on October 12, 2024, at 11 a.m. Causal attire. Livestream will be available at <https://youtube.com/live/PKu8mqLngYQ>. In lieu of flowers, please consider making a donation in Bill's memory to either the WCCC Memorial Fund or your favorite charity.

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William Sato

Marion Fusako Manaka

A funeral service for the late Marion Fusako Manaka, 98-year-old, California-born, resident of Los Angeles, who passed away on September 20, 2024, will be held on Saturday, October 19, 11 a.m. at Centenary United Methodist Church, 300 S. Central Ave. in Los Angeles. Marion requested proper funeral attire for her services.

She is survived by her beloved husband, Timothy Shoji "Timber" Manaka; daughter, Barbara (the late Philip) Ito; son, Tim (Akiko) Manaka; grandchildren, Leslie Ito, Noelle Ito, Derek Manaka of Tacoma, Wash. and Taryn Manaka of Chicago, Ill.; great-grandchildren, Rockett Wong, Zoë Wong and Kinsey Okada; she is also survived by nieces, nephews and other relatives.

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CLASSIFIEDS

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For information on how to place an English section Classified Ad in The Rafu Shimpo, please call (213) 629-2231, ext. #100 or fax (213) 687-0737, Monday through Friday, 8 a.m.-4:30 p.m. Deadline is 11 a.m. two days in advance of publication date. Ads must be prepaid by cash, check or credit card (American Express, Mastercard, and Visa). Include your name and a daytime phone number. In compliance with federal equal employment opportunity, some ads under "Help Wanted" may designate "man or woman," although the use of such terms does not mean jobs are limited to male or female applicants.

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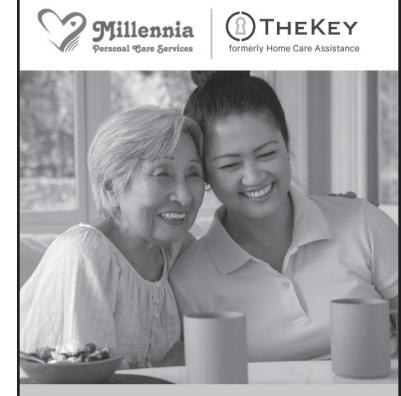
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well as the complex man at the center of it. The film touches on themes of anti-Asian racism, criminal justice reform, the power of journalism and collective action, and human resilience.

"People are in awe and inspired by [Free Chol Soo Lee]," said Yamada, a leading activist in the landmark movement, and featured prominently in the film. "It's what we hoped for and more. There's a current of love throughout that has succeeded."

"This is a home run for the Free Chol Soo Lee mission," said K.W. Lee, aged 96, who watched the live-stream of the Emmy win from Sacramento. "Behind prison walls, Chol Soo Lee died a hundred deaths in that living hell. Even in the free world, he endured a thousand deaths. But now, I can see Chol Soo looking down on us from the big California sky with that wan smile."

"I am so proud of everyone involved in the Free Chol Soo Lee

well as the complex man at the center of it. The film touches on themes of anti-Asian racism, criminal justice reform, the power of journalism and collective action, and human resilience.

Notably, this is not the first time Emmy has honored the Chol Soo Lee story. "Perceptions: A Question of Justice" (KCRA), the first documentary about the case, was produced by Sandra Gin and Tom Nakashima in 1983 and won a regional Sacramento Emmy. Gin's powerful archival interviews are featured prominently in "Free Chol Soo Lee."

She joked that, 40 years later, she served as the "Free Chol Soo Lee" film team's "Emmy fairy godmother."

The film, which is available to stream until Nov. 14 at pbs.org (search "Free Chol Soo Lee"), was also nominated for Best Documentary and Outstanding Promotional Announcement: Documentary (for the "Independent Lens" teaser).

A complete list of 2024 News & Documentary Emmy winners is available at theemmys.tv.

626-4471, info@jaclpsw.org

OCT 19 — Eric Nakamura, author of "Giant Robot: 30 Years of Defining Asian American Pop Culture," 1 pm at Giant Robot 2 Gallery, 2062 Sawtelle Blvd, West Los Angeles. Exhibit, party and book-signing. Info: giantrobot.com

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