

KOKORO

THE HEART AND SOUL OF OUR COMMUNITY
SAN MATEO CHAPTER JAPANESE AMERICAN CITIZENS LEAGUE SEPT 2006
<WWW.SANMATEOJACL.ORG>
INQUIRIES: MARY JO KUBOTA-ARCAESE, CO PRESIDENT, 650.593.7358

SAN MATEO JACL IS DEDICATED TO PROMOTING THE HISTORICAL AND CULTURAL UNDERSTANDING OF THE JAPANESE AMERICAN EXPERIENCE AND TO PROTECTING AND ADVANCING THE HUMAN AND CIVIL RIGHTS OF OUR MULTIETHNIC SOCIETY THROUGH EDUCATIONAL AND COMMUNITY PROGRAMS.

Articles must be submitted before the third Friday in electronic format [Microsoft WORD, New York font] to katemotovama@sanbrunocable.com.

SAN MATEO COUNTY HISTORY MUSEUM OPENS NEW EXHIBITS



Photo from Immigrants' Gallery, San Mateo County History Museum

PLEASE BRING CANNED FOOD FOR THE HUNGRY IN SAN MATEO

The San Mateo Japanese American Community Center always has a barrel in the lobby to accept donations to feed the hungry in our county. Recently, the "Food for Thought" publication of Second Harvest had a wonderful story from a grateful Brown Bag Recipient, Steffani Folber. She receives a single bag of groceries every Friday from a volunteer who delivers the food to her home, since Steffani does not own a car and uses a walker.

"My bag makes all the difference for me. It has a lot of meaning for me; more than just the food. Looking out and seeing the bag on my doorstep every Friday reminds me that I matter, that someone cares about me. For me, the bag validates that I exist."

From 80 distribution sites throughout Santa Clara and San Mateo counties, Brown Bag provides nutritious groceries to low income seniors and disabled individuals on a weekly basis. Program beneficiaries are given the opportunity to participate as volunteers helping to pack, sort, and distribute food to their peers. Every year Second Harvest provides a weekly bag of groceries to 14,400 seniors who have an average

monthly income of less than \$924.

Also, recently, I donated some cans of SPAM for the Letter Carriers Drive to Stamp Out Hunger. It is the nation's largest one-day food drive. For the 14th year running, the National Association of Letter Carriers Food Drive meant that thousands of local postal workers collected nonperishable food donations while on their mail delivery routes. My carrier, Al, cheerfully loaded the heavy bag of SPAM into his truck. This drive raises food necessary to help the food bank get ready for summer, a season when emergency food requests increase dramatically. Why is that the case? Beth DeWolf explains:

“During the school year, thousands of children receive free or reduced cost meals through their school's nutrition program. But in the summer when school is out, these meals are unavailable. That's where food banks step in. The Letter Carriers Food Drive helps us, and the families we support, get through this tough time.”

INTERNET FOR ALL? WHAT DO YOU THINK?

Many counties and cities in California are thinking about building their own high-speed Internet networks, called “municipal broadband.” It might make the Internet affordable to everyone in the community. Some say that it will improve the schools, economy, crime prevention, firefighting, and medical care in the community. But others say it isn't practical and is too expensive. Cities like San Francisco and regions like Silicon Valley will build their own networks soon.

Santa Clara University's Center for Science, Technology and Society (CSTS) and the Broadband Institute of California (BBIC) were looking for people who wanted to learn more about the issue and offer advice to government leaders in their community and across the state. Participants formed a group that learned about the issue through readings and a public hearing where experts responded to questions. The group heard from many people with different points of view on municipal broadband. Then, the group worked together to make recommendations to local governments about whether they should provide fast Internet access and, if so, about the best ways to provide it to everyone.

Participants were at least 16 years old, a resident of San Mateo, Santa Clara, Alameda, or Santa Cruz counties, available from 9am -5pm on the weekends of September 30-October 1, October 7-8, and October 14-15, 2006, able to find their own transportation to Santa Clara University, and filled out the appropriate application form by August 14, 2006. This project sought people from groups without easy access to high-speed Internet service, such as rural residents, low-income people, people of color, English language learners, senior citizens, or the disabled. Applications were available from the website broadbandforall.org. We hope that some in our community participated and shared their opinion on this issue.

HATE GROUPS IN OUR STATE

The Southern Poverty Law Center (SPLC) monitors hate groups and extremist activity throughout the United States. Under its Intelligence Project, the SPLC reported that the number of hate groups in the country increased by 5 percent in 2005, marking a 33 percent rise over the past five years.

Hate groups, as classified by the SPLC, include Black Separatist, the Ku Klux Klan, Neo-Nazi, Neo-Confederate, Christian identity, racist skinhead and other.

These groups are expanding their efforts to recruit young people, and have effectively used the internet for these purposes. The JACL, as evidenced by the actions of the Olympia chapter, which took action against hate (a local Eurasian teenager was targeted and murdered by neo-Nazi skinheads), must work in coalition to combat this message of hate and stem the proliferation of such groups.

Using data from the SPLC, here is a breakdown of the number of active hate groups by state in 2005:

--California, Florida: over 50 active hate groups

--South Carolina, Texas, Georgia: 40-49 active hate groups

San Mateo Japanese American Community Center Presents its 3rd Health Fair (Free to Everyone)

**HEALTH AND WELLNESS
FOR ALL AGES**

SATURDAY, OCTOBER 14, 2006

9:00 am to 3:00 pm

San Mateo Senior Center

2645 Alameda de las Pulgas San Mateo, CA 94403

Health Screening including...

- ◆ Blood Pressure Screening
- ◆ Chiropractic Screening
- ◆ Dental Screening
- ◆ Vision Screening
- ◆ Diabetes Screening (requires 8 hour fasting)
- ◆ Cholesterol Screening
- ◆ Bone Density (Osteoporosis)
- ◆ Height + Weight ("Body Mass Index")

PHYSICIANS AVAILABLE FOR CONSULTATION

Information available on...

- ◆ Nursing Homes and Residential Care Homes
- ◆ Long-term Care
- ◆ Devices for Independent Living
- ◆ Alzheimer's/Memory Problems
- ◆ Drug Interaction/Pharmaceutical Issues
- ◆ Child/Elder/Parental Abuse
- ◆ Special Need Transportation
- ◆ Nutrition/Dietary Concerns
- ◆ Arthritis
- ◆ Respiratory Therapy
- ◆ Communicable Diseases
- ◆ Safety in the Home
- ◆ Cardiology Concerns
- ◆ Cancer
- ◆ Feet and Ankle Care
- ◆ Children's Fingerprinting



FREE FLU SHOTS 10 AM TO 12 NOON (or while supplies last)

For more information or to volunteer your services please contact:

San Mateo Japanese American Community Center
415 S. Claremont Street San Mateo, CA 94401 (650) 343-2793 www.smjacc.org

We are a 501(a) non-profit, civil rights/human rights organization. Donations accepted at the door and greatly appreciated

Japanese American Citizens League
415 Claremont San Mateo CA 94401

Non-Profit Organization
U.S. Postage
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San Mateo, CA

--Tennessee, North Carolina, Ohio, Virginia: 30-39 active hate groups

--Louisiana, Mississippi, Pennsylvania, Michigan, New Jersey, Missouri, Arkansas, Illinois, Alabama:
20-29 active hate groups

--New York, Indiana, Arizona, Oklahoma, Kentucky, Washington, Colorado, Nevada, West Virginia,
Maryland: 10-29 active hate groups

--All other states reported under 10. The only states reporting no active hate groups were Hawaii, New
Mexico, North Dakota and Vermont.



JACL
HealthBenefitsTrust

1-800-400-6633