

# NEWS'n NOTES

### CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

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Chinatown Heritage & Visitors Center: 323-222-1918

### **AUGUST 2004**

### SEPTEMBER PROGRAM

CHINA CITY REVISITED

Guest Speaker:

PAUL LOUIE



Dragon Road Gateway - China City

WEDNESDAY, SEPTEMBER 8, 2004, 7:00 P.M.

NOTE: SECOND WEDNESDAY OF THE MONTH

CASTELAR ELEMENTARY SCHOOL
Multipurpose Room

840 YALE STREET LOS ANGELES, CHINATOWN

(PARK ON PLAYGROUND, ENTER ON COLLEGE STREET BETWEEN HILL AND YALE STREETS

"China City proper was a block-long, popular tourist attraction which stood between Olvera Street and New Chinatown. It lasted approximately a decade, before and during World War II. As a commercial enterprise, it was initiated by a small group of non-Chinese. China City was rapidly built by set designers and made to look like an enlarged movie set of early China, with narrow, winding streets and open courts. But what was China City to its participants?"

(Dr. Ruby Ling Louie, CHSSC *Gum Saan Journal*, December, 1988.)

China City, Los Angeles' ephemeral "Third Chinatown" lasted less than a decade in the 1930's and 1940's and was nearly destroyed in a tragic 1939 Chinese New Year fire. At the first meeting of CHSSC's program year, Paul Louie will share the current state of China City research in an informative talk and group discussion. Rev. Louie will supplement his presentation with a slide show of 75 historic digital images culled from magazines, postcards, and other archival sources. CAM Curator Suellen Cheng, Friends of the Chinatown Library co-founder, Ruby Ling Louie, and CHSSC Vice-President of Programs Eugene W. Moy will co-facilitate the program. Beginning in 1981, over a seven-year period, significant research was conducted by an earlier China City panel, including the above persons and CHSSC past-presidents Munson Kwok, Tom McDannold and the late George Yee. Much of that research product was presented at a CHSSC banquet in fall, 1988, and in the Society's December, 1988, Gum Saan Journal.

Paul Louie is one of three founding members of the Chinese Historical Society of Southern California. When asked about the organization's beginnings, he modestly states: "Paul de Falla, William Mason and I met at Olvera Street, had lunch, and that was the beginning of CHSSC." Rev. Louie has been a Presbyterian minister in Northern and Southern California and a staff consultant with the Los Angeles County Human Relations Commission. After retirement in 1986, he remained active in Chinatown and Los Angeles Asian community activities. In 1997, Paul and his wife Emma, editor of CHSSC's *Gum Saan Journal* for many years, relocated to San Mateo, California.



### **AUGUST 2004**

### **AROUND CHSSC**

### ANNA MAY WONG AT ORPHEUM THEATER

By Linda Chong



CHSSC Board Member Jack Ong Flanked by James Hong & April Hong – Orpheum Theater, July 7, 2004

On July 7<sup>th</sup>, fifty CHSSC members attended the Los Angeles Conservancy's screening of *Shanghai Express*—starring Marlene Dietrich and Los Angeles' own Anna May Wong—at the beautifully-restored Orpheum Theatre in Downtown Los Angeles. In 2001, the 1926 former vaudeville house at 842 South Broadway underwent a \$3 million renovation. The grand theater features gold leaf, silk wall panels, marble pilasters, enormous chandeliers, and a 13-rank three-manual Wurlitzer organ.

The Shanghai Express showing was the final event in the Los Angeles Conservancy's 18<sup>th</sup> annual "Last Remaining Seats" series. The summer festival showcases vintage motion pictures in venues of architectural or social significance to the City of Los Angeles. Many CHSSC members belong to or support the Conservancy, which, at 8,500-strong, is the largest architectural preservation organization in the United States.

Hosts for the evening were renowned actor and longtime Chinese Historical Society member, James Hong, and his daughter, actress April Hong. The stage opened with a dazzling performance of the Chinese holiday ribbon dance, orchestrated by choreographer Dr. Jaw John Chang.

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### **BOARD OF DIRECTORS**

### **Officers**

Kenneth Chan, President
William Chew, Vice President
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Jeannie Liu
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Jack Ong
Frank Yee
Mary Yee Kwok
Donna Young

News 'n Notes Editor, Randy Bloch

### MISSION STATEMENT

The Chinese Historical Society of Southern California was organized in November, 1975. The purposes of the Society are: 1) to bring together people with a mutual interest in the important history and historical role of Chinese and Chinese Americans in Southern California; 2) to pursue, preserve and communicate knowledge of this history; and; 3) to promote the heritage of the Chinese and Chinese American community in support of a better appreciation of the rich, multi-cultural society of the United States.

### **AUGUST 2004**



(Anna May Wong, from page 2)

Through witty repartee (and a spirited bit of tap dancing of their own), the father-daughter team introduced some rarely seen UCLA Film and Television Archives documentary footage, tracing Anna May Wong's 1936 Shanghai trip.

The evening included the presentation of a proclamation by City Council Member, Ed Reyes, recognizing Anna May Wong's "cinematic and humanitarian achievements and role in Chinese American history and the City of Los Angeles." The proclamation notes that the actress starred in the first Technicolor feature, *Toll of the Sea*, in 1922. On hand to accept the proclamation, which includes beautiful calligraphy, was CHSSC Board Member and actor, Jack Ong.

Outside, in the lobby of the Beaux Arts-styled grand hall, CHSSC Board members Eugene Moy and Susie Ling steadfastly manned a book table and fielded questions on Chinese American history.

The L.A. Conservancy's ongoing efforts include the "Broadway Initiative," a campaign to preserve important historic sites along the legendary thoroughfare, which has been designated part of Downtown Los Angeles' historic core. The Conservancy is working to transform Broadway into a thriving, 24-hour arts and entertainment venue to enhance the lives of the entire Los Angeles community. For more information, visit: <a href="https://www.laconservancy.org">www.laconservancy.org</a>.

#### REVISITING EAST ADAMS

By Jenny Cho

On June 23, CHSSC proudly presented the premiere screening of *Revisiting East Adams*, a video documentary detailing the history of that neighborhood, at the David Henry Hwang Theater in Little Tokyo. The documentary was the June selection for Visual Communications' The Monthly Screen, and received support through a grant from the California Council for the Humanities and the Durfee Foundation. Visual Communications is a non-profit organization that supports Asian American filmmakers in Southern California. Over 300 members of the community attended the event, which required the impromptu scheduling that evening of a second screening. Attendees traveled from as far as Virginia, San Francisco, and San Diego to see the film, and, at the request of then CHSSC president, Linda Wong Smith, Fourth

District Supervisor Don Knabe sponsored a bus for 40 individuals to commute from Cerritos to participate in the screening!

The Revisiting East Adams premiere was an evening of joyful reunions - among the neighborhood's former residents, those who attended the Chinese Presbyterian Church and the Presbyterian School of Chinese, and the clientele of former East Adams businesses such as the CFO Service Station and Kwong Hing Lung. Many connected with friends and classmates whom they had not seen in forty years. The screening drew rave reviews from its audiences who cheered when they saw familiar faces and photographs from their childhood neighborhood.

Introductory remarks were delivered by CHSSC's Linda Wong Smith, Visual Communications Executive Director Leslie Ito and Program Director Abe Ferrer, Marji Lee, Eugene Moy, and the filmmakers, Will Gow and Jenny Cho. In attendance were interviewees Jim Fong, Abe Chin, Calvin Hai, Rev. David Woo, Roy Chan, Charlie Quon, Frances Tom, Irma Au, and Ebert Chinn. CHSSC hosted an outdoor reception throughout the evening with refreshments and a strawberry cake from Phoenix Bakery with the caption, "Celebrating East Adams" (compliments of Marji Lee). The event was videotaped by the film's editor, Lushun Quon.

Revisiting East Adams has been added to the collections of the Southern California Library for Social Studies and Research, the UCLA Asian American Studies Center Library, the County of Los Angeles Public Library system, and the City of Los Angeles Public Library's Chinatown Branch. In a Sing Tao Southern California interview with Director Jenny Cho, journalist Ambrose Leong wrote: "another chapter in the history of Chinese Americans in Los Angeles was written by Revisiting East Adams."

The premiere screening of *Revisiting East Adams* was truly a special event for the community. Congratulations to everyone who contributed to the film and helped make its premiere such a great success! Please contact CHSSC for information on purchasing DVD or videotape copies.

Note: The photographic collection of the East Adams Project is currently exhibited at 411 Bernard Street -Sundays from noon to 5:00 p.m.



### **AUGUST 2004**

#### MAY GENERAL MEETING REPORT

Guest Speaker

**JACK ONG** 



V.P. Programs Eugene Moy, Jack Ong, and CHSSC 2003-2004 President Linda Wong Smith

At our May meeting, actor and CHSSC Board member Jack Ong described the rewarding years he spent working and traveling with actor and human rights activist, Dr. Haing S. Ngor. Dr. Ngor—a Cambodian physician, humanitarian, author, and Oscar-winning actor—was murdered in a 1996 robbery outside his Los Angeles apartment. It was apparent from Ong's talk that, in addition to their friendship, there was a mentoring bond between Jack Ong and Haing Ngor that transcends even Dr. Ngor's death. The evening was also an opportunity to present the new edition of Dr. Ngor's autobiography, *Survival in the Killing Fields*.

Jack Ong is director of the Dr. Haing S. Ngor Foundation, which works to preserve Haing Ngor's work. Dr. Ngor was a survivor of the Cambodian holocaust under dictator Pol Pot's Khmer Rouge regime, in which a large percentage of the population was wiped out, beginning in 1975. In Ong's diary from summer of 1990, he writes: "[T]he human condition was reduced to enslavement, forced labor, and murder under the Pol Pot regime, [which was] intent upon eliminating all things considered polluted by foreign thought or deed education, religion, business, medicine, architecture, culture, entertainment, people."

Dr. Ngor took refuge in Thailand after four years in a concentration camp, and, with his niece, settled in Los Angeles on Beaudry Street in 1980. Very shortly, he was contributing hours of community service at the Chinatown Service Center and lecturing on human rights at Castelar Elementary School. In 1985, he won a Best Supporting Actor Oscar for his portrayal of Dith Pran, the Cambodian assistant to Pulitzer Prize winning investigative reporter

Sydney Schanberg, in *The Killing Fields* - a role he was asked to take despite having no acting experience whatsoever. Jack Ong writes, "What Dr. Ngor did bring to the role was his real life experience under the horrendous rule of the Khmer Rouge." Dr. Ngor appeared in other films such as *Vietnam Texas*, *Iron Triangle*, *My Life*, and *Heaven and Earth*.

Jack Ong first met Haing Ngor in 1988 when both were in Sri Lanka filming *Iron Triangle*. Jack had decided not to meet Haing Ngor until circumstances could accord the dignity Jack felt it warranted; he wanted to know Haing Ngor intimately or not at all. Fortuitously, in Sri Lanka, Dr. Ngor approached Jack, asking him bluntly, "Do you read fast?" He then produced a copy of the printer's proof of his autobiography, *A Cambodian Odyssey* (*Surviving The Killing Fields*, and thus began their eight-year friendship.

Dr. Ngor shared his wisdom with Jack and, in certain respects, was a guide or mentor to him. When Jack's face could not hide he was suffering, Haing said, "Jack, your life is easy - we are not being tortured and no one will chop off your finger if you miss a deadline." He stated his conviction, shared by Jack at the meeting, that, "I have been a doctor and a Hollywood actor, but nothing shaped me more than surviving the Pol Pot regime." Jack knew Haing Ngor also for his screwball wit and recounted the night Haing fed him his favorite food, oysters, until Jack lay nearly stupefied by his excess consumption.

Another quotation from Jack Ong's 1990 diary bears repeating here: "What began as a five-week humanitarian mission with Dr. Ngor immediately became a gift from God - an experience at once sobering, challenging and enlightening. Sobering because one can hardly stand in the killing fields or a Khmer Rouge torture chamber with a person like Haing S. Ngor and not seriously consider things like life, death, and what is truly important in the world to you yourself. I stood there and heard him speak again of how God kept him from perishing at the hands of his communist captors, even when he begged to die so he wouldn't have to endure further torture. How, after four years of such suffering, he escaped, taking a six-year-old niece with him, eventually settled in Los Angeles, was persuaded to act in "The Killing Fields," won the Academy Award for his performance, and became a world crusader in the cause of his oppressed countrymen. It is a joy to serve with him."

Dr. Haing S. Ngor's courage and leadership continue as an inspiration today.

RB

### **AUGUST 2004**



#### JUNE GENERAL MEETING



CHSSC's Newly-Elected 2004-2005 Board, June 2, 2004

# A BRIEF FLIGHT - HAZEL YING LEE AND THE WOMEN WHO FLEW PURSUIT

By Maureen Bloch

Why does the incredible sacrifice and courage of "ordinary people," particularly women, so often go undocumented and unnoticed? On June 2, 2004 at the monthly meeting of CHSSC, about 100 members of the Society enjoyed a screening of *A Brief Flight*, the story of Hazel Ying Lee - the first Chinese American woman to fly for the U.S. military. How did a lively, competitive girl known for her bubbly, laughing personality scale the heights of courage and sacrifice during the time of war? The answers lie in the moving story of Hazel and her fellow Women Airforce Service Pilots ("WASPs"), a documentary film produced by Montgomery Hom and directed by Alan Rosenberg.

Through historical photographs, newsreels and the videotaped narration of Hazel's family and her fellow WASPs, her story is told from her early years, until her untimely demise in an aviation accident. On August 5, 1912, Hazel was born in Portland, Oregon as one of eight children. Two of her sisters remember their older sister with eyes that shine with admiration for her indomitable spirit. Even in childhood games, Hazel always wanted to win.

In the 1930's, Chinese American girls were inspired to be active and involved in society by popular magazines of the time. However, because of anti-Chinese bias, Hazel could only get a job as an elevator operator. In 1931, she determined to become a pilot, almost unheard of for a young woman of that time. Photographs of her in her jaunty flying suit show her as she saw herself, a modern

American woman. She was one of two women in the Portland Chinese Flying Club and in October, 1932, Hazel earned her pilot's license.

In 1932, when Japan attached China, Hazel traveled to China to offer her services as a pilot with the intention of fighting against the Japanese. The Chinese government refused to allow her to fly in the military but she worked for a commercial airline and contributed to the Sino-Japanese war effort in various ways. In 1938, Hazel returned to America to help procure arms for China but still had little chance of using her flying skills.

Then, in 1943, came the opportunity for women to train with the Air Force for six months at Avenger Field in Sweetwater, Texas. Hazel entered the training in the fourth class. These women were paid \$250 per month and, classified as civilians, received no military benefits. Said one, "We were flying and that was the important thing." Like Hazel, all these women loved to fly and saw an opportunity to fulfill this dream and serve their country. Many of these women are interviewed in A Brief Flight and many are now grandmothers. But when they talk of Hazel and their time spent together, training and shuttling aircraft from one end of the country to the other, their eyes light up and their smiles glow. Quite simply, they loved their work and they loved Hazel. Was it dangerous work? Yes. It is dangerous to fly new planes, they explain, as well as "war weary" planes. They coped with the deaths of thirty-eight fellow female pilots and continued flying.

By November of 1944, Hazel was growing weary and longed for the war to end. On November 10th, her flight from Niagara Falls was held up by bad weather. Hazel then waited six days for the weather to clear in Fargo, North Dakota, where she had been sent to refuel. Then, on November 23, 1944 in Great Falls, Montana, confusion resulted when the airport was overloaded by too many planes waiting to land. Through an electronic miscommunication, Hazel's plane collided in a fiery crash with another circling the airport. On November 25, 1944, she died from burns suffered in the crash. Three days later, the Lee family learned that Hazel's younger brother, Vic, had died in combat. Her sister, Florence, strongly protested when the cemetery the family had chosen would not accept Asians. Because Florence refused to back down, Hazel and Vic were buried in the spot the family had chosen, overlooking the Columbia River in Oregon. One month later, all U.S. Air Force women pilots were dismissed from

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(A Brief Flight—from page 5)

service en masse. Hazel was the last WASP pilot to die in World War II.

Hazel's mother described her with these words: "You have no fear of the wind; you have no fear of the water." One of her sisters remembered her, stating: "When Hazel said something, she meant it." Her fellow pilots remember her as a "carefree spirit who would laugh trouble down." Practically anyone viewing this film will be inspired by Hazel Ying Lee's personality and life and saddened by her ultimate sacrifice. Beautifully narrated by actress Ming-Na, this story of courage and sacrifice has finally been told in Montgomery Hom and Alan Rosenberg's *A Brief Flight*.

### **ANNOUNCEMENTS**

### CHANGE OF MAILING ADDRESS FOR CHSSC

Beginning September 1, 2004, the Society will no longer have a U.S. Post Office box. Effective immediately, please send all correspondence to CHSSC, 415 Bernard Street, Los Angeles, CA 90012.

### MEMBERSHIP RENEWAL

It's CHSSC membership renewal time! Please add \$10 if you wish to receive our semi-academic *Gum Saan Journal*, now published once annually in a double-length format. Please mail checks to CHSSC, 415 Bernard Street, Los Angeles, CA 90012.

### 2004-2005 BOARD OF DIRECTORS ELECTION RESULTS

President:	Kenneth Chan	48
	Pete Chinn	45
Vice-President:	William Chew	89
V-P of Programs:	Eugene Moy	51
	Pedro Loureiro	42
Treasurer:	Ann Lau	35
	Ben Nakayama	59
Financial Secretary:	Howard Fong	87
Secretary:	Dr. Don Loo	86
Membership Secretary:	Philip Tong	85
the following may be there if		

Members at Large: Dr. Albert Chang 65; Dr. Betty Gaw 78; Susan Hum 72; Dr. Munson Kwok 77; Jeannie Liu 61; Dr. Wing Mar 54; Jack Ong 75; Frank Yee 61; Mary Yee Kwok 74; Donna Young 74.

#### CONDOLENCES

We express our most sincere condolences to Irvin and Collin Lai and Susan Hum on the passing of Milton Lai Lee, Irvin and Collin's older brother, on May 31, 2004.

The Society sends condolences to CHSSC member Abe Chin's family. Mr. Chin passed away in early August. He was prominently featured in CHSSC's recent film and exhibit, *Revisiting East Adams*. Abe Chin was a founder and owner of CFO Service Center in the East Adams neighborhood, and appears on page 100 of CHSSC's book, *Duty and Honor*. "Uncle Abe" was the closest friend of Winslow Woo, CHSSC member Winifred Lew's late father. Mr. Chin is survived by his son Ron and wife Edna.

#### MAY MEETING REFRESHMENT DONATIONS

We greatly appreciate the delicious snacks donated by the following members at the May General Meeting: Natalina Chew, Dolores Wong, Mary Mu, Ruth Lung, Linda Wong Smith and Johnny Yee.

#### JUNE MEETING REFRESHMENT DONATIONS

Thank you to Jack Hom, Dorothy Louie Lew, Susie Ling, Ruth Lung, Andre Panczenko, Johnny & Esther Yee, and Donna Young for their snack donations at the June General Meeting. Thank you also to Aurora Bahou for the colorful flower seed packets she prepared with a special message of hope.

## ARTICLES SOUGHT FOR ASIAN AMERICAN HISTORY AND CULTURE ENCYCLOPEDIA

Articles for a new volume entitled Asian American History and Culture: An Encyclopedia, edited by Dr. Huping Ling and Dr. Allan W. Austin, are being sought. Suggested topics include the Organization of Chinese Americans, Chinese American Citizens Alliance, Chinese American laborers, and Chinese restaurants. Those interested may contact Dr. Austin by email at aaustin@misericordia.edu.

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## SOUTHERN CALIFORNIA GENEALOGICAL SOCIETY 1890 L.A. CENSUS PROJECT

The Southern California Genealogical Society seeks to re-create Los Angeles' 1890 federal census, completely destroyed in the 1930's. The organization needs records to identify Chinese residents of the City from 1888-1893, and plans to compile the data in a searchable database. For information, contact Beth Uyehara at (818) 993-8755.

### COORDINATOR SOUGHT FOR CHSSC LOCKE TRIP

The Society plans a 2-3 day October trip to historic Locke, California, and seeks a volunteer for logistics and planning assistance. Please contact Eugene Moy c/o CHSSC, 323-222-0856 or <a href="mailto:chssc@earthlink.net">chssc@earthlink.net</a> if you are interested.

### **HEALTH & WELLNESS**

OUR EYES ARE OUR WINDOWS
TO THE WORLD



By Dr. Betty Gaw

If I were to choose a medical specialty today, I would select ophthalmology since there is far too little emphasis on vision preservation and prevention of blindness. While some infants are born blind, the aging are afflicted by four major vision-impairing diseases. These are cataract, glaucoma, diabetic retinopathy, and macular degeneration.

#### CAUSES OF EYE DISEASE

Genes, inadequate nutrition, trauma, ultraviolet/UV radiation, and obesity all contribute to adverse free radical or oxidative stress damage to cells and circulation in the eyes.

### Cataracts

Cataracts, the number one eye disease causing eventual blindness, cause clouding of the protein lens of the eye. Vision and bright lights get blurrier as the disease progresses, until reading and night-driving become difficult or impossible. People living in the sunbelt states, those working outdoors without wearing protective sunglasses, or children who play outdoors for prolonged periods, are prone to developing cataracts relatively early in life. Cataracts may be compared with looking through a fogged window the images are blurred. A measure of prevention may be achieved by wearing UV protective sunglasses when outdoors, using a broad brim hat, and avoiding eye trauma by wearing goggles. Consuming fruits and vegetables rich in antioxidants, and taking supplements of vitamins A, C, E, Glutathione, and N-acetylcysteine also help prevent and slow the growth of cataracts. Treatment of a mature cataract requires surgical removal and intraocular implant of a prosthetic lens - a quick, ten minute procedure in the hands of an expert ophthalmologist. The post-surgical change is dramatic and rewarding, allowing one to see the world in sharper focus.

### Glaucoma

As the second leading cause of blindness, glaucoma is considered a neuro-degenerative eye disorder. This disease affects the optic nerve which is the center of all visual impulses channeling into the brain's visual cortex. Increased pressure by the vitreous humor, which bathes the inner eye, contributes to glaucoma - causing, in the early stages, painless peripheral visual field loss. This increase in pressure eventually destroys one's optic nerve and vision.

Glaucoma's principal causes are genes, trauma, severe nearsightedness, diabetes, overuse of steroids or ocular anti-inflammatories, and complications following eye surgery. Prevention entails early detection through annual goniometry tests for adults age 40 and over. Maintaining normal intraocular pressure may be achieved by using nitric oxide synthetase inhibitor, diluted solution of Forskolin, or N-acetylcarnosine solution topically. To preserve the optic nerve's integrity, laser surgery by an ophthalmologist may be necessary if the condition cannot be medically controlled.

### **Macular Degeneration**

This age-related eye disease afflicts one-third of people above 75 years of age. It is the major cause of

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(Eyes, from page 7)

vision loss in the Medicare age group. The macula lies adjacent to the optic nerve on the retina and is the eye's center of focus and sharp image. When it degenerates, vision becomes impaired and blurred. Night driving becomes hazardous due to poor vision and reading a computer screen becomes increasingly difficult. Large print and capital letters are more easily read by those with macular degeneration.

Macular degeneration's causes and risk factors are family history, cigarette smoking, uncontrolled hypertension, elevated cholesterol, high fat diets, and African American and Caucasian heritage. The "wet" form of glaucoma is also a contributing factor, causing blood vessel leakage which leads to scarring and new, abnormal growth of blood vessels in the macula. The good news is prevention is possible by eating foods rich in Lutein, Zeaxanthin, and Ginkgo biloba which are available as dietary supplements. Vitamins C, E, and beta-carotene may slow the disease's progression, as may Glutathione, N-acetylcysteine, and Omega-3 fatty acids. It is wise to have a CRP/C-reactive protein blood test done, as it is a non-specific marker for macular degeneration as well as inflammation in cardiovascular disease.

### Diabetic Retinopathy

The retina of the eye is rich in blood capillaries which supply its rods and cones, the cells of vision. Diabetes—with its accompanying hyperglycemia and hyperinsulinemia when poorly controlled—is a vascular-damaging disease, affecting the micro as well as macro-vascular systems throughout the body, including the retina. With the onset of this degenerative process, leakage of blood from the capillaries, hemorrhages, and aneurysms ensue, resulting in inflammation, scarring and retinal detachment and essentially a global destruction of vision. Preventing diabetic retinopathy requires daily exercise and strict control of diet and calories to maintain a healthy weight, with a body mass index goal of less than 25, and HbA1c below 7.00. Dietary supplements which may help insulin metabolism are:

magnesium, zinc, niacin, biotin, chromium picolinate, alpha-lipoic acid, vitamins C and E, DHEA, N-acetylcysteine, and taurine. For blood sugar regulation, Gymnema sylvestre, Quercetin, bitter melon, green tea, and pyridoxine are helpful. Daily use of a reliable glucose monitor and attending a diabetic clinic under a diabetologist's care are essential to avoid diabetic retinopathy and limb amputation when diabetes resists treatment.

Our eyes are the windows of our souls. Is there one of us not moved and inspired by magnificent sunsets, awed by the Grand Canyon, surprised by a set of double rainbows after a storm, seeing happy faces of our loved ones, light streaming through brilliant stained glass windows in a cathedral, and a beautiful mural? Without eyesight, our world is one of perpetual darkness and depression. To preserve our vision, we must endeavor to eat right, and avoid eye injury, toxins and stress. We should strive to sleep eight hours each night to restore our energies, and get daily exercise to invigorate our cells. Seeing and perceiving the world with clarity are gifts we should cherish and strive to preserve for the rest of our lives.

### **COMMUNITY CALENDAR**

August 28th, 1:00 p.m.

RIBBON CUTTING CEREMONY TO MARK LOCATION OF CHINA ALLEY, ORIGINAL VENTURA CHINATOWN

Ventura County Historical Society Information: (805) 653-0323; www.vcmha.org

September 10th, 7:00 p.m.

CHINESE AMERICAN MUSEUM EIGHTH ANNUAL HISTORYMAKERS AWARDS BANQUET

California Ballroom at the Westin Bonaventure Hotel and Suites 404 S. Figueroa St., Los Angeles Information: (213) 626-5240



Chinese Historical Society of Southern California

415 Bernard St. Los Angeles, CA 90012

