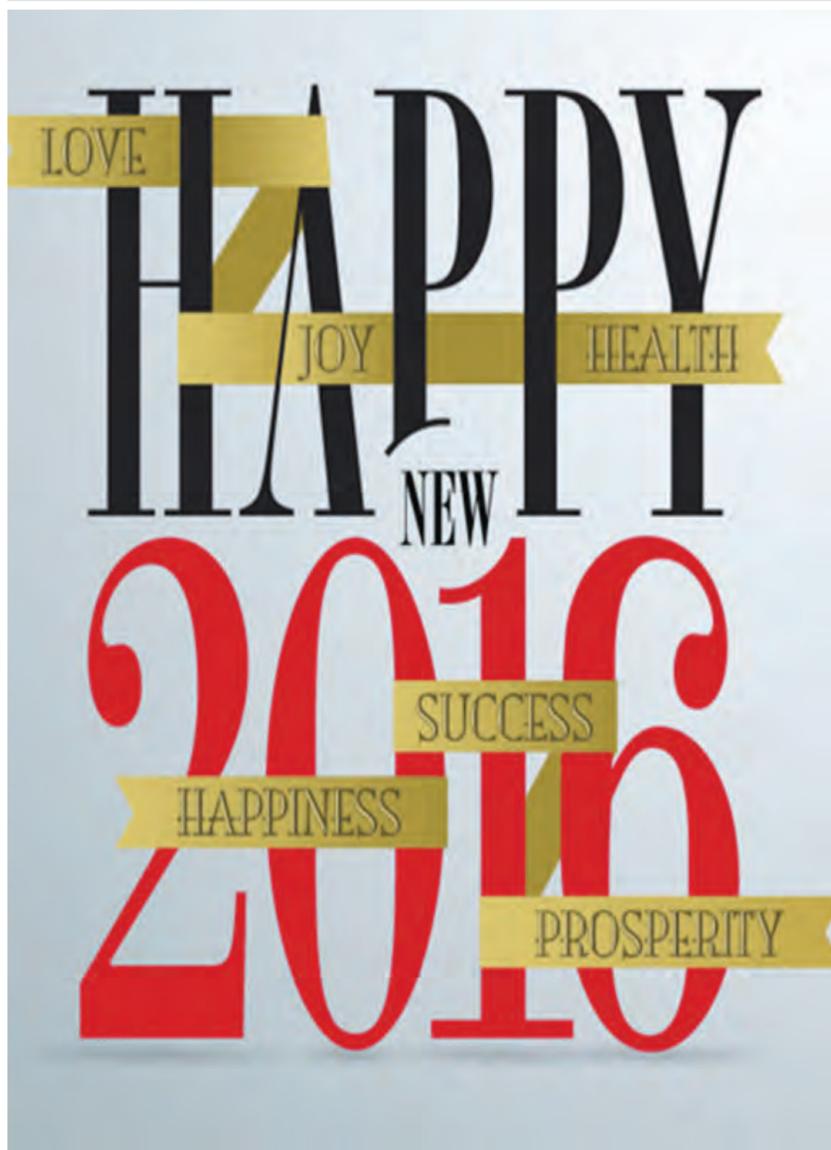


## We Wish You A Happy, Healthy and Prosperous 2016!



### PERSPECTIVE

#### FISH TALE (1)



*Dr. Benny Ko is a native of Hong Kong. He is a retired radiologist and a long time residence of Indianapolis since the 1960's. Dr. Ko is a frequent traveler and a very passionate hiker. He also serves as the lead organizer of the IACA hiking club. Dr. Ko enjoys sharing his adventures to others!*

Yesterday, if my father were still alive, he would have turned 97. I celebrated his "would be" birthday by having lunch at Sushi Yasuda in New York City. Together, we were the two big sushi aficionados in the family and the family knows it too.

Sushi Yasuda is, without question, one of the top sushi establishments here in New York City. It has been featured on Anthony Bourdain's food show "No Reservations" on the Travel Channel, and written up several times in the New York Times food section. I haven't been there since the founder and chef Naomichi Yasuda, a legendary figure, went back to Japan a number of years ago after having spent a thirty year "sojourn" in the United States, mainly in New York City where he perfected his proprietary "aged" sushi earning him a place in the pantheon of gourmet greats. Incidentally, back in Minato, a suburb of Tokyo, he has opened up Sushi Bar Yasuda, the place has fast become one of the hot places to eat in Japan as well. Meanwhile, back in New York, a prix fixe lunch without drinks at Yasuda runs at about \$30; five single pieces of nigiri sushi of your pick from a list, and two Makis; in all, it is truly a superb and super bargain. I suspect it is a ploy designed to lure guests back at some point in time for dinner, a much more expensive affair. Well, ploy or no ploy, that is fair enough, as they have to earn that privilege by first wooing you over with their food. An omakase dinner (chef's selection, normally the creme de la creme items of the day), depending on how much one eats and what he/she chooses to drink, would range somewhere between \$200-\$400 each person barring no collector's grade drinks are requested (otherwise, the sky is the limit). For lunch or for dinner, reservation is a must, a week in advance is about right for lunch. I would not know about dinner as the only time I was there, I was the guest of a very generous friend.

For this particular lunch, it did not start auspiciously. I was told to be there ten minutes before the first sitting at noon and I was there five minutes earlier for fear of losing my reservation. Despite five or six staff members milling around near the entrance, no one attempted to make me comfortable even though everyone was quite polite, in the Japanese manner of speaking. It was straight to business once I sat down. The first course, a clear fish broth, was tepid in addition to being insipid. It could have been a bowl of warm saltwater that a fish had just swum through. I did not order a miso-based soup only because it has become so generic and bland in Japanese restaurants in America. So much for being brave and adventuresome. My faith was quickly restored however when the five pieces of sushi I picked from a list were served. These included hamachi (yellowtail), anago (sea eel), saba (mackerel), mirugai (geoduck) and hotate (sea scallop). The scallop and the geoduck have been pounded and softened, as raw shellfish should be but often a step

neglected in a lesser stringent place. Also with any shellfish, the chef would have rubbed them with a tiny amount of sea salt before they are served. Therefore, to add soy sauce would be a faux pas. When the chef dropped them on a tray in front of me, I noticed he paused from what he was doing and watched me discreetly, probably wondering if I was going to drown his masterpieces in soy sauce as did the gentleman that sat next to me. I surprised him by cleaning my right hand fingers with the hot hand towel given to me then proceeded to pick the two pieces up in succession and down each in a single gulp. No soy source, no wasabi paste, just a sip of green tea in between. That is the man's way of eating sushi. He was further surprised when I uttered the strongly masculine adjective "umai" (delicious) used only by men from the fringe of society such as a kabuki actor, an avant garde artist, or, a yakuza (gangster). He took a bow and said "arigato gozaimasu (thank you very much)." That was our first and only exchange of words. Finally, I left the ingredients of the two maki sushi (rolls) to his discretion. I was not disappointed even though I could recognize only one, hirame (fluke).

Unlike lesser sushi restaurants that would throw in the odds and ends whole of a fish after cutting out the regular size pieces for nigiri or sashimi, a good sushi establishment would scrape the flesh off the skin of such pieces with a spoon and placed the paste into the roll; it is labor intensive no doubt but the same fish would taste totally different in a paste form instead of in the flesh. The unknown fish was equally delicious, or should I say equally "umai." I decided to splurge a little more as father had always teased me on my frugality. I ordered an uni (sea urchin eggs) nigiri, freshly flown in from San Diego that morning. It was like having ten thousand angels dancing in my mouth and on my tongue; a heavenly experience (single piece: \$9). I also had one Sapporo premium beer and a scoop of anko (red bean) ice-cream for finale. The beer was very fine but unfortunately the ice-cream was even more fine. In tasting such, the ice-cream was more typical of American rather than Japanese. As an inaka-mono (a country bumpkin), my rustic taste buds cater more to the home-made anko ice cream found in small towns and villages where the red beans are more robust, more whole and more abundant. The ice-cream as the bridesmaid should never be allowed to usurp the bride, in this case, the anko. It all came to \$50, a four out of five stars experience. My criticism, other than the uninspiring clear fish broth, is the place's solemn atmosphere reminds me of a church, and dining should be a rambunctious and hedonistic affair. No wonder some old customers, I was so told once by someone lamenting Yasuda-san's "desertion" of his flock of loyal fans, would fly over to Japan where he could still be found joking and carrying on with his guests, even joining them for an occasional drink.

Yes, I am sounding more and more like my father now: hard to please. But sticking to its Japanese roots, New York Yasuda does not take tips and that pleases me plenty. Only if my Old Man were still around, even he might be pleased with a lunch at Yasuda and at its price.

(Post-script: We also have a few very fine sushi restaurants in Indianapolis, my favorites are Asaka, Sakura and Ocean World. If you have never try sushi before, winter is a fine time to start as most seafood are likely to stay fresh and delicious during transportation.)

## HAPPINESS

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."



Research found that our genetic predisposition to happiness contributes 50% to our happiness level. Our life circumstances we live in, such as environment, living conditions, wealth, possessions, occupations, and so forth, that we cannot always control, accounts for 10% of our level of happiness. The remaining 40% that we can control is accounted for by our outlook on life, attitude, thought patterns, behaviors, actions, and activities including our habits, hobbies, relationships, our community participation and whatever we choose to do with our lives.

In her book, "The How of Happiness", Professor Sonja Lyubomirsky describes the happiness activities as follows: "1. Expressing Gratitude. 2. Cultivating Optimism. 3. Avoiding Overthinking. 4. Practicing Acts of Kindness. 5. Nurturing Social Relationships. 6. Developing Strategies for Coping. 7. Learning to Forgive. 8. Increasing Flow Experiences. 9. Savoring Life's Joys. 10. Committing to Your Goals. 11. Practicing Religion and Spirituality. 12. Taking care of body through meditation, physical activity, and acting like a happy person."

Professor Robert A. Emmons found that people who were grateful felt 25% happier; they had more optimism about the future and felt better about their lives. People who are grateful generally have greater positive emotions, and less negative emotions, depression and stress. Gratitude can enhance our sense of happiness.

By regularly doing volunteering work or simply care for others, people are generally happier. Studies found that the good way to enhance our instant feelings of happiness is to perform random acts of kindness to others; because it fosters a sense of appreciation for our abilities and resources, making us feel in control of our lives, and it makes us aware of our compassion, promoting self-confidence. Giving without expectation of return is an easy way to attain happiness about ourselves. 施比受更有福

Social engagement is most strongly linked to happiness. Companionship offers a comforting sense of belonging that boosts overall life satisfaction. Gathering together with friends is one of the best ways to increase happiness. For both men and women, marriage increases levels of happiness regardless of income or age. A study by Seligman found that almost all happy people are in a romantic relationship. People in steady relationships are, by and large, happier than singles. George Sand once said, "There is only one happiness in life, to love and be loved." Relationship also offers the significant meaning and purpose of our life leading to happiness. According to a 40 year study on child rearing practices at Harvard, those children who were hugged and cuddled more grew up to be the happiest.



*Dr. Patrick Lau was born in Hong Kong and immigrated to the U.S. after high school. He retired from the VA Northern Indiana Health Care System where he served as Chief Radiologist and moved to Florida with his wife in 2011. He was an active member & contributor of IACA and ICMA while in Indiana. Dr. Lau is also a scholar of art and literature and a prolific writer, he has been a dedicated columnist for Indy Asian American Times since 2010.*

People who endeavor to achieve a goal or accomplish a mission are happier; because it offers a sense of purpose and efficacy, it gives us the feeling of control over our lives, it augments self-esteem and self-confidence and it inserts meaning to our lives. Research led by Mihaly Csikszentmihalyi, PhD, found that we enjoy the greatest satisfaction while we are thoroughly engaged in and focused on meaningful activities.

Religious or spiritual people tend to be happier, probably due to social connectedness, having a sense of purpose in life as well as being more satisfied with life than the non-religious. Religious organizations and churches furnish people with sturdy social support as well as opportunities for making new friends, socializing and community service. Forgiveness can transmute bitterness into a neutral feeling or a positive feeling, consequently enhancing our happiness and bringing back our life satisfaction.

Researchers found that by exercising 20 minutes three days per week, will improve our general feeling of happiness by 10-20%. University of Oxford showed that activities that made people happy are sports, music and dancing, particularly group dancing. Humor and laughter stimulate the reward center of the brain, which secretes two feel-good hormones, dopamine and serotonin; these are anti-stress substances linked to happy feeling.

When we listen to music, our brains release more dopamine. We can indulge in nostalgia, reminisce certain happy moments in our lives and relive the happiness. A pet, such as a dog, can lower blood pressure and stress levels, promoting health and happiness. Happy are those who are contented with what they have. Lao Tzu wrote, "Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you." 知足者常樂

Warwick Medical School found that those who consumed more vegetables and fruits were happier; those who consumed seven servings were happiest. A University of Illinois study shows that happier individuals are healthier and live longer. Health and longevity in turn are influenced by our mood states. Positive moods decrease stress hormones, and enhance immune function. Health is happiness.

不求是貴，少病是壽，夠用是富，無欲是福，  
感激是喜。

Happy New Year!

## LILLY ON EDUCATION UNDERSTANDING DRUG DEVELOPMENT

There's a "knowledge gap" in the health care industry, say leaders at Indianapolis-based pharmaceutical giant Eli Lilly and Company. The company believes, despite years of specialized education, many in the health care industry—from students to seasoned veterans—simply don't have a solid grasp of the ins and outs of drug development. And understandably so; it's a complex process that, typically, takes more than a decade and costs about \$1.5 billion to bring a single drug to market. Lilly's prescription to fix the problem: a new college course that sharpens the focus on drug discovery.

"There's a lot of attention on pricing today," says Lilly U.S. Medical Division Director of External Relations Yolanda Johnson-Moton. "Our goal is to help others understand what goes into the processes to develop a drug. It's a process that takes time—about 10 to 15 years. And that time sometimes lends itself to why medications cost what they do."

The class, called "Making Medicines: The Process of Drug Development," will launch early 2016 in a handful of colleges and universities, including several in Indiana. The eLearning course is designed for graduate students in health-related fields, such as those in medical, pharmacy and nursing schools, as well as graduate level scientists and even MBA students. While the course is the brainchild of a pharmaceutical company, Johnson-Moton says the information isn't "one-sided." Lilly says it collaborated with 10 academic leaders from multiple institutions to develop and review the content, ensuring its "balance and academic rigor." The class includes perspective from

academic leaders and expert videos from the U.S. Food and Drug Administration and National Institutes of Health.

"Our goal is to bring a comprehensive view to drug development, so the learner will understand from multiple perspectives how a pharmaceutical company collaborates with all key stakeholders to bring medications to patients," says Johnson-Moton. Lilly is hopeful understanding the process of making medicines will be a catalyst for collaboration, grooming future health care workers who are more interested in collaborating with pharmaceutical companies to bring drugs to market. Johnson-Moton says, ultimately, that could mean better patient outcomes.

"Having that level of education and then bringing together all of those great and innovative minds to create new products and therapies...that will lead to better outcomes," says Johnson-Moton. "We are delivering the message, 'What you do is very important from a patient care perspective, as what we do in drug development.'"

The Indiana University School of Medicine and the IU School of Nursing are among a handful of institutions piloting the course. Lilly aims to have about eight schools on board during the first year. With 170 medical schools in the U.S., Johnson-Moton says "the scalability could be quite large"—perhaps an antidote to the fuzziness that surrounds pharmaceuticals.

Source: Inside Indiana Business

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