

Tucson Men Shoot for 100
By DAN SUMMERS & BILL MANGELS
Tucson, Ariz., Aug. 24

“Shoot for a Hundred!” This was the theme of a Men’s Health Seminar sponsored by the Tucson Headquarters men’s division, which took place today, Men’s Division Day and the 50th anniversary of SGI President Ikeda joining the Soka Gakkai. When Mr. Ikeda visited Rocky Mountain Joint Territory in June 1996, one of the mottoes he shared was “Everyone healthy.” In response, the Tucson men took on the challenge of their first seminar, open to the community, focusing on health issues affecting men.

Explaining the theme, Dan Summers said: “With medical advances and the flood of information available, we have the means to lead active lives to and beyond 100 years. Just imagine a century of fighting for kosen-rufu!”

Subjects of today’s seminar ranged from updates on prostate cancer research to tips on the use of herbs in healing. There were presentations on holistic medicine, massage, fitness for life, and better communication with significant others. Both speakers and participants talked intently on the various subjects — often beyond breaks and even through lunch. Speaking of lunch, the participants feasted on Indian food that was both delicious and healthy.

Several speakers expressed delight with the audience receptivity and asked to be included in future programs at the community center. Eighty-year-old Wen Zee, a visiting professor of traditional Chinese medicine at the University of Arizona, inspired his listeners as he gave a presentation on Tai Chi. His continued active lifestyle encouraged those present to remain vigorous as they advance in years.

One of the men, Phil Hardy, expressed the view of many when he said: “This has been a true eye-opening experience for me. I can see many things I want to work on in the future.” As Mr. Zaitzu mentioned in his Men’s Division Day message, we should use the “roar of the lion” to create powerful lives. For the members of Southeastern Arizona, this seminar and their resulting determinations are a great start toward the new century, the Century of Life.

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