

Science combined with native knowledge leads to healthy ecosystems

By **Kate Hubbard**
The Asian Reporter

The Oregon Museum of Science & Industry (OMSI) is a beloved Portland icon for very good reasons: it excites, stimulates, and inspires the curious child in each of us. One of the museum's current exhibits — "Roots of Wisdom: Native Knowledge. Shared Science." — uses that same sense of wonder to explore some important topics.

The sweet, simple exhibit explores the benefit of using traditional knowledge and modern conservation together to preserve natural resources and enrich our lives. More than that, it emphasizes the idea that we are not the owners of those resources, we are only temporary keepers, and it takes work as a community to preserve our natural wealth.

The result of collaborations among OMSI, the Indigenous Education Institute, and the National Museum of the American Indian with four native community partners, the display shows the belief native Hawaiians and Native Americans have in taking care of their total environment. For them, there are never simply endangered species; there are endangered ecosystems, which are interconnected and should be protected.

Maintaining a healthy ecosystem is the focus of the exhibit. Interactive displays teach the basics about healthy ecosystems, while stories from community members call attention to the value of the work. "Roots of Wisdom" also reminds us that we are all interconnected to the land, food, and animals. It's our job to take good care of them as well.

"To have a healthy people, you must have a healthy environment," says Hank Gobin Kwi tlum kadim, a Tulalip descen-



SUSTAINABLE WISDOM. A new collaborative exhibit at the Oregon Museum of Science & Industry — "Roots of Wisdom: Native Knowledge. Shared Science." — explores how native Hawaiian and Native American communities are utilizing traditional knowledge and modern conservation to preserve and protect natural resources and the ecosystem. Pictured are students in Hawaii (left photo) learning about their culture and the environment by restoring fish ponds. At right, community members help improve the ecosystem by removing invasive mangrove trees. (Photos courtesy of the Oregon Museum of Science & Industry)

dent, on one of the panels.

Groups like the Confederated Tribes of the Umatilla Indian Reservation now use scientific methods to expand their understanding. Working with the community and various government agencies, they are able to do things like restore waterways and protect endangered resources.

It's a pretty amazing thing to see salmon return to streams after 70 years. Or to see communities realize they can use science to preserve and learn from a plant that native people have been using for countless generations.

In Hawaii, efforts are underway to restore fish ponds that were utilized hundreds of years ago. One of the earliest forms of sustainable aquaculture, the large ocean-shore ponds with rock walls provide a food source without depleting wild fish. In 1848, when land was transferred from Hawaiian chiefs to private owners, many ponds were lost to

construction, pollution, invasive species, and depletion of freshwater. Today, residents are renewing both the cultural practice of the ponds while providing a much-needed local food source.

The exhibit also touches on how tribal elders use stories, songs, and traditional crafts to pass knowledge to new generations. It's a reminder about the importance of retaining culture. When native wisdom combines with cutting-edge technology, amazing things can happen.

How many times have we heard about the damage humans are doing to our planet? It's overwhelming to see news reports about floating piles of garbage in the ocean, as well as toxic air, water, and soil. People can make a positive difference with knowledge and education, especially when you consider the words of the Hawaiian elder Mary Kawena Pukui: "A'ohe hanaanui ke alu'ia. No task is too big when shared by all."

Noodles: Friend or foe? South Koreans defend diet

Continued from page 5

know is whether it's coming from the ramen noodles or what they are consuming with the ramen noodles."

There's certainly a lot of sodium in those little cups. A serving of the top-selling instant ramyeon provides more than 90 percent of South Korea's recommended daily sodium intake.

Still, it's tough to expect much nutrition from a meal that costs around 80 cents, says Choi Yong-min, 44, the marketing director for Paldo, a South Korean food company. "I can't say it's good for your health, but it is produced safely."

By value, instant noodles were the top-selling manufactured food in South Korea in 2012, the most recent year figures available, with about 1.85 trillion won (\$1.8 billion) worth sold, according to South Korea's Ministry of Food and Drug Safety.

China is the world's largest instant noodle market, according to the World Instant Noodles Association, although its per capita consumption pales next to South Korea's. The food is often a low-end option for Chinese people short of money, time, or cooking facilities.

Japan, considered the spiritual home of instant noodles, boasts a dazzling array. Masaya "Instant"

Oyama, 55, who says he eats more than 400 packages of instant noodles a year, rattles off a sampling: Hello Kitty instant noodles, polar bear instant noodles developed by a zoo, black squid ink instant noodles.

In Tokyo, 33-year-old Miyuki Ogata considers instant noodles a godsend because of her busy schedule and contempt for cooking. They also bring her back to the days when she was a poor student learning to become a filmmaker, and would buy two cup noodles at the 100 yen shop. Every time she eats a cup now, she is celebrating what she calls "that eternal hungry spirit."

In South Korea, it's all about speed, cost, and flavor.

Thousands of convenience stores have corners devoted to noodles: Tear off the top, add hot water from a dispenser, wait a couple minutes, and it's ready to eat, often at a nearby counter.

Some even skip the water, pounding on the package to break up the dry noodles, adding the seasoning, then shaking everything up.

"It's toasty, chewy, much better than most other snacks out there," Byon Sarah, 28, who owns a consulting company, says of a technique she discovered in middle school. "And the seasoning is so

addictive — sweet, salty, and spicy."

Cheap electric pots that boil water for instant noodles in one minute are popular with single people. Making an "instant" meal even faster, however, isn't always appreciated.

At the comic book store she runs in Seoul, Lim Eun-jung, 42, says she noticed a lot more belly fat about six months after she installed a fast-cooking instant noodle machine for customers.

"It's obvious that it's not good for my body," Lim says. "But I'm lazy, and ramyeon is the perfect fast food for lazy people."

AP journalists Youkyung Lee in Seoul, Yuri Kageyama in Tokyo, Didi Tang and Zhang Weiqun in Beijing, and AP Food Editor J.M. Hirsch in Concord, New Hampshire contributed to this story.

Godzilla stomps back in ultra HD, wires intact

Continued from page 16

60th anniversary of Godzilla's birth, which fell this year and marked the debut the Hollywood *Godzilla* by Gareth Edwards.

Nihon Eiga also aired a special program on the 4K *Godzilla* project on its cable network, which broadcasts to 7.5 million households in Japan.

Restoring movie classics into 4K might do wonders for the chicken-and-egg dilemma for new technology, which generally won't take off until there is content people want to watch.

"TV drama shows shot in digital cannot be restored as 4K," he said. "But *Godzilla* can become 4K."

su | do | ku

© Puzzles by Pappocom

5				1			4
	4	2		3			8
			9	5		3	
4	9	6			3		
		5			8	6	2
	5		4	6			
	1		8		5	4	
6			1				3

Difficulty level: Medium

#51442

Instructions: Fill in the grid so that the digits 1 through 9 appear one time each in every row, column, and 3x3 box.

Solution to last week's puzzle

Puzzle #98238 (Easy)

All solutions available at <www.sudoku.com>.

1	5	9	8	2	3	4	7	6
8	3	7	5	6	4	1	9	2
2	4	6	7	1	9	5	8	3
5	9	3	6	4	7	8	2	1
4	1	2	3	9	8	6	5	7
7	6	8	1	5	2	9	3	4
9	7	1	4	3	5	2	6	8
6	8	5	2	7	1	3	4	9
3	2	4	9	8	6	7	1	5

Advertise your business, service, or recruitment advertisement in The Asian Reporter!

For more information, call (503) 283-4440, e-mail <ads@asianreporter.com>, or visit <www.asianreporter.com>.