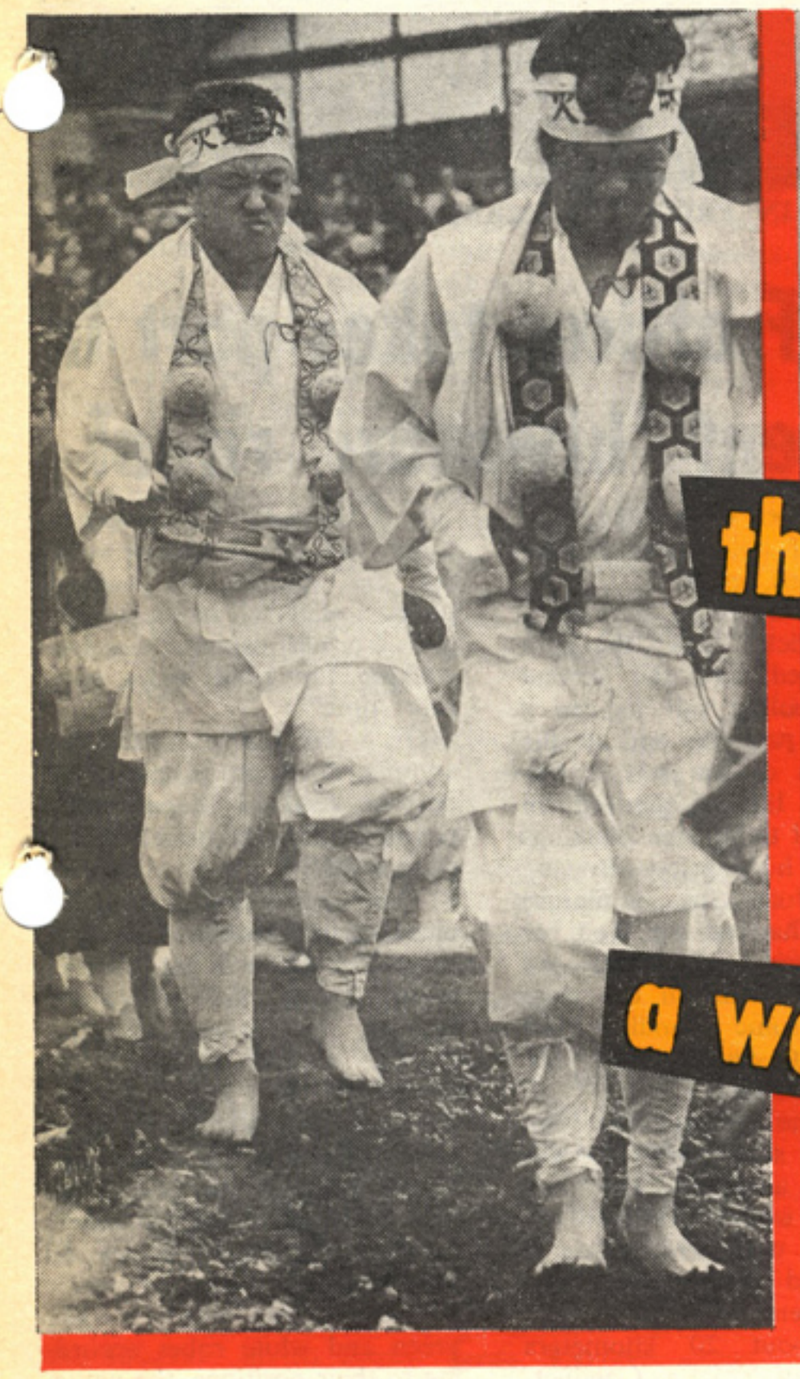
TOKYO WEEKENDER

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Cold feet? Not for this Air Force lieutenent who takes a walk on the hot side!

By 1st Lt. Bill E. Webb

U.S. Air Force

YOKOTA AIR BASE, JAPAN — STANDING barefoot, on a mound of salt, I eyed the glowing coals with reservation.

"Empty your mind and the lord of the fire will consume your impurities, cleanse you from the stain of mistakes," a French-born *yamabushi*, or mountain priest, had earlier told me.

As the smell of the burning cedar branches mixed in the light breeze, another priest spoke something I didn't understand and gave me a nudge toward the embers.

Hesitant, I wondered whether experiencing this part of the *hiwatari*, or fire-walking ceremony, was carrying participatory journalism too far.

The priest spoke again. Glancing to the right, my eyes caught his gaze and, in it, the understanding that he recognized my fear. Again he spoke and I moved towards purification.

ONE STEP, TWO STEPS, AND BY THE THIRD my soles raised small clouds of fine cedar ash. Waiting for the pain, I forced my feet to stay on the worn path made flat by the walking of the faithful.

A spark, blown by the wind, burned against my ankle and I fought the urge to run. "Just eight meters through the fire, concentrate and you'll be OK," a Japanese friend had said. But emptying the mind of all passions is a difficult thing for a *gaijin*, or foreigner, untrained in the disciplines of the Shugendo Buddhist faith.

Half-way down the path, I realized the bottoms of my feet weren't feeling pain, just stinging like they might while walking across hot pavement in the summer. Relieved, I slowed down to take a picture of the woman walking down the path in front of me.

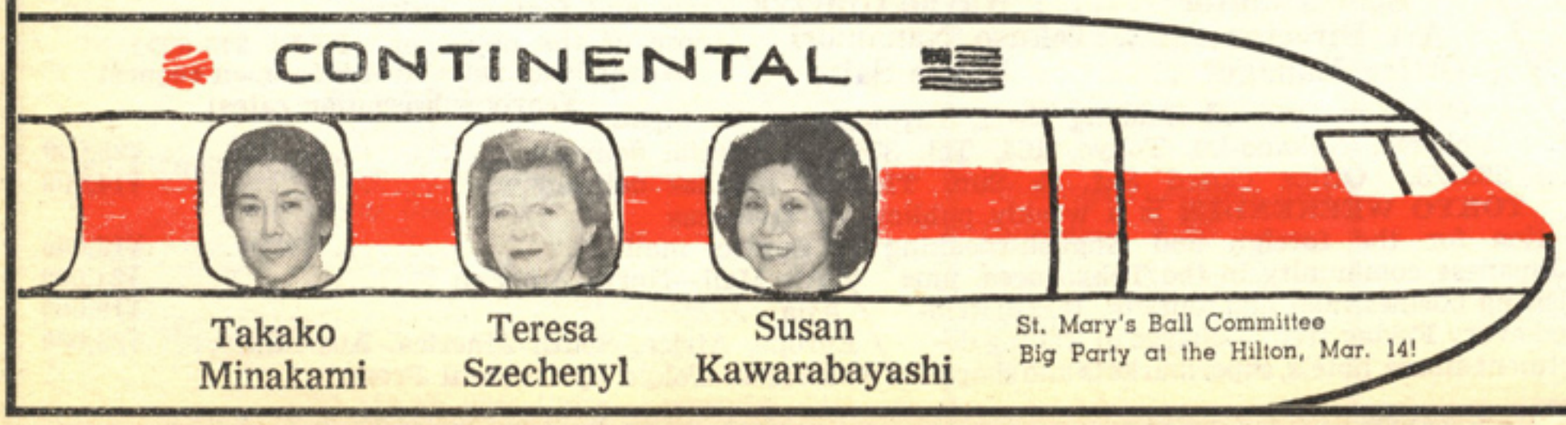
That was a mistake.

My right foot slipped off the path and into the surrounding coals. A familiar sensation caused me to jerk my foot back before I had time to think. "Let that be a warning to all

(Continued on Page 2)

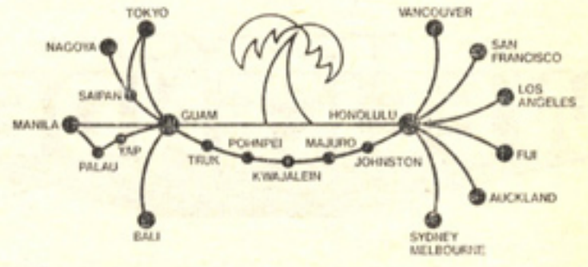


Seen on Continental to Guam and Saipan.



Takako Minakami
Teresa Szechenyl
Susan Kawarabayashi

St. Mary's Ball Committee
Big Party at the Hilton, Mar. 14!



CONTINENTAL AIR MICRONESIA
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Staying healthy in Japan

By Elyse M. Rogers

(Continued from Back Page)

contain caffeine, what should we do? Should we throw away the coffee mug and switch to *miso* soup (very salty), or replace the Coca-Cola bottle with Perrier (very expensive)?

I don't really think so, unless you're one of those unfortunate individuals who has a particularly bad reaction to caffeine or who have a condition where caffeine is suspect. For most of us, moderation is the key. For, as with all drugs, effect is related both to time and dose. In other words, drinking 21 cups of coffee at the rate of three a day for a week is considered a safe or moderate dose.

However, if you took that same 21-cup dose and drank it all in one day, or even over two days that would be another story. (Although I've known many who have (or had) that ten-cup-per-day habit.) Aiming for a daily intake of no more than 300-350 mgm of caffeine is what experts are suggesting.

Since caffeine is contained in other drinks, it's not only coffee one should use in moderation. Tea, cocoa, soda pop and non-prescription drugs should be included too.

AMOUNTS OF CAFFEINE IN PRODUCTS

It's hard to avoid caffeine if you don't know where it is or in what amount. For that reason, the following chart might be useful:

Product	Caffeine (in milligrams)
Coffee (5 oz/150ml)	
Drip	146
Percolated	110
Instant	53
Decaffeinated	2
Tea (5 oz/150 ml)	
One minutes brew	9-33
Five minute brew	20-50
Cocoa and Chocolate	
Hot cocoa (water mix—6 oz/180 ml)	10
Milk chocolate bar (1 oz/28 gms)	6
Soft Drinks (12 oz/350 ml)	
Coca-Cola	34
Pepsi Cola	37
Mountain Dew	52
7-Up	0
Hires Root Beer	0
OTC (over the counter) Drugs (standard dose)	
Excedrin (for pain)	130
Anacin "	64
Aspirin "	0
Dristan (cold/allergies)	32
Triaminicin "	30
No-Doz (stay-awake pills)	200
Dexatrim (daily dose—weight control)	200

So, if we want to cut down on caffeine we could start by bypassing the espresso and drinking the *usui* American coffee or briefly steeped tea at our local *kissaten*. And we could substitute a Hires for the Coke or Mountain Dew. Or, now that decaffeinated coffee is made by a safer process, it's a good alternative to the "real stuff."

I don't know about you, but I'm delighted to know that if I'm just a bit careful I can stay healthy and still wake up to that wonderful smell of coffee.



MOUNTAIN PRIESTS (YAMABUSHI) TREAD THE COALS
(Photo by Lt. Bill Webb)

USAF officer takes part in ancient 'hiwatari' ritual

(Continued from Page 1)

infidels," I could almost hear the fire-lord speak.

Needing no more warning, I walked quickly down the path and stepped into the second pile of cooling salt located a few steps past the end of the coals. Out of the salt, I followed the line of the faithful and bowed to receive blessings from the high priest. Bowing again before the miniature shrine, I thanked my God for having a sense of humor, put a 500 yen coin on the altar between some candles and some fruit, and walked off, feeling refreshed...

While the *hiwatari* has been celebrated since 744, it was originally a secret rite and outsiders were forbidden to participate until 1950 when it was opened to the public. The annual event is held at Mt. Takao, about 20 kilometers southwest of Yokota. Conducted by members of the Yakuo-in temple, the ceremony serves as an opportunity to pray for the safe and healthy life of all people, and as part of training toward purification of aspiring Shugendo priests.

According to Ms. Kimiko Isshki, a temple member, Shugendo is a mixture of Japanese and Chinese Buddhist tenets and practices. Mikkyo, one of the elements that makes up Shugendo, was originally practiced in secret because the original brand of Japanese Buddhism, or Kenkyo, prohibited chanting for it was felt chanting gave the power to cast spells.

Speaking through an interpreter, Isshki said, "Mikkyo has five thoughts that must be controlled on the way to enlightenment. These are: *chi*, for the earth; *sui*, for the water; *ka*, for the fire; *fū*, for the wind; and *kū*, for the sky or cosmos.

"These thoughts are controlled by difficult exercises," she continued. "For instance, the *ka* exercise is the fire walk, the *sui* exercise is bathing under a waterfall in the winter, and the *chi* exercise involves walking for 1,000 miles in a short time."

Once all the exercises are completed, it is believed the person receives supernatural powers and can practice enchantment.

The *hiwatari* begins with the chanting of Buddhist sutras in front of a shrine at Mt. Takao's base. Lining up in parade fashion, the priests and followers march through the streets of the town, accompanied by the beating of drums and the blowing of conch-shell horns. Leading the procession is a priest followed by others carrying miniature shrines on long poles.

Dressed in gold, purple, green and white robes according to their positions, the *yamabushi* enter the Kotsu Anzen Kitosho, or traffic safety prayer hall compound. There, they surround a pyre of cedar branches.

Nine rituals proceed lighting of the fire including consecration of the area by waving giant axes, purging of evil spirits by shooting sacred arrows into the pyre, and paying homage to the lord of the fire before the shrine.

While the followers chant sutras, the pyre is lighted and burns quickly with an intense heat. As the fire roars, the priests cast *nadegi* boards on which are written names and birthdays, into the flames. Legend teaches that anyone who does this can be healed or have their wishes come true.

Finally, an elder splits the path with a sword and the high priest makes his way across the coals, throwing salt and praying as he walks. Priests, the faithful and the curious are then allowed to follow.

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The adventures of Max Danger, Ex-Pat

The Secretary

"Behind every successful man is a something-or-other woman."

Max Danger firmly believes in the spirit of the quotation even though he's not certain of its exact wording. The general concept, that women really Run The Show, is valid however.

Many otherwise impressive figures — captains of industry, pillars of the community, leaders of state — could not find their shoes in the morning, or remember to eat leafy green vegetables, without the firm guidance of the feminine hand. Left to their own devices, men would still be wearing beaver skins, painting themselves blue and puzzling over puberty initiation rites around the campfire.

The Japan Experience, for ex-pats in business, brings this point home. Another woman, however, enters the picture. None of us could really function, whether we like it or not, without **The Secretary.**

Of course, The Secretary back home was important. How else would expense accounts get processed and alibis be confirmed? And who, but The Secretary, could refrain from putting a bullet in the boss's skull after hearing "Hell, Sam, my secretary must have screwed-up — I put the check in the mail to you last week" once too often.

But back home, The Secretary merely keeps the boss out of jail. In Japan, The Secretary keeps the ex-pat, and for awhile his family, alive!

Most international school applications and enrollments are handled by The Secretary. She obtains all club memberships. The Secretary negotiates with landlords, building superintendents, the misfits in the company General Affairs Department, the Drivers License Bureau, the Ward Office and the oriental carpet salesmen. All of that, plus the normal business routing. ("*Sumimasen*, Watanabe-san, my secretary must have screwed-up—I put the check in the mail to you last week.")

The above is meant to emphasize Max's awareness of, and appreciation for, the vital role played by an ex-pat's Secretary. If it weren't for Max's own Secretary, for example, these little columns would never see the light of day. Although it's probably thrilling for her to come to the office early in the morning to type these—or even more exciting to bang them out during her lunch hour—there is still a "beyond the call of duty" aspect about it. (And, incidentally, aren't these columns extremely well-typed and punctuated?)

Now, the point is that language difficulties and cultural differences **do** create amusing "situational events." Max collects these stories and offers them, with modest suggestions as to how to avoid terminal apoplexy, to the ex-pat business community.

* * *

Be Careful Of Colloquialisms

"Your wife is dead," stated the note handed to an ex-pat accountant as he emerged from a two-hour meeting. "Please call up to your friend," continued the note. One can imagine the panic engulfing the ex-pat. Except his wife answered the phone when he called home. What on earth? Later in the morning, a pal phoned the accountant. "Did you get my message?" he asked. "I told The Secretary to get you out of the meeting before lunch. I told her it was a matter of 'Life and Death'."

* * * *

Be Careful Of Colloquialisms # II

"It's too bad about your pets," a customer told Max as Max arrived late for a meeting. The meeting did not go well. The customer was not his cheerful, purchasing self. At the conclusion of the meeting, the customer told Max to hurry back to his animals. It took some time to puzzle out what had happened. The customer had been given a note saying that Max would be late because his dog and cat were wet. Max, of course, had phoned ahead saying he'd be late because of traffic conditions. "It's raining cats and dogs," he had told The Secretary.

* * * *

Be Careful Of Colloquialisms # III

"Please call to Mr. Sarbastin," said The Secretary's note. "The grapes told him you have to go." "Serbastin" turned out to be "Silverstein." Fair enough. The "grapes" remained a mystery. It wasn't until much later —when Silverstein used the expression again — that comprehension dawned. A transfer back to the States was being considered, and Silverstein had heard about it "on the grapevine."

This column is dedicated to Nobuko Tsubota, the best of them all.

* * * *

Be Particularly Explicit With Instructions

The new ex-pat's predecessor was a man of effete and civilized tastes. He drank coffee from a tidy little *demitasse*. (And, no doubt, stirred the coffee with tidy little fingers.) The new ex-pat was heavier on quantity than quality. Larger cups, however, were not immediately available. "Bring me two cups," demanded our hero. "Cream and sugar," he added. The Secretary brought the two cups — one with coffee and cream, one with coffee and sugar.

* * * *

Be Particularly Explicit With Instructions # II

"Photo-copy the paper-clipped pages," instructed the new man. He had been up most of the night before reading through corporate manuals. Several hundred pages of particularly key instructions were to be condensed for the benefit of local staff. The paper-clips were to separate the wheat from the chaff, so to speak. The Secretary handled the job. She could not be faulted. The sequence of words, unfortunately, did not register. She handed the new ex-pat, after 20 minutes or so, a page of photo-copied paper-clips—carefully removed from the manuals and reproduced.

* * * *

Don't Even Attempt Japanese Until You're Certain

"I'm horny," announced the new ex-pat to The Secretary at the conclusion of his first day in the office. "And I need your help," he continued. It took almost a week, and two union meetings, to sort out the conflicting interpretations of the affair. The Secretary had asked the new ex-pat to sign the pink copy of a multi-copy marine insurance declaration form. The ex-pat, color-blind from birth, revealed his affliction (*shikimō-desu*). As fate would have it, the ex-pat's pronounciation was a little shaky—particularly toward the end of the word. *Shikima-desu* means "passionately aroused." They're still talking about that around the office.

* * * *

Spell Your Name

The Sarbastin/Silverstein situation is mentioned above. Consider poor Lloyd Falley. No one returned his phone calls for the 3.8 years he lived in Japan. Barry Phair is considering a lawsuit. And if your name is Rudy Fachtman—change it.

* * * *

Retain A Sense of Humor Regarding Messages (After All, Life Will Probably Go On)

"Please to call Mr. Kuwarku (Krack ??!!??) His number 424-?361 (424-361?)."

Or,—"Down is the garage. Your car."

Or,—"We don't the meeting. You go home."

Or,—"If not, call him to say before 4:00."

Or,—"Number is 216-6611, Mr.? cannot wait."

Or,—"We did not tell to him because of your away. However seems mad. Call back please. Maybe long distance."

Or,—"Hoshina-san said its not to pay but you don't know him. Weather information."

Or,—"From the Embassy. Its O.K. (Or call back)."

Or,—"Johnson. Because of taxes (Texas?)"

* * * *

Appreciate the Effort

The new ex-pat inherited The Secretary who herself had just been elevated to the position, replacing a lady retiring after 30 years with the company. For the purposes of general office organization, the new ex-pat asked The Secretary to file his predecessor's collection of business cards alphabetically by company. There were several thousand of them.

The project, to be worked on during odd moments in the day, could take months. The new ex-pat jet-lagged into the office early the next morning. The Secretary was asleep on the floor under his conference table. She had spent the night—and completed the project.

The New York Times Magazine Crossword Puzzle

Applications From Quotations

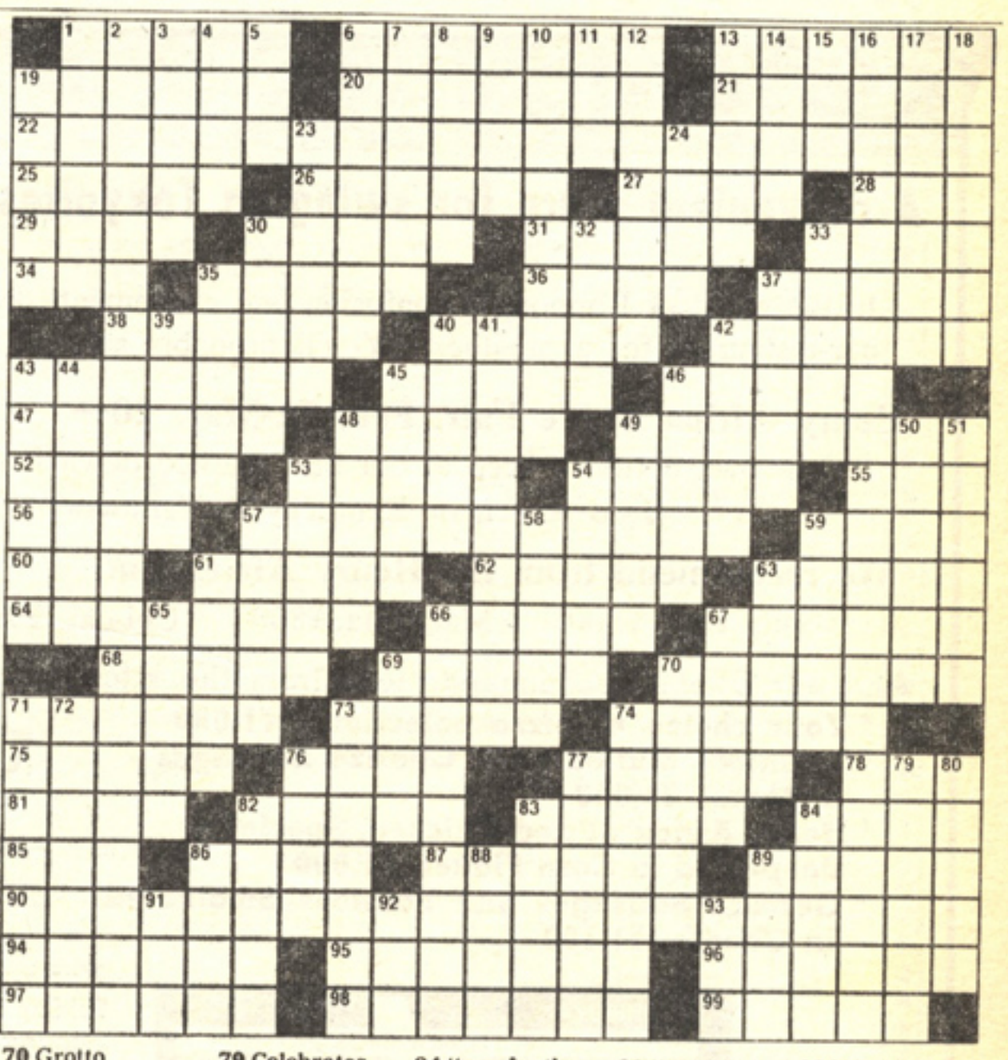
BY ERNST THEIMER/Puzzles Edited by Eugene T. Maleska

ACROSS

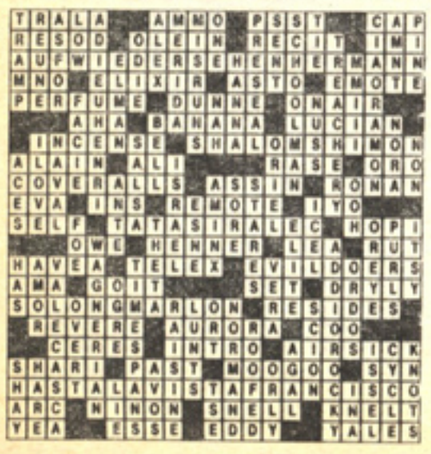
1 Challenges to a duel
6 Bartered
13 Fine plaster
19 Existing
20 Salt of a certain acid
21 Former Turkish V.I.P.'s
22 Words from "Samson Agonistes"
25 Skeleton
26 Assay anew
27 Rams' mates
28 Never, in Bonn
29 Footless
30 Blanched
31 Vapid
33 "— Rhythm": Gershwin
34 Faulty: Prefix
35 Enthusiast
36 Sounds of disapproval
37 Ornamental pillar
38 Like new wine
40 Gyrates
42 Abashes
43 Leaves the premises
45 Wahoos
46 Start of a Dickens title
47 Pigments for Opie
48 Father-in-law of Jacob
49 Nemo, on applying 2 Down
52 Ship of the desert
53 Destructive insect
54 English county
55 Monosaccharide
56 Cities in Minn. and Okla.
57 —, on applying 22 Across
59 Sala location
60 Author Yutang
61 Declines
62 Passive
63 Farmer, at times
64 Deliberate subversion
66 Relative of a tent caterpillar
67 Mend the brakes
68 British noble family
69 Diminutive
70 Medical official
71 Us, on applying 90 Across
73 Pleasant, to Pablo
74 Rank
75 Scandinavian
76 Me, on applying 16 Down
77 Breed of cattle
78 Work unit
81 Relish; liking
82 Quoted
83 Coe or Ovett
84 Vein, in Vienna
85 Raises
86 He played Hulot
87 "... and I'll show you —"
89 Permeate: Var.
90 Line from Longfellow
94 Where gladiatores fought
95 Salt springs
96 Worships
97 Old Dutch gold coins
98 Wooden horse
99 Magicians' gear

DOWN

1 Red Baron's adversary
2 Line from "The Merchant of Venice"
3 Incinerated
4 Penultimate Greek letters
5 D.C. V.I.P.
6 Gave a barker's talk
7 Author of "The Virginian"
8 Yearned
9 D.C. V.I.P.
10 Divider
11 Season for Bastille Day
12 Vanquishes
13 Binge
14 Makes lace
15 Employ
16 Words from "Hippolytus"
17 One-horse carriage
18 Some Caucasians
19 Out of favor
23 "I, Claudius" author
24 Has
30 Leaves
32 Sisters
33 Early southern Europeans
35 Badgerlike mammal
37 Parasol
39 Facial openings
40 Subdistrict in Kenya
41 Me, on applying 16 Down
42 Rear
43 What Sinatra renders on platters
44 Nova Scotia, formerly
45 Young salmon
46 In turmoil
48 Stillingfleet antagonist
49 Trill like a bird
50 Early ascetic
51 More expensive
53 Type of hairdo
54 Harden
57 Climbing plant
58 — -Saxon
59 A province of Panama
61 Allen or Martin
63 Me, on applying 16 Down
65 Shelley, for one
66 Subject to alteration
67 Helicopter's sine qua non
69 Captain Hook's henchman
70 Grotto
71 Gaunt
72 Beer casks, e.g.
73 Most chichi
74 Untie
76 Accompanying
77 Scatter
79 Celebrates Alumni Day
80 Luzinsky and Louganis
82 Delicacies
83 McKinley or Washington
84 "— for the Misbegotten": O'Neill
86 Despot
88 Garlands
89 Icelandic literary work
91 "— Vie," Maupassant novel
92 V.P. under G.R.F.
93 Me, on applying 16 Down



Solution to last week's puzzle



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Bailey's Week...

By James Bailey

Upcoming Japanese films offer everything for everybody

For stimulating the appetites of **Weekender's** film lovers, there's nothing better than a quick rundown of upcoming releases from Japan's studios. For those who've been asking themselves if '87 will be a year in which they can see a destructive prehistoric monster, an ageing American actor in a science fiction fantasy, loads of cutesy-wutesy animals, animated characters who make Keene children look postively squint-eyed and inter-racial lovers, let me assure you that the answer is a resounding "Yes."

The really big news, and we do mean **big** news, is the return of Japan's best-known international actor in **"Godzilla 2,"** a singularly appropriate title for what will be his 17th film. This is presumably intended as a follow-up to **"Godzilla 1985,"** which demonstrated to American audiences that not all Japanese products are watched over by quality control circles and which cued viewers to the posibility of a sequel with a concluding catchy tune that went:

"I'll be sad and lonely, too
Until we're back together again.

Close my eyes and I'll think of you

Now and again, my friend
Goodbye now, Godzilla
Goodbye now, Godzilla
Until then

—Take care now, Godzilla
—Take care now, Godzilla
My old friend
Sayonara, 'til we meet again."

To be sure, the Year of the Rabbit will see the widescreen appearances of creatures far more cuddly than The Big G. Shochiku-Fuji and Toho will be battling paw-to-paw for the attention of animal lovers this August, the former with **"Hachiko Monogatari"** (The Story of Hachiko), the straight poop behind the well-known Shibuya landmark to canine fidelity; the latter with **"Itazu-Kuma"** (Itazu-Bear), a tale of a baby bear raised by the very family of hunters which killed the little critter's ma and pa.

And we may well be in store for many more animal stories in the years to come: it has presumably not escaped the attention of local filmmakers that the two biggest money-making domestic productions in history starred, respectively, plucky sled dogs and a feisty pussy cat. The number-three domestic moneymaker starred four-legged actors, but featured a talking parrot who urged a World War II-era Japanese soldier to return to his homeland.

One wonders how the fascination of local filmgoers with plucky sled dogs, feisty cats and talking parrots failed to make any impression on the Japan Hand who sniffily dismissed "that insipid tendency one finds in American films to portray animals as almost human, wise and sentimental." One wonders further how this gentleman will react to yet another Toho animal kingdom feature set for summer release, this one filmed on location in Alaska and titled **Rakko Monogatari** (Sea Otter Story): in it, according to a recent issue of a vernacular film fan monthly, "a mama seal named Amelia meets her husband and, following a few days of love, becomes pregnant. Amellia separates from her husband and awaits the birth of her child. This is the custom in the world of the sea otter ...The baby girl's name is Amy..." And so on. Nimbly avoiding "that insipid tendency one finds in American films to protray animals as almost human," the makers of **"Rakko Monogatari"** have asked pop idol Yuki Saito to provide the "voice" of Amy.

Also coming from Toho this summer is **"Hyoryu Kyoshitsu,"** (The Floating Classroom), in which Troy Donahue, late (indeed, **very** late) of "Surfside Six," plays an elementary school teacher who, along with several of his charges, is transported 10,000 years into the future via that technique known here as *"taimu surippu"* (time slip). Casting a washed-up American actor in a Japanese science fiction feature is not without precedent, and that precedent does not inspire confidence: in **"Daijobu, My Friend,"** Peter Fonda appeared as an extraterrestrial and was required to refer to female breasts as *"chi-chis"* and to destroy a rocket ship by masturbating on it.

The Japanese love of comics is perhaps best exemplified not by Mr. Fonda's Easy Wanker but rather by **"Bersaiyu No Bara"** (The Rose of Versailles). As a comic serial, it ran for 82 weeks; in book form, it sold 6.6 million copies; as a musical staged by the all-female Takarazuka theatrical troupe, it was seen by 1.5 million people. A movie version of cartoonist Riyoko Ikeda's creation was released in 1979, with direction by Jacques Demy, perhaps best remembered for **"The Umbrellas of Cherbourg,"** music by Michel Legrand and an all-foreign cast headed by Catriona MacColl, a Royal Ballet student chosen from some 300 hopefuls. There was also an animated TV series along the way, and now an animated feature is due to arrive before year's end.



Whooops! Sorry, I didn't know you were otherwise occupied, Bro. Don't get up. Go right ahead. I'll watch.

The story of **"Beru-bara,"** as it is affectionately known here, is set in France in 1789 and concerns Oscard Jargier, a royal guard commander who is actually a woman raised as a man by her parents. One of Oscard's most important assignments is to divert the attention of a Swedish count away from Marie Antoinette who, demonstrating a keen sense of history at a particular dramatic juncture in the musical version of **"Rose,"** announces to those assembled in the grand salon of Versailles Palace: "Harken, everybody: the French Revolution has just started."

Slated to debut this spring is the filmization of another masterpiece almost as literate as **"Beru-bara."** Published in '85, the novel **"Bedtime Eyes"** concerns a passionate affair between a Japanese jazz singer and a black U.S. serviceman and was written by a young Japanese whose "companion," a black U.S. serviceman, told the **International Herald Tribune** that both book and film will inform "the Japanese people about American GIs living with Japanese girls," as if this important task had not already been accomplished by publications ranging from **Focus** and **Shukan Bunshu** all the way down to the decade-old Akutagawa Prize-winning novel, **"Kagirinaku Tomei ni Chikai Buru"** (Almost Transparent Blue), by Ryu Murakami. **"Bedtime Eyes"** was nominated for an Akutagawa Prize, but failed to win, presumably because author Eimi Yamada was unable, though certainly not unwilling, to match Mr. Murakami's descriptions of black body odors: whereas the former author has her heroine describe her black lover as smelling. to quote from a review by Mr. Charles De Wolf, "sweet rancid cocoa butter" the latter writer had his hero describe a sexual encounter with a black woman thus: "At the smell of the black woman clinging to me with her sweat, I almost fell. The smell was fierce, as if she were fermenting inside...Her smell completely enveloped me; I felt nauseated." While "sweet rancid cocoa butter" is admittedly no match for "the smell was fierce, as if she were fermenting inside," the Akutagawa Prize committee surely could have at least commended Ms. Yamada for her avoidance of cliché, as when she notes that a black man's equipment is superior to that of whites and Japanese.

The film of **"Bedtime Eyes"** will star Kanako Higuchi and Michael Wright as the inter-racial lovers. Rumors of an off-screen romance between the two were staple fare in many vernacular publications, one of which, **Josei Seven,** recently "quotes" Ms. Higuchi as saying that she has undergone a test to determine whether or not she has contracted AIDS, presumably from her New York-based co-star. But should she, God forbid, test positive, blame should not immediately be assigned Mr. Wright, since Ms. Higuchi, incautious hussy that the is, two years ago played on-camera knees-up in **"Wangan Doro"** with Masao Kusakari, who happens to be **half**-American.

To soothe the worried minds of the nation's cinemagoers, whose uncontaminated blood must boil at the very thought of imported diseases, perhaps studios here should institute mandatory testing for AIDS of all *gaijin* appearing in domestic films. That includes not only **real** people like Messrs. Wright and Donahue, but also the animated Oscard Jargier, a sexually confused woman who dresses up as a military man and is French, to boot; and promiscuous Alaska native Amelia, pregnant after only a "few days of love" by a man whose sexual history we know nothing about; and, of course, Godzilla, who, let us not forget, was hatched off the Bikini atoll and is thus about as Japanese as Mr. Masao Kusakari.

Once the purity of these individuals can be assured, as well as that of any other thespians who would come here to take advantage of the strong yen, then this outward-looking nation can get on with the important task of internationalization.

HENRY AFRICA CPL.

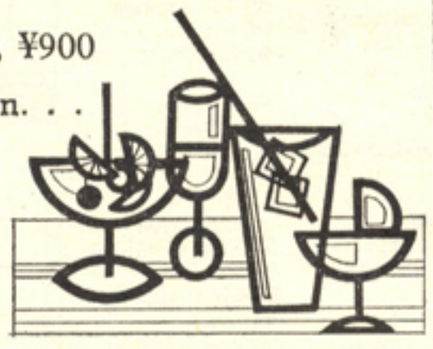
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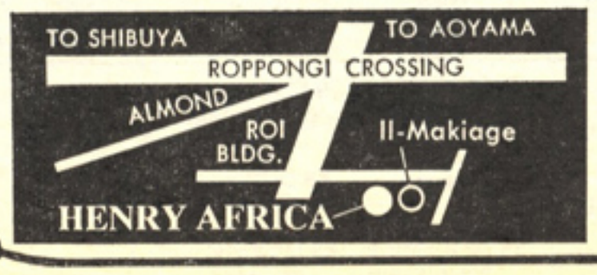
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Dave Jones' Café Beat



I was leafing through a wine book when I came to the section on wine-serving. As I read the rules, I sympathized with neophyte winos. I wondered how they kept up with them. Many must get discouraged.

For there are so many rules governing wine service—some contradictory, but all delivered with the ponderous authority of a Papal Bull—that it must get very confusing for the beginner. They should know that rules on serving wine are made to be broken, that taste and good sense should dictate.

One of the best-known rules is that which decrees that a young wine should be served before an old one. If one follows that too literally, he may find himself in a peck of trouble, as the host of a gourmet dinner which I attended did when he served at 1976 Clos Vougeot before a 1966 Chateau Marguax. Why not? That's what rule book says.

The Clos Vougeot was magnificent, with a body that would have made Arnold Schwartzenegger envious. The Chateau Margaux also was marvelous, but it was far more delicate, with a nymph-like body. It was murder in the first degree, or should I call it rape? The Clos Vougeot so completely overpowered the Chateau Margaux that I could hardly taste it.

In the discussion that followed, a tradition in that society, many of us criticized the host for wasting such a fine wine as the Chateau Margaux. When he tried to defend himself by quoting the "young before old" rule, we asked why he had not applied the one which calls for light-bodied before fuller-bodied wines.

The only time one should apply the "young before old" rule is when he has wines from the same area, but even then he has to be careful. For there is a rule which supercedes all others, one dictated by common sense: the lesser wine should always be served first.

Let me give as an example a dinner I had at my home where I served a Morey St. Denis, 1937, and a Bonnes Mares, 1971. That should have been the perfect case for the application of the "young before old" rule because both wines not only came from the same area, but also from the same commune, Morey St. Denis. Yet, if I had followed it, I would have destroyed the older wine. For, though 1937 was one of the best years of its decade, it was not up to 1971. Furthermore, the Morey St. Denis was made from various nondescript vineyards in the commune where the younger wine came only from the Bonnes Mares vineyard. It was a Grand Cru, entitled to its own appellation.

When I announced to my guests that I would serve the 1937 first, there were some questions. Not everyone was convinced my choice was correct. After they had drunk both, everyone agreed. Though the Morey St. Denis was an excellent example of its kind, it would have suffered had it followed the Bonnes Mares. Oddly enough, in color, at least, it seemed younger; for it was a deep red without a hint of brown below the minisous. On the other hand, the Bonnes Mares was showing age. There was the beginning of onion-skin under the minisous. But it was noble and grand, a lord, where the Morey St. Denis was high middle-class.

By the way, I shall be having a dinner soon where I shall be offering a Chateau Haut Brion, 1966, and a Cateau Haut Brion, 1958. Which will I serve first? I plan to offer the 1958 followed by the 1966. I'll let you know how it works out.

(EDITOR'S NOTE: The estimable Mister Jones conducted his experiment last Thursday evening at a dinner at Pachon's in Daikanyama; he pronounced it an unqualified success.)

Another problem about which there are many rules is when to open wines. Associated with it is the question of when and when not to decant. The second question is simpler. You don't decant white wines or young reds. The purpose of decanting is to remove the wine from it lees, with the secondary purpose of aerating it.

When to open a wine is a question that is both simple and complex. In the case of whites and young reds that should be served slightly chilled, like a Beaujolais, it is simple. Open and serve immediately. It's the old reds that confuse the issue.

Some old Burgundies benefit from opening them three or four hours before serving, with the cork being put back in, and then decanting an hour before. Some don't. As for old Bordeaux, I find that most respond favorably to serving immediately after opening and decanting.

Yet I read in a wine magazine where the writer, at a dinner at Chateu Mouton Rothschild, was treated to a magnificent 1900, opened the night before. I was amazed and wrote the chateau for verification. Yes, the reply said, it was quite true. The 1900 had been opened the night before, recorked and decanted that morning. I still can't believe it.

What is the moral of this column? Take rules on wine service with a grain of sodium chloride. If new to the wine game, follow them and see whether they work. But let experience, not rules, be your guide.

There are some, though, that are inviolate, like the one which decrees that a dry white should precede a red and that which says not to cross regional boundaries. Don't serve a Bordeaux and a Burgundy of the same color together. What is even worse is to have wines of different countries at the same table. Observe territorial integrity, and you will find yourself in a secure position.



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Bill Hersey's PARTY LINE



Knocking this out on Philippine Airline's Flight 432 from Manila to Tokyo Wednesday the 11th, after five great days in the Philippines. The weather was ideal, ran into lots of friends from both Tokyo and Osaka, discovered some really good new restaurants, spent a night a Manila's hottest new disco (Rumours), saw a very interesting and original ballet at the Culture Center titled **"Nijinsky"** and spent some time with former Tokyoites **John and Jo Ann Walter.** More on all this later in a "Goin' In Style" column.

I would have loved to have stayed a few more days in Manila, but wanted to get back for a reception **Saudi Arabian Ambassador Fawzi Bin Abdul Majeed Shobokshi** was hosting in honor of a visiting Saudi business delegation. I'm happy I did, as I had several friends in the delegation and met many other interesting people as well.

I also felt I had to be here for the Feb. 13 birthday of one of the greatest ladies on this ole earth, **Gloria Askew.** We helped her celebrate with a big — and very wet — bash at the Lex and the 12th evening on into the 13th a.m. was something else. Happy Birthday, Gloria, thanks for so many things and just stay the way you are.

The annual America-Japan Society 1987 New Year's Reception Jan. 14 at the Keio Plaza was bigger and better than ever with well over 500 guests attending.

The program included New Year's greetings and toasts by former **Prime Minister Takeo Fukuda,** President of the Society, and **U.S. Ambassador Mike Mansfield.** Fukuda-san proposed a toast to the President of the United States, and Mike, in turn, proposed a toast to HIM, The Emperor of Japan.

There was an excellent buffet prepared by Keio Plaza Executive Chef **Paul Mueller** and his staff and an interesting and varied program of entertainment that included classical Japanese dancing by **Kanshichiko Fujima** to music by **Yasuko Watanabe** on *koto* and **John Kaizan Neptune** on *shakuhachi*; a magic show by two young Japanese ladies, **Michi and Sachi,** and dancing to the Golden Castle Band.

In addition to all this, there were three artists doing portraits of the many guests. They were all really good, and each had their own original way of sketching.

The guests at the party also had the privilege of helping Takeo Fukuda celebrate his 82nd birthday. He was born in 1905 which, according to the Japanese calendar, was Meiji 38. "Consequently," he told the audience, "when anyone asks my age I always say 38 and plan to continue doing just that." Congratulations, Fukuda-san, and we wish you many more happy birthdays to come. It was a great evening in every way, perfect for the occasion.

The marriage ceremony of **Yuko**, eldest daughter of noted fashion designer and Mrs. **Jun Ashida** to **Shinsuke Miya**, the first son of **Mr. and Mrs. Toru Miya**, took place at the Hijirigaoka Church near the Ashida's home in Aobadai. Yuko wore a traditional white satin gown which, of course, was designed by her famous father. The Ashida's younger daughter, **Tae**, flew in for the wedding from Rhode Island where she attends design school.

That evening there was a glittering dinner reception at the Okura Hotel to celebrate the occasion. The guest list of more than 400 read like a Who's Who in Japan.

Yuko graduated from Pine Manor and Simmons College in Boston. After graduation, she returned to Japan and worked in guest relations at the Tokyo Hilton International. She was first introduced to Shinsuke Miya by **Takashi Ogura**, Banquet Sales Manager at the Hilton.

Shinsuke is a graduate of Keio University and is on the marketing staff of All Nippon Airways stationed here in ANA's Tokyo headquarters. ANA President and Mrs. **Taizo Nakamura** acted as go-between and he made an excellent



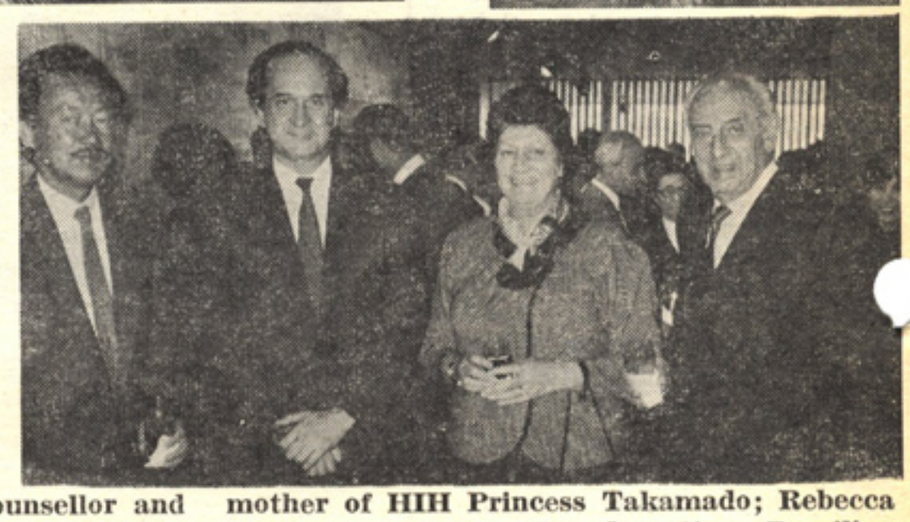
At right: The departing Brazilian Ambassador Luiz Paulo Lindenberg Sette and his wife Rebecca, flanked by their dear friends, Mexican Ambassador Sergio Gonzalez Galvez and his wife Carolina. Below, left: "Tessie" Abe, wife of the Grand Master of Ceremonies for the Imperial Household, with Nicaraguan Ambassador Jorge Huezo and his wife Maria-Los Angeles. Below, right: Peruvian Ambassador Luis Macchiavello and his wife Haruko.

Brazilian Ambassador & Mme. Lindenberg Settes' sayonara



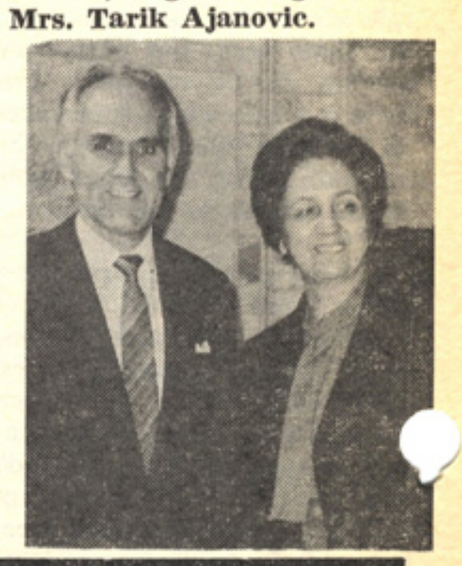






Above, left: Chilean Minister-Counsellor and Mrs. Federico Marull. Above, right: Toshio Hara of the Hara Museum, Brazilian Minister-Counsellor Ivan Cannabrava with Colombian Ambassador Jose Maria Villarreal and his wife Susana. Below, left: Fumiko Tottori, mother of HIH Princess Takamado; Rebecca Lindenberg Sette, the departing Brazilian Ambassador, and Tenkoku Sonoda, widow of the late Foreign Minister—and a politician in her own right. Below, right: Yugoslavian Ambassador and Mrs. Tarik Ajanovic.





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America-Japan Society shinenkai fetes Fukuda-san's 82nd





Above, left: Japan's former Prime Minister Takeo Fukuda celebrated his 82nd birthday simultaneously with the America-Japan Society's annual *shinenkai* New Year's party at the Keio Plaza Hotel recently. Mrs. Fukuda gleefully looks on. Above, right: Mme. Fukuda, U.S. Ambassador Mike Mansfield (Honorary President of the Society), Fukuda-san, the President, Chiye Hachisuka and Maureen Mansfield. Below, left: Dick Cropp, Executive Director of the American Chamber of Commerce in Japan; Dick Bush, local representative of the State of Washington economic development, and Nobuo Kawamura of the Industrial Bank of Japan, Ltd. Below, center: Four very active members of the Society — and four very pretty ones, too — Barbara McGovern, Ruth Boff, Donna Sweeny and Shizuko Tani. Below, right: Shinsaku Hogen, Secretary-General of the Research Institute for Japan's National Policy; noted columnist, journalist and Executive Director of the America-Japan Society Mas Ogawa and renowned fashion designer Sanae Cropp.







At left: Will and Yoshio Kamei; he's with Hughes Aircraft. Below, from left: Ayame Ogawa, wife of the *Japan Times*' editor emeritus Mas Ogawa. "I like it," exclaims Mike Mansfield to "Tony" Seki, of Amita handicrafts shop in the Hilton Hiltopia Arcade; Mike was the subject of one of the sketch artists. Carl Erickson, Vice President of MCI International, and his son, Adam. At right: *Shakuhachi* master John (Kaizan) Neptune entertained the crowd that evening with varied selections from his flute, together with a *koto* artist; here he poses with the *Japan Times*' popular "Getting Things Done" columnist Jean Pearce.











Below, from left: Polaroid Corp. of Japan's President and Representative Director A. Edward Giberti, flanked by his sales manager, Tomohide Sato, and sales director, Kazunori Ohtsuka. Jiro Matsumura (Homat Homes), Mas Ogawa, Keio Plaza's Executive Chef Paul Mueller and Glenn L. Boothe II of the Japan Racing Association. Stan Holt (Boyden Associates, Japan), his wife Lorna and Robert F. Connelly (INTEC, Inc.).







speech, as did **U.S. Ambassador Mike Mansfield** who mentioned that Yuko and Shinsuke had spent Thanksgiving with him and **Maureen** at their American Embassy residence.

Michio Watanabe, former MITI Minister, also spoke, saying, "My daughter's 28 and we haven't found a husband for her yet." She must haved loved that. He also told the audience that he had just sneaked out of a Diet tax meeting to come to the reception.

It was a musical evening as well, with piano selections by the very elegant **Paul Cantelon** and vocal numbers by two top singers, **Yukichi Asaoka** and **Kozuki Noboru.** Shinsuke was in the rowing club at Keio and at one point in the evening he and Yuko joined the members of the Club under crossed oars and he really got into singing the Club's song with his fellow members.

I enjoyed sitting with **Tomi Nakamura** of the U.S. Embassy and **Holli Ferretti**, during most of the evening and moving over to another table with some Japanese friends for a while later in the evening. **Yasuo and Kumiko Hattori** told me they were just celebrating their 16th wedding anniversary, and **Yoshio and Kumi Taniguchi** were soon to celebrate their ninth.

It was a splendid reception in every way, perfect for the

(Continued on Page 8)

Bill Hersey's PARTYLINE

(Continued from Page 7)

occasion. Our congratulations to Yuko and Shinsuke and our best wishes for a long, happy life together.

Tokyo's a city of interesting and talented people, and there is no one more interesting and talented than the always-chic, always-gorgeous artist **Choi Jae-Eun.** She's been an award-winning *ikebana* artist and her sculptures and other artistic creations have brought her international recognition. Recently she hosted a reception to open the exhibition of one of her original works at the Gallery Ueda in Ginza.

Choi had spent months preparing a special clay-like substance which she used to fill the two rooms of the Gallery with a landscape one might expect to see in the Navajo country in Northern Arizona or perhaps on another planet. The concept was definitely original and different, and Choi proved once again, that she's one of the most creative and talented artists around. I'm sorry I couldn't get down to the exhibition later, as it was created to change color and form naturally day by day.

Speaking of art, **Brazilian Ambassador Luiz Paulo Lindenberg Sette** and his wife **Rebecca,** during their three-year stay in Japan, did a great deal to introduce all forms of Brazilian art from paintings to sculpture to films here in Japan. Prior to their departure to Brazil, they hosted a *sayonara* at their residence to say goodbye to the many friends they made during their tour of duty here.

Luiz and Rebecca are a very personable and popular couple and their spacious home was wall-to-wall people that day. They'll be missed and we wish them the best back in their own beautiful country.

I mentioned in my final column of last year — or was it the first column of this year? — that I hoped to do a lot of traveling this year and, so far, I've been doing pretty well. This, of course, in a city as busy as Tokyo, means I do miss quite a bit I wish I could be here for. Recently this included what I heard were excellent performances by both the Asami Maki Ballet and the Stardancers Ballet. On Jan. 28 top executives of the Swiss Bank Corporation, SBCI Group of Companies and SBCI Securities (Asia) Ltd. hosted a huge reception in Tokyo to mark the opening of the Tokyo Branch of SBCI Securities (Asia) Ltd. The evening included a Swiss folklore and classical dance performance by the Basel Ballet who were flown here for the Tokyo event and a similiar reception in Osaka. Sorry I had to miss that.

Music for Youth Inc. held a reception and musical program where announcements were made concerning many of the activities that very worthwhile organization has planned for this year. This independent community project, international in character and dedicated to bringing fine music to young people, is well worth joining. For information, contact MFY's hard-working and dedicated president, **Eloise Cunningham,** at 584-6889 or write to Music for Youth Inc., Kowa No 24 Roppongi Building 4th floor, 1-1, Roppongi 3-chome, Minato-ku.

PEOPLE

● A friend recently sent me a newspaper article about a woman who had a "regal and aristocratic bearing" being held in jail in Hackensack, New Jersey, for passing herself off as the sister of Aristotle Onassis and floating about a million bucks in worthless checks while being wooed by executives, real estate agents and bankers.

Shades of **Geneveive Giscard d'Estaing,** "wife of the brother of the French President" who did pretty well over here until she went a little too far claiming the theft of a diamond necklace no one is quite sure she ever owned. That'll make a good chapter in that book I'm going to write someday.

● Lyricist **Tim Rice ("Evita," "Jesus Christ Superstar," "Chess,"** etc.) will be doing the doing the lyrics for the songs in the Toho follow-up to their super successful cat film, **"The Adventures of Chatran."** The new film will deal with the adventures of a sea otter and, if all goes well, **Francis Lai** will do the music and **Elaine Page** the singing. The music world, if nothing else, is getting more international here.

TRIPPING

● If you dig hot spicy, food as I do, the next time you're in Hong Kong visit the Szechuen Lau Restaurant at 466 Lockhart Road in Wanchai. The frog legs, chicken and beef are all excellent.

● Egypt, with its unrivaled historical heritage, mild climate, diversity of tourist attractions and friendly people is a joy to visit anytime, but if you're looking for something really special, you should try and be in Luxor between May 2 and 12th this year when an Italian opera troupe will stage a $7 million production of Verdi's **"Aida"** in its "natural habitat," the 4,000-year-old temple of Karnak. What an experience that's going to be.

CONGRATULATIONS TO:

● **Seijiro Udo,** President of Udo Artists Inc., who celebrated his birthday on Feb. 5. Seijiro is responsible for bringing many of the world's top pop entertainers to perform in Japan.

● That same day, the 5th, **Paul Umehara**, lead singer of Japan; top rock group 44 Magnum celebrated his birthday at a surprise party his lovely Australian wife **Cathy** (a singer herself) set up for him at the Lex. Guests included his band members, members of the heavy metal group, Loudness, and an assortment of showbiz and fashion personalities.

TO DO:

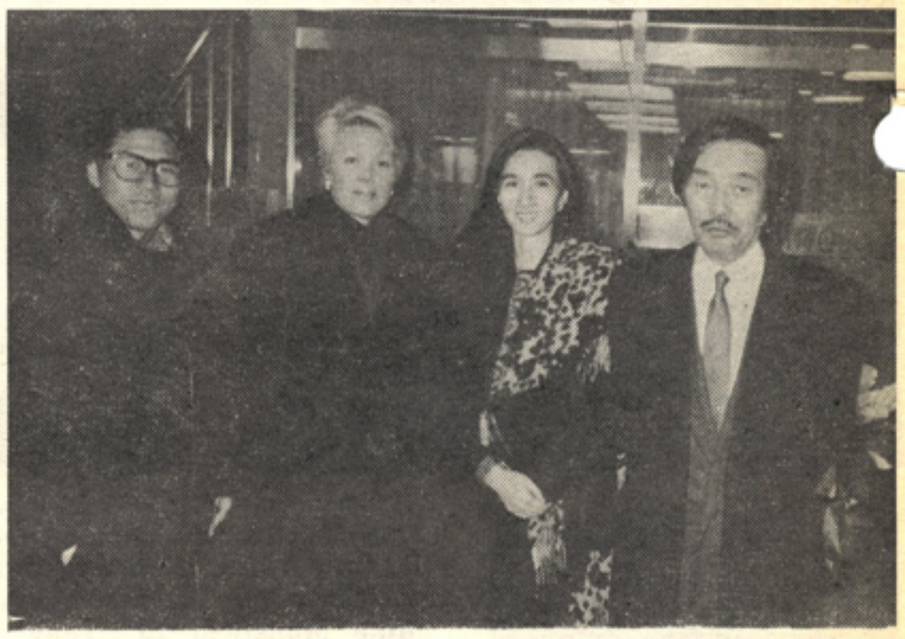
● Those Sunday brunches at the Spiral Building on Aoyama-dori are becoming more popular. For just ¥2,500 you get your choice from quite an elaborated brunch buffet. It's often quite crowded and the



Arist Choi Jae-Eun's exhibition



Above: Barbara Coreth, Austrian Minister Clemens Coreth, the lovely and talented artist Choi Jae-Eun and Masako Toyoda. At right: Dr. Jason Roussos and the talented artist, Choi. He's a professor at Sophia University and an adviser to the Greek Embassy.

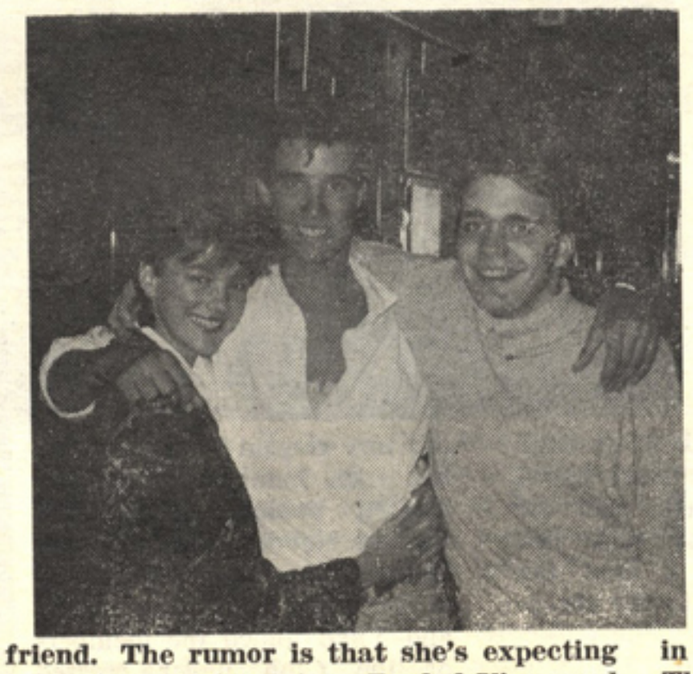


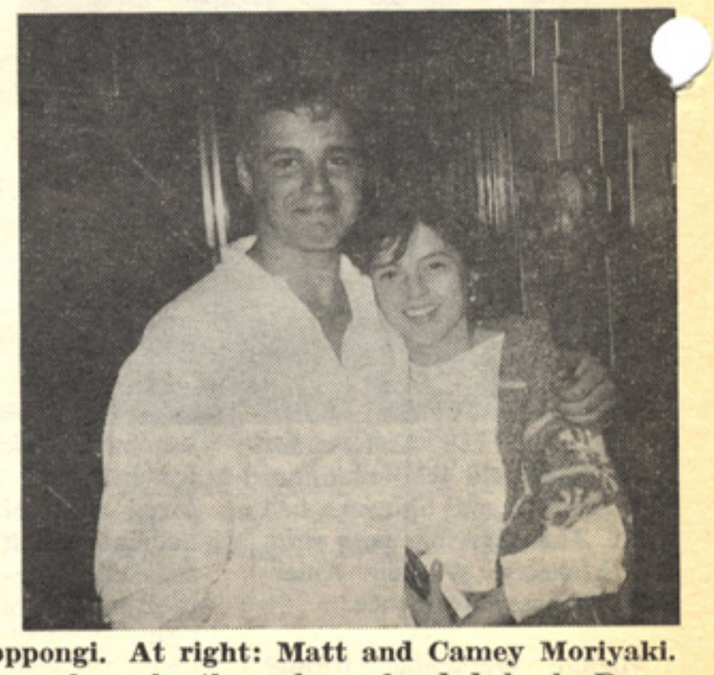




Top: Noted interior and furniture designer Masaaki Morita, his wife Maarjata, Yoko Imai and her husband, artist Toshimitsu Imai. Above, left: Artist Hisao Domoto and Tamiko Cendron. Above, right: Architect Masayuki Kurokawa and his wife, promoter Taki Katoh — they'll be parents soon!

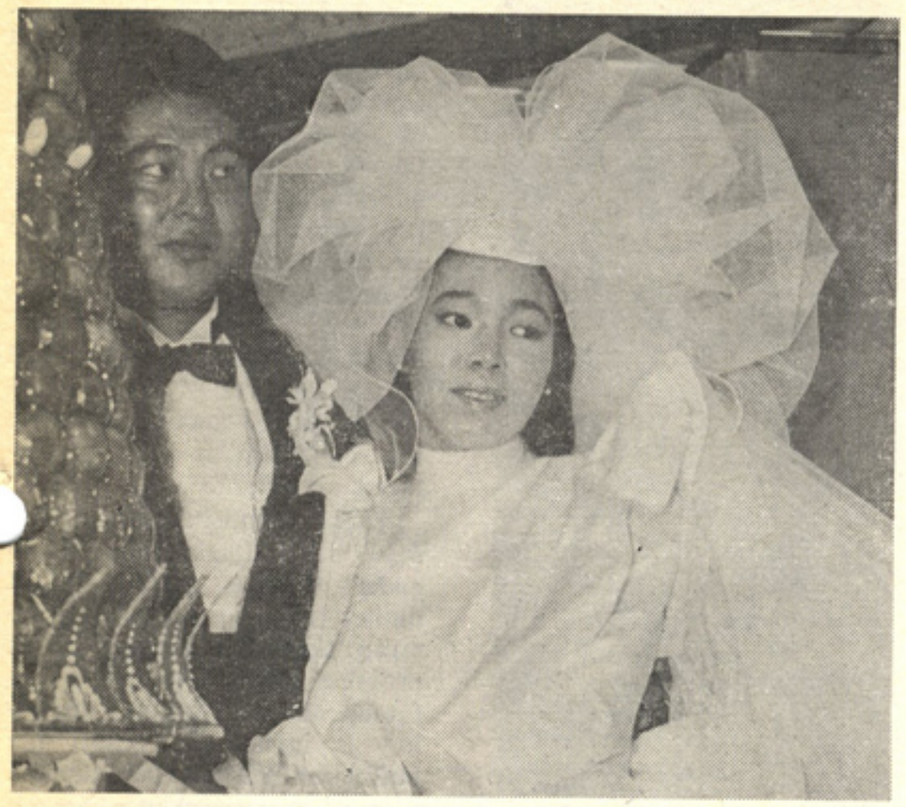






IN & AROUND THE MIKAN AND ACROSS THE SEA — Above, from left: Entertainer Pia Zadora and her mother Saturnina Schipani pose pertly in a photo Pia just sent our Partyliner Hersey, a longtime friend. The rumor is that she's expecting again soon — Pia, not Saturnina. Rachel Vigor and Zak Campbell flank their Australian mate John Bennet at a *sayonara* for John and his brother Matt in Roppongi. At right: Matt and Camey Moriyaki. The popular brothers have headed back Down Under to continue their schooling.

Reception for newlyweds Shinsuke Miya & Yuko Ashida





At left: The happy newlyweds Shinsuke Miya and the former Yuko Ashida make a handsome couple as they pose with their colorful wedding cake. Above: Parents of the groom, Mr. and Mrs. Toru Miya; ANA President Taizo Nakarura; the groom, Shinsuke Miya; the bride, Yuko; Mrs. Nakamura, and the bride's parents Mr. and Mrs. Jun Ashida. Mr. and Mrs. Nakamura acted as the *nakodo* or go-between during the courtship and wedding. The reception was held at the Akasaka Prince Hotel.





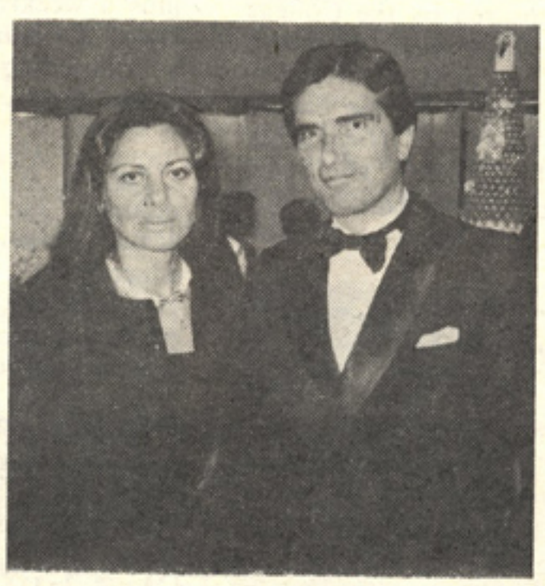




Above, from left: Kumi Taniguchi and Yasuo Hattori. Fumiko Shoda, mother of HIH Crown Princess Michiko; her "other daughter" Emiko and her son-in-law Takiyuki Anzai. Bernard Cendron (Cartier) and Masako Toyoda. Akiko Igaya and architect Yoshio Taniguchi. Below, from left: Toru Shoriki (owner of *Yomiuri Shimbun*, NTV and the Giants baseball team) chats with Takako Shimazu, youngest daughter of HIM the Emperor of Japan. Douglas and Vivienne Kenrick. Giles and Sophie Weil (L'Oreal). Kazuko Ochi, daughter of former Prime Minister Takao Fukuda, and Kimiko Ohira, daughter-in-law of the late Prime Minister Masayoshi Ohira.









Below, from left: Enjoying the happiness of the occasion and the ambience of the party are Maureen Mansfield, HIH Princess Nobuko of Mikasa and Norwegian Ambassador Hakon Freihow. In the background is the head table with the wedding party. Insurance executive — and former Olympic Grand Slalom Silver Medal winner—Chick Igaya with Tamiko Cendron. Kumiko Hattori and Katsuyuki Toyoda. At right: the parents of the bride, famed fashion designer Jun Ashida and his charming wife Tomoko.









people are interesting.

● On Sunday the 22nd, there'll be a "flea market" at the Lexington Queen Disco in Roppongi from 10 a.m. to 3 p.m. In addition to recycled fashion-model and celebrity clothing, there'll be some new Italian designer clothes, accessories, posters, books, records, videotapes, and just about anything else you can think of. The Lex is behind Seryna, below the newly remodeled Berni Inn. Tel. 401-1661.

● Tokyo International Players announce auditions for a staged reading of J.B. Priestley's thriller **"An Inspector Calls."** Four men and three women needed; everyone invited to attend on Sun., Feb. 22, from 3 p.m. at the Tokyo American Club. For scripts or additional details, call **Charmian Norman - Taylor,** 391-6457.

Advertising in the Tokyo Weekender is a good idea



St. Mary's Book Fair set Feb. 24-26



YOUNG BOOK LOVERS

The annual St. Mary's International School Book Fair will be held on Feb. 24, 25 and 26 from 9 a.m. to 4 p.m. in the school library. This fair provides an excellent opportunity for parents and students to choose from many paperback books printed in English which are not available elsewhere in Tokyo.

Books from England and the U.S. will be arranged in order of reading levels from pre-school to young adult. Some ESL materials will be available; however, the majority of the books will be children's fiction.

St. Mary's Mothers Association members and librarians will be on hand to assist. The school is a short walk from either Kaminoge Station on the Oimachi Line or Futago-Tamagawaen Station on the Shin Tamagawa Line.

Continental's Guam trip at St. Mary's Ball

You can win this door prize! Two round-trip tickets to Guam via Continental Airlines and three nights at the Guam Hilton International. To be eligible, simply come to the 32nd annual Ball of St. Mary's International School, Mar. 14 at the Tokyo Hilton International. Continental's Keiko Sukayama, right, presents the prize, one of 100 to be drawn that night, to Teresa Szechenyi and Yumiko de Britto, ball chairmen for the Mothers' Association. Call Mary Hauet, 709-2156, for reservation details.

Art & antique auction at JCC



An auction for lovely art pieces and antiques will be held Sunday, Feb. 22, at the Jewish Community Center with some of Tokyo's most prestigious and talented artists and collectors donating works for charity. All proceeds will go to the United Israel Appeal.

Arranging the auction is **Weekender**'s art columnist and highly regarded artist Fred Harris. Several of his original works will be auctioned during the day, such as the one pictured at left.

The auction will begin at 6:30 p.m. Harris told **Weekender** that a terrific buffet dinner will be served at the same time the auction is in progress, featuring the JCC's famed cuisine. Anyone attending is invited to enjoy the buffet at ¥2,000 per person.

World Day Of Prayer breakfast set

"Come and Rejoice!!" is the theme for this year's World Day of Prayer Breakfast. The Breakfast is sponsored annually by the Tokyo Ecumenical Council of the five English-language churches. Christians from all denominations are invited to join together for a time of prayer, worship and fellowship.

As the name indicates, the World Day of Prayer is a world-wide event, begun over 100 years ago and organized each year by Church Women United. Christians in Tokyo will join Christians everywhere in giving thanks and praying for peace and justice.

The Prayer Breakfast will take place on Friday, Mar. 6, 7:30-8:45 a.m. at the New Otani Hotel (Fuyo Room). There will be a charge of ¥2,500 per person. Reservations may be made through your church, or by sending a check or cash to: World Day of Prayer, St. Paul Lutheran Church, 1-2-32 Fujimi, Chiyoda-ku, Tokyo, 102.

Weekender's Elyse to moderate CWAJ medical panel Mon

A panel discussion centering on "Medicine and Health Attitudes and Practices" will be featured at Lecture No. 5 in the current series of seminars being sponsored by the College Women's Association of Japan, held on successive Mondays through Mar. 9 at the Seiryo Kaikan, 2-16-2, Nagatacho, Chiyoda-ku, Tokyo. The panel is scheduled for Monday the 23rd and will begin at 10 a.m.

Panel Moderator will be **Elyse M. Rogers,** president of MAC International Ltd., a medical and scientific communications firm. She also writes a bi-weekly medical column—"Staying Healthy in Japan"—for **Tokyo Weekender,** plus a weekly column for **The Daily Yomiuri** and co-authors a counselling column in **The Japan Times.**

Health is important in all cultures, but there are often differing historical, religious and educational perspectives that give varying apsects to the pursuit of health. Care is often is accomplished in varying ways from one country to another.

For the foreigner in Japan, the differences are most interesting and enlightening. Discovering the differences and similarities between Europe and Japan in health maintenance and clinical medical delivery should prove to be a fascinating dialogue in this CWAJ series.

Mrs. Rogers has a B.S. degree in Nursing from Indiana University and an M.A. in English Literature from Purdue. She's published three books on medicine and is a frequent speaker.

On her panel will be:

● **Dr. Minoru Baba,** Chairman of the Department of Pediatrics at Doai Memorial Hospital and an Assistant Professor of Pediatrics at Juntendo University School of Medicine as well as at Tsukuba University School of Medicine.

● **Dr. Claudine Bliah,** a general practitioner in a Japanese medical clinic as well as a researcher at Aiiku Byoin in Tokyo. A specialist in gynecology, she was born in Gujida, Morocco, and received her M.D. degree at the Medical University in Marseilles.

● **Dr. Kazuhiko Hongo** is Chief of Internal Medicine at Tokyo Sanitarium Hospital. He was educated in the U.S.A., graduating from Pacific Union College and earning his M.D. from Loma Linda University in 1973; he studied Internal Medicine at Charles F. Kettering Memorial Hospital in Dayton, Ohio.



ELYSE



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Elyse Rogers' book 'a must' for Tokyoites concerned with health

Staying Healthy in Japan by Elyse Rogers

Tokyo Weekender's highly respected medical columnist Elyse Rogers' fast-selling book *"Staying Healthy in Japan"* is still available from our *Weekender* offices at the bargain price of just ¥2,000 (an additional ¥300 is required for postage). Elyse has compiled 54 of her most informative medical columns in a handsome soft-cover book. U.S. Ambassador Mike Mansfield, in his introduction to the book, wrote: "I am certain that Ms. Rogers' book will prove to be a valuable resource for foreigners taking up residence in Japan, as well as for those members of the community who have already put down roots here."

Her insights into the behind-the-scenes operations of the local hospitals, medical offices and clinics, plus valuable tips on dental and optical care are included.

- Features a comprehensive examination of the pluses and minuses of many of the local hospitals which cater to foreign patients; she's toured each one and has interviewed staff.
- A complete account of the Hospital Action Committee Report; information on the Medical Emergency Card which she helped develop.
- Everything from information on AIDS and arthritis to a treatise on cancer, the dangers of too much salt in the diet. Plus mini-biographies of fascinating people of medicine in Japan.

Yes, I want a copy of Elyse Rogers' book. Please find enclosed ¥2,300.

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Send to "Elyse Rogers' Book," c/o Tokyo Weekender, Oriental Bldg., 1-55-11, Yayoi-cho, Nakano-ku, Tokyo 164.



Table Talk

with Donna Sweeny



Quick and Easy Japanese Cooking

Many foreigners residing in Tokyo quickly adapt to eating Japanese cuisine — **making** it, however, can be another matter. For the beginner, there is a bewildering array of unfamiliar ingredients, new preparation techniques and even unknown cooking utensils. With cookbooks in hand, and lots of enthusiasm, many try; the results can be uncertain.

The Ray-Kay Cooking School in Minami Aoyama is setting out to remedy this situation with its Quick and Easy Cooking course. What is most remarkable about the course is that the teacher, **Madame Oda**, shows how to make an authentic Japanese meal with actual preparation time of half an hour. I was certainly skeptical, but in a recent cooking demonstration, Madame Oda did just that, in 30 minutes flat — a real benefit for busy Tokyo cooks.

Since Japanese cooking relies heavily on seasonal ingredients, these are emphasized; students learns, for instance, to make *yosenabe* in winter and *somen* in summer. Madame Oda studied at the prestigious Tokyo Kaikan School of Cooking and, during her three-year stay in the States, at the American Cordon Bleu School; she also spent seven years living in Australia, and is experienced in instructing foreigners. All her classes are conducted in English.

Ms. Masako Endo, headmistress of the school, explained in a recent interview that she has purposely tried to create a homey atmosphere at Ray-Kay. Each class is limited to a maximum of 16 students; with chairs set very close to the teacher, questions are encouraged and the ambiance is one of informality. Incidentally, Ms. Endo is no stranger to the pitfalls of cross-cultural misunderstanding, especially where food is concerned. She lived abroad for ten years, and was once invited on a fishing expedition. During the course of the day, her host proffered a freshly caught, still wriggling fish and said, "Here — I know Japanese love to eat raw fish." Not exactly what we know as *sashimi!*

Some of Madame Oda's quick and easy recipes appear below, but if you want to see it done first-hand, or you want more information (there are intermediate and advanced classes, too), call 797-5937.

Bean Paste Soup
(serves 4)

- 20 grams small dried fish (*niboshi*)
- 3 cups water
- ½ pack bean curd (*kinugoshi*)
- ½ pack *nameko* mushrooms
- 3 tablespoons bean paste

- Wash the dried fish removing the heads and entrails.
- Measure 3 cups of water into a pot and soak the fish for 30 minutes or longer. Bring to the boiling point, over medium heat, and boil for 5 minutes.
- While making the broth, rinse the bean curd, being careful not to crush it, and cut it into 1-centimeter cubes. Put the bean curd on a plate to expel excess water.
- Put the *nameko* mushrooms in a colander and rinse well.
- Remove the dried fish from the broth.
- Dissolve the bean paste in ½ cup of the broth; put the bean paste, the bean curd and *nameko* mushrooms into the pot of broth and heat to the boiling point. Serve the soup in individual bowls.

Rolled Beef
(serves 4)

- 1 tablespoon *saké*
- 1 tablespoon *mirin* (or 2 tablespoons sugar)
- 1 tablespoon dark soy sauce
- 300 grams sliced *sukiyaki* beef (about 8 or 9 slices)
- 1 bunch chives
- 2 tablespoons salad oil
- Morita *shabu-shabu* dipping sauce

- Mix *saké, mirin* and soy sauce in a bowl, and marinate the sliced beef for 10 minutes.
- Wash and dry the chives. Cut off the roots, and slice the chives in half.
- Lay the beef on a board in 3 portions (2 or 3 slices of beef will make 1 roll). Put ⅓ of the chives on each portion of beef and roll tightly.
- Heat the oil in a pan over medium heat. Sauté the beef rolls until they are lightly browned.
- Reduce the heat and simmer 2 minutes.
- Take the rolls from the pan, and slice each into 4 pieces. Serve with dipping sauce.

Tofu in Thick Soup
(serves 4)

- 20 grams small dried fish
- 2 cups water



Madame Oda cheerfully instructs a group of *gaijin* ladies eager to learn the intricacies of Japanese cooking — the fast way.

- 1 piece kelp, cut into an 8-centimeter square, cleaned with a damp cloth
- 2 tablespoons arrowroot
- ⅓ cup water
- 2 tablespoons soy sauce
- 1 tablespoon *mirin*
- 1 pack bean curd
- 1 tablespoon grated ginger

- Wash the dried fish, removing the heads and entrails.
- Measure 2 cups of water into a pan and soak the fish and kelp for 2 hours or longer. Cook over medium heat just to the boiling point. Strain the broth.
- Blend the arrowroot with ⅓ cup water. Add this, the soy sauce and *mirin* to the fish broth. Heat until the soup becomes thick and clear.
- Rinse the bean curd in water and cut it into 4 pieces. Put the pieces in a pan, being careful not to crush them, and cook over medium for 3 minutes.
- Put 1 piece of bean curd in each of 4 individual soup bowls, pour the soup over it and top with grated ginger.

Sukiyaki Rice
(serves 4)

- 200 grams *sukiyaki* beef
- 1 green onion
- *konnyaku* noodles
- ½ pack broiled bean curd
- 4 *shiitake* mushrooms, stemmed
- 2 tablespoons salad oil
- 1 cup Morita *Sukiyaki* Cooking Sauce
- 4 eggs, beaten individually
- Cooked rice
- Cut the beef slices in half; cut the green onion diagonally into 1.5 centimeter slices.
- Wash the noodles and boil them for 2~3 minutes; drain them and cut into 6 centimeter slices.
- Rinse the bean curd in water and cut it in half lengthwise. Cut each strip into 1/5 centimeter slices.
- Wash the mushrooms and cut them in half.
- Heat the salad oil in a heavy frying pan, and fry the green onion for 3 minutes; push the onion to the side of the pan.
- Add the beef to the pan and fry it until it begins to change color; pour ½ cup of *sukiyaki* sauce over the beef, add the noodles, broiled bean curd and mushrooms. Cook until heated through.
- Put ½ of this mixture into a small pan, add 2 tablespoons of *sukiyaki* sauce and cook for 2 minutes. Pour in one beaten egg and cook for 3 minutes. Place the mixture over cooked rice in a small bowl. Repeat this procedure for each serving.

Sweet Potatoes in Syrup
(serves 4)

- 200 grams sweet potatoes
- 1 cup water
- 1 teaspoon burnt alum
- ½ lemon
- 1½ cups water
- 4 tablespoons sugar
- ¼ teaspoon salt

- Peel the sweet potatoes and cut them into 1-centimeter slices.
- Combine 1 cup water and the burnt alum in a bowl, and soak the sweet potatoes for 30 minutes. Remove the sweet potatoes from the bowl and rinse well.
- Peel the lemon and slice thinly; cut each slice into quarters.
- Put 1½ cups water in a pan and add the salt and sugar. Heat until the sugar is disolved. Add the sweet potatoes, cover the pan and cook over low heat until the potatoes are tender.
- Put the sweet potatoes into individual small bowls, pour the syrup over them and top with lemon slices.



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Weekender at the MOVIES:

'Crocodile Dundee'

There's not one false note in **"Crocodile Dundee."** Not one. Sheer joy from opening credits to lights up in the theater. No real villains or evil deeds, and yet certainly not the goody-two-shoes saccharine stuff, either. **Paul Hogan** for president! For Prime Minister. King! What ever. You hereby have my personal guarantee that you'll enjoy every frame, every second, every scene of this terrific film. Surely one of my all-time favorite flicks and I'll bet it will be one of your's, too.

I really like it a lot. I saw it at a freebie pre-opening showing by the distributor down at Yamaha Hall on Ginza. I intend to shell out my *okane* and get in line with the others to see it another time. And maybe another after that. It's that kind of heart-warmer.

I mentioned in this space late last year that we are in the Era of the Aussie; I wrote that after seeing Bryan Brown in **"F/X"** and repeat it now after watching Hogan become Mick (Crocodile) Dundee. This winning bloke became an American favorite even before Dundee hit the screens; he was the familiar Aussie voice on the radio and TV commercials for the Australian Tourist Commission, bidding you to "Come and say G'die, Come down Aussie way."

You won't find a sunnier smile than what's on Hogan's face. Although he's 47 years old and a grandfather several times over, our man Paul could become the next international heart-throb. This is one time you won't mind when they bring out **"Crocodile Dundee II"** or **"III"** or whatever. I understand they're already at work on a sequel and it can't go wrong.

It's hard to choose which element of this picture is more fun: Down Under or The Big Apple. The first segment has the lady reporter for **Newsday** sue (**Linda Kozlowski**) in Aussie's Northern Territories seeking out the legendary Crocodile Dundee. She's heard that most of his leg was bitten off by a monstro croc up by Jim Jim Falls and that he snatched what was left of his limb from the monster's jaws, killed the giant lizard with his bare hands, then hobbled to civilization and recovery. And fame. She convinces her editor—and sweetie—(**Mark Blum**) that she's got to follow up on the Dundee yarn and before you can say "Hold the presses," she's up in the Outback drinking beer with the lads. Dundee makes an entrance and it's not long before we see through this laddy buck. He's a bit of a sham — or is he? Just when you think he's all bullshit, he'll memserize a bull water buffalo and put him on his knees with a sort of whammy.

Sue gets her competitive dander up when he mentions offhand that she'd never last one day in the Outback without a big, strong cobber like him around. "Just a sheilah, eh?" she snarls, then takes off on her own. Hey! Dundee's right. Sue's damned near eaten up by one of those monstro crocs, just when she's half convinced that he's a fake. Dundee to the rescue.



PAUL HOGAN FOR PRESIDENT!

(Brilliant bit: seated around a campfire in the middle of the blackest night, Sue's alone when an aborigine with face scarred and painted materialzes from the bush. Not to worry; it's only Neville, one of Dundee's mates. Sue breaks out the camera, begins to focus on his fascinating phiz when he says, "Oh, mum, you can't take my picture!" "I understand, Neville," Sue says, "I will steal your spirit." Oh, no, mum. You've got the lens cap on," says the calm "savage." Delightful stuff.)

Now Mick has never been to town. Never mind a city. This wide spot in the road in Kakadu Park where the beer joint is located; that's as close to civilization as Dundee's seen, mate. Sue convinces him that he should come to New York; her story has been very well received in The Apple and this bush person on Broadway is good copy.

The remainder of the film is about Mick Dundee's encounter with city folks and metropolitan life. Dundee wins. His no beeess attitude and lovable Outback charm wins the day in every encounter. As his limo from the airport stops at a traffic signal, two typical busy-busy harrassed New Yorkers are talking into each other's face, arms a-waggle. "Hello, mates," Mick says from the front seat of the car, reaching out and shaking hands with the startled city blokes. "Mick Dundee up from Australia. I'll be in town a couple of days; probably be seeing you around."

The stand-offish, put-upon doorman at his hotel becomes his mate, as does the local mounted cop. The black chauffeeur for the editor becomes his pahtnah in spite of Mick's insistent questioning about which tribe he comes from. He's black, right? Then gotta be from some tribe that Mick knows. He encounters hookers, transvestites and elderly queens. He comes upon a fool-proof method of determining the sex of the elegantly gowned New York ladies he meets: He gives 'em a quick grab. After this foolproof test on the ancient queen at an art show, someone explains that Dundee's from Australia. "I must get there as soon as possible," lisps the now-tested gender-bender.

In addition to starring in **"Crocodile Dundee,"** Paul Hogan co-wrote the script and is credited with the story idea. Way down in the depths of the credits is the name "Paul Hogan" as story editor. In other words, hands-on for Hogan. This Lola Kozowloski is a piece of work, mate, and I hope to see a lot of her. She's a stage actress and I think this is her screen debut. More! This altogether wonderful picture opens tomorrow. Don't you dare miss it.

(CORK)

the weekender guide to

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新宿区歌舞伎町ミラノ座3階
(コマ劇場前)

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7. **GOTANDA TOEI CINEMA** From the West exit of Gotanda stn. On river side near Fuji Bank. Tel. 491-0810.
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渋谷ピカデリー
渋谷区宇田川町 13-17
(パルコ，パート１と３の筋向い)

24. **SHIBUYA BUNKA.** In the basement of the Shibuya Toho, which is on Dogenzaka, the uphill street going west from the front of Shibuya Station. Tel. 461-4902.
渋谷文化
渋谷区道玄坂2丁目7の17
(道玄坂渋谷東宝地階)

25. **SHIBUYA JOY CINEMA.** From the East exit of Shibuya Station, in front of Marui Dept. Store. Tel. 462-2539.
渋谷ジョイシネマ
渋谷区宇田川町20-15
(渋谷丸井前獅子林地下)

26. **SHIBUYA PANTHEON.** 1st floor of Tokyu Bunka Kaikan adjacent to Shibuya Station. Tel. 407-7219.
渋谷パンテオン
渋谷区渋谷2の21の12
(渋谷駅近 東急文化会館1階)

27. **SHIBUYA SCALAZA.** On Dogenzaka, the uphill street going west from the front of Shibuya Station. Tel. 461-1929.
渋谷スカラ座
渋谷区道玄坂2の6の17
(道玄坂並び)

28. **SHIBUYA TAKARAZUKA.** On Jingu-dori, across from the front of Shibuya Station. Tel. 461-8779.
渋谷宝塚
渋谷区宇田川町2
(渋谷駅前神宮通り)

29. **SHIBUYA TOHO.** On Dogenzaka, the uphill street going west from the front of Shibuya Station. Tel. 461-2268.
渋谷東宝
渋谷区道玄坂2-6-17
(ハチ公口道玄坂緑屋向い)

the Weekender guide to FILMS

- **CROCODILE DUNDEE** Paul Hogan, Linda Kozlowski, John Meillon, Mark Blum. Begins Feb. 21 (9, 27, 31, 35, 54, 55-Kokusai)
- **THE WRAITH** Charlie Sheen, Nick Cassavetes, Sherilyn Fenn, Randy Quaid. Begins Feb. 21 (22, 39, 57-Elm, Shinjuku Cdeonza, 202-5657, Hibiya Eiga, 591-5353)
- **AT CLOSE RANGE** Sean Penn, Christopher Walken, Mary Stuart Masterson, Christopher Penn. (4)
- **OVER THE TOP** Sylvester Stallone, David Mendenhall, Robert Loggia, Susan Blakely. (12, 20, 29, 37, 41, 55, 57)
- **HANNA AND HER SISTERS** Mia Farrow, Michael Caine, Woody Allen, Dianne Wiest. (3, 16, 43, 50) Yokohama Odeon.
- **DEADLY FRIEND** Matthew Laborteaux, Kristy Swanson, Michael Sharrett, Anne Twomey. (15, 30, 42)
- **PLAYING FOR KEEPS** Daniel Jordano, Mary B. Ward, Matthew Penn, Leon W. Grant. (33, 49, 51, Shinjuku Joy Cinema. 209-6180)
- **HEARTBREAK RIDGE** Clint Eastwood, Marsha Mason, Vincent Irizarry, Mario van Peebles. (26, 34, 44, 56) Grizzled, hard-bitten old Marine Gunnery Sergeant Tom Highway has no patience with the young pussies in the Corps these days and sets about to toughen up the new generation for "the next war" which only turns out to be Grenada. Lots of snarling, duke-outs and borderline sexual confusion.



- **THE MOSQUITO COAST** Harrison Ford, Helen Mirren, River Phoenix. (11, 14, 23, 36, 53)
- **TOP GUN** Tom Cruise, Kelly McGillis, Val Kilmer, Anthony Edward, (21, 27, 32), Begins Feb. 21 (25) The dynamite aerial photography is worth going—but Kelly McGillis is another plus in this tale of Navy jet fighter derring-do.



- **DOWN BY LAW** Tom Waits, John Lurie, Roberto Benigni. (45) Low-budget diamond of a film by Jim Jarmusch tells of trio of life's losers finding friendship in a N'Orleans jailbreak.



- **STRANGER THAN PARADISE** John Lurie, Eszter Balint. (59)
- **EL ESPIRITU DE LA COLMENA** Ana Torrent, Isabel Telleria. In Spanish. (Same as above)
- **TANGOS, L'EXIL DE GARDEL** Marie Laforet, Philippe Leotard, Marina Vlady. In Spanish & French. (5)
- **THE BREAKFAST CLUB** Emilio Estevez, Molly Ringwald, (25) at 9 p.m. except Sun.
- **LES AMANTES** Jeanne Moreau. In French. Begins Feb. 21 (7)
- **UNE AUSSI LONGUE ABSENCE** Alida Valli. In French. (Same as above)
- **ALIEN** Tom Skerritt, Sigourney Weaver. Begins Feb. 21 (10) Wonderful good fun as unspeakable people-gobbling outerspace varmit raises hell in monstro space cargo craft.



- **ALIENS** Sigourney Weaver, Michael Biehn, Paul Reiser, Lance Henrikesen. (Same as above) Dynamic sequel to **"Alien,"** we continue with the most smarmy, slathering, slimy, *something* determined to devour every man, woman and child in the universe.



- **HAMMETT** Frederic Forrest, Peter Boyle, Begins Feb. 24 (13)
- **LA TRAVIATA** Teresa Stratas, Placido Domingo. In Italian. (Same as above)
- **FLIGHT OF THE NAVIGATOR** Joey Cramer, Veronica Cartwright. Begins Feb. 24 (19)
- **MR. VAMPIRE PART 2** Lam Cheng Ying, Moon Lee. In Chinese. (Same as above)
- **POLICE ACADEMY 3: BACK IN TRAINING** Steve Guttenberg, Bubba Smith. (47) Same loony-tunes cops back with new slapstick and pratfalls. Fun in spite of it all.



- **COBRA** Sylvester Stallone, Brigitte Nielsen. (Same as above) Making Dirty Harry seem like a pussycat, cop Cobra kills the dirty rats dozens of ways. Violence throughout, but constant action, excitement.



- **ZAZIE DANS LE METRO** Catherine Demongeot, Philippe Noiret. In French. Begirs Feb. 24 (17)
- **THE PURPLE ROSE OF CAIRO** Mia Farrow, Jeff Daniels. (48) Top-drawer funny-fellow Woody Allen writes and directs this hilarious Depression-years fantasy—pay attention and laugh a lot. A must for vintage movie buffs.



- **THE COLOR PURPLE** Danny Glover, Whoopi Goldberg. (Same as above) Steven Spielberg's somewhat sanitized version of Alice Walker's best-seller tells of woes and blows suffered by put-upon black lady 1909-1940s in the Georgia Cotton fields, juke joints.



- **THE JEWEL OF THE NILE** Michael Douglas, Kathleen Turner. Begins Feb. 21 (52)
- **BRAZIL** Jonathan Pryce, Robert De Niro. (Same as above)
- **BLACK MOON RISING** Tommy Lee Jones, Linda Hamilton. Begins Feb. 24 (38) How far far can you fetch it? Violent throw-away yarn of computer-wise muscle-man in cahoots with FBI vs. Vegas crooks & organized car thieves.



- **A NIGHTMARE ON ELM STREET** Heather Langenkamp, John Saxon. (Same as above)
- **THE THIRD MAN** Orson Welles, Joseph Cotten. Feb. 20-21 (1) Director Carol Reed's masterpiece about post-WWII black-marketeering in the life-saving discovery penicillin with Welles as the dispicable Harry Lime and that haunting zither music.



- **PARIS, TEXAS** Nastassja Kinski, Harry Dean Stanton. (Same as above)
- **HIROSHIMA MON AMOUR** Emmanuele Riva, Eiji Okada. In French. Feb. 22-23 (1)
- **CYBELE OU LES DIMANCHES DE VILLE D'AVRAY** Hardy Kruger, Patricia Gozzi. In French. Feb. 22-23 (1), Begins Feb. 24 (17)
- **LES FEU FOLLET** Mourice Ronet, Alexandra Stewart. In French. Feb. 24-25 (1)
- **LE SOUFFLE AU COEUR** Lea Massari. In French. (Same as above)

THEATERS

30. SHIBUYA TOKYU. 5th floor of Tokyu Bunka Kaikan, adjacent to Shibuya Station. Tel. 407-7131.
渋谷東急
渋谷区渋谷2の21の12
(渋谷駅近 東急文化会館5階)

31. SHINJUKU ACADEMY. Across diagonally fr. Koma Gekijo, near the East exit of Shinjuku Station. Tel. 202-0142.
新宿アカデミー
新宿区歌舞伎町20
(コマ劇場斜前)

32. SHINJUKU CINEMA 1. Across from Isetan Dept. East exit of Shinjuku Stn. Tel. 354-2097
新宿シネマ 1
新宿区新宿 3-13-3
新宿東口伊勢丹前

33 SHINJUKU KEIO. Near Isetan Department Store. Tel. 356-3518.
新宿京王
新宿区新宿 3-1-24
(新宿伊勢丹近く)

34. SHINJUKU MILANOZA. In front of Koma Gekijo, near the East exit of Shinjuku Station. Tel. 202-1189.
新宿ミラノ座
新宿区歌舞伎町
(コマ劇場前)

35. SHINJUKU MUSASHINOKAN. In front of the main exit of Shinjuku Station. Tel. 354-5671.
新宿武蔵野館
新宿区角筈1の1
(新宿駅中央口前)

36. SHINJUKU PICCADILLY. Behind Kinokuniya Book Store, which is on Shinjuku-dori between Isetan Department Store and the station. Tel. 354-2411.
新宿ピカデリー
新宿区新宿3の16
(紀伊国屋ビル裏)

37. SHINJUKU PLAZA. Next to Koma Gekijo, near the East exit of Shinjuku Station. Tel. 200-9141.
新宿プラザ劇場
新宿区歌舞伎町
(コマ劇場隣)

38. SHINJUKU ROYAL. From the East exit of Shinjuku Station, behind Marui Young Dept. 352-7004.
新宿ローヤル
新宿区新宿3丁目18-5
(東口駅前 丸井ヤング店裏)

39. SHINJUKU ROMAN GEKIJO. In Shinjuku, front of the Isetan Department Store. Tel. 351-2941.
新宿ロマン劇場
新宿区新宿3丁目3-25
(新宿伊勢丹前)

40. SHINJUKU GRAND ODEON. In front of Koma Gekijo, near the East exit of Shinjuku Station. Tel. 202-0141.
新宿グランドオデオン座
新宿区歌舞伎町
(東口歌舞伎町 コマ劇場斜め前)

41. SHINJUKU SCALAZA. Opposite Isetan Department Store. Tel. 351-3127.
新宿スカラ座
新宿区新宿3丁目5-4
(伊勢丹前)

42. SHINJUKU TOKYU. In front of Koma Gekijo, near the East exit of Shinjuku Station. Tel. 200-1981.
新宿東急
新宿区歌舞伎町
(コマ劇場前)

43. SHINJUKU VILLAGE 2. Across from the side entrance of Isetan Department Store on Meiji-dori. Tel. 351-3128.
ビレッジ II
新宿区新宿3丁目5-4
(明治通り伊勢丹前)

44. SHOCHIKU CENTRAL. Near Kabukiza and the Ginza Tokyu Hotel. Tel. 541-2714.
松竹セントラル
中央区築地5の13
(歌舞伎座近)

45. SUBARUZA. In the Yurakucho Bldg., across from Sogo Department Store. Tel. 212-2826.
スバル座
千代田区有楽町1の5
(有楽町ビル内)

46. TACHIKAWA CENTRAL. The North exit of Tachikawa Station, next to the Shochiku Theater on Takamatsu street. Tel. 0425-24-2798.
立川セントラル
立川市曉町 2 丁目 8-4
(北口高松通り立川松竹隣り)

47. TAKADANO BABA PEARL-ZA. Basement of Seiyu near Takadano-baba Station. Tel. 371-9905.
高田馬場パール座
新宿区戸塚町3丁目167番
(高田馬場駅近 西友ストア地下)

48. THEATER SHINJUKU. Next to Isetan Department Store, new building. Tel. 352-2828.
テアトル新宿
新宿区新宿3丁目8
(伊勢丹新館隣)

49. TOGEKI In front of the Ginza Tokyu Hotel 541-2711.
東劇
中央区築地4丁目1-1
(銀座東急ホテル前)

50. TOKYU MEIGAZA. 6th floor of Tokyu Bunka Kaikan, adjacent to Shibuya Station. Tel. 407-7229.
東急名画座
渋谷区渋谷2-21-12
(東急文化会館 6 階)

51. TOKYU REX. 1st basement of Tokyu Bunka Kaikan, adjacent to Shibuya Station. Tel. 407-7131.
東急レックス
渋谷区渋谷2の21の12
(渋谷駅近東急文化会館地階)

52. YAESU STAR-ZA. Next to Fuji Bank, Yaesu Central exit of Tokyo Stn. Tel. 201-5081.
八重洲スター座
(八重洲中央口富士銀行並び)

53. YOKOHAMA PICCADILLY. On Isezaki Street near the Chojamachi 5-chome intersection. Tel. (045) 261-2886.
横浜ピカデリー
中区長者町6-89
(伊勢佐木町通中程長者町 5 丁目角)

54. YOKOHAMA SCALAZA. 4th floor of Toho Kaikan on Bashamichi St., near the North exit of Kannai Station. Tel. (045) 681-7410.
横浜スカラ座
中区住吉町5-59
(東宝会館 4 階)

55. YOKOHAMA SOTETSU EIGA. In Sotetsu Mubiru Plaza in front of Mitsukoshi Dept. Store at the West exit of Yokohama Station. Tel. (045) 311-0330.
横浜相鉄映画
西区北幸1-3-23 相鉄ムービル内
(横浜駅西口三越前)

56. YOKOHAMA SOTETSU BUNKA. In Sotetsu Mubiru Plaza. Tel. (045) 311-0330.
横浜相鉄文化
(相鉄ムービル内)

57. YOKOHAMA TOHO. 1st floor, Toho Kaikan. Tel. (045) 681-7410.
横浜東宝
(東宝会館1階)

58. YOKOHAMA TOHO CINEMA 2 Basement, Toho Kaikan. Tel. (045) 681-7410.
横浜東宝シネマ 2
(東宝会館地階)

59. YURAKU CINEMA. In front of the main exit of Yurakucho Station. Tel. 201-3066.
有楽シネマ
千代田区有楽町2丁目9
(有楽町駅中央口前)

(The numbers in parentheses after each listing correspond to those of the theaters where that movie is playing. Landmarks used in the directions are major ones. The name, address and directions to each theater are also printed in Japanese for taxi drivers and emergencies. Movie schedule is subject to change without notice.)

Buccaneers win Kanto winter title 6th straight year

INTL wipes out ASIJ for ASCIJ tank title; Zama finishes 3rd

The International Buccaneers Swim Club (INTL) captured the 1987 American Swim Council in Japan winter Kanto Plains Age-Group Swimming Championship by demolishing their chief rival, the American School in Japan (ASIJ), 1,409½ points to 807½. ASIJ, which came within 30 points of dethroning International at this meet last year, was not able to repeat its heroic 1986 performance as International raced to an early lead and never looked back.

The Zama Dolphins took third place with 201 points, followed by the Yokosuka Seahawks with 136 points and the Yokota Stingrays with 41. International has now won this meet for six straight years since its inception in 1982.

A total of 22 league area records and 24 St. Mary's pool records were broken at the meet, far surpassing last year's total of nine and 15, respectively. International broke 16 area and 17 pool records, highlighted by the performances of **Joy Vink,** who set three area and three pool records in the 10 & under girls age group.

Other record-breaking swimmers for the champions were **Yugo Tsukikawa** (13-14 boys), **Warren Ireland** (10 & under boys), **Cindy Vink** (13-14 girls), **Terry Ireland** (8 & under boys), **Lys Ehrenspeck** (10 & under girls) and **Tina Uhelj** (11-12 girls).

International also broke seven relay records. There were many standout performances from the other teams as well, including those by **Tracey Savage** of ASIJ, who broke one area and two pool records in the 15-18 girls age group, and **Yuki Langston** (13-14 girls) and **Allison Gorman** (10 & under girls), both from the Yokosuka Seahawks, breaking one area and one pool record each.

Individual High-Point awards were given to the top three swimmers who scored the most points for the their team in each age group. The swimmers who received these coveted trophies were as follows:

8 & under girls
1. Dana Ozik, INTL
2. Ainsley Hills, INTL
3. Mandy Gurnee, INTL

10 & under girls
1. Joy Vink, INTL
2. Lys Ehrenspeck, INTL
3. Allison Gorman, YKS

11-12 girls
1. Josie Hallesy, YKS
2. Tina Uhelj, INTL
3. Jennifer Hood, ZAMA



INTERNATIONAL BUCCANEERS SWIM CLUB (INTL): ASCIJ CHAMPS FOR 6TH YEAR

13-14 girls
1.(tie) Cindy Vink, INTL
1.(tie) Yuki Langston, YKS
2. Miki Schroder, ASIJ
3. Heather Curnutt, INTL

15-18 girls
1. Tracey Savage, ASIJ
2. Colleen Rasmussen, ASIJ
3. Caren Nute, ZAMA

8 & under boys
1. Mungo Patterson, INTL
2. Terry Ireland, INTL
3. Kenneth Lam, ASIJ

10 & under boys
1. Ryan Heagle, INTL
2.(tie) Warren Ireland, INTL
2.(tie) Chris Juniper, YOK
3. Randy Gurnee, INTL

11-12 boys
1. Leo Kobayashi, INTL
2. Brian Curran, ASIJ
3. Edward Lam, ASIJ

13-14 boys
1. Yugo Tsukikawa, INTL
2. Josef Kaps, INTL
3. Phil Curran, ASIJ

15-18 boys
1. Matt Moneymaker, ZAMA
2. Steven Nagasawa, INTL
3. Junji Sekine, INTL

Northwest named 'official carrier' for LPGA tour

Northwest Airlines has been named the official airline of the U.S. Ladies Professional Golf Association for 1987-1989.

With its recent purchase of Republic Airlines, Northwest now serves virtually every major destination throughout the United States. Northwest's broad route system and frequent schedules will provide convenient service for players and spectators traveling to the 36 tournament sites in 1987. The LPGA includes more than 300 tournament players and staff, with about 125 active players on the women's circuit.

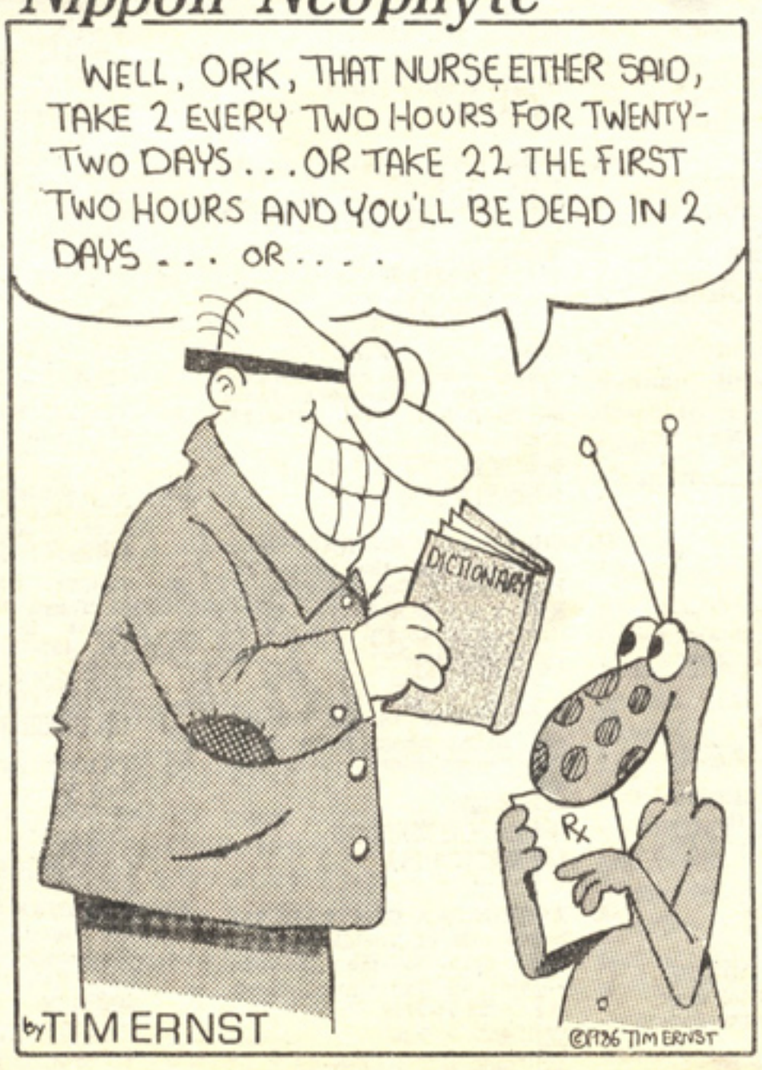
Under the exclusive three-official airline status will appear in LPGA press releases, in the official players quides and other promotional materials. LPGA tournament highlights will be shown on Northwest's in-flight video programming, featured on all international flights and longer U.S. domestic flights.

Part of the sponsorship is a unique offer from Northwest to award two system-wide complimentary passes to every LPGA player who shoots a hole-in-one at any LPGA tournament.

"The LPGA is very excited to have forged a relationship with Northwest as the official airline of the Association," said John D. Laupheimer, LPGA commissioner, on the announcement of agreement. "We know that all our players, officials, sponsors and staff will support Northwest and ensure that the airline is recognized for its commitment to women's golf."



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SAYONARA SALE: 2 rattan swivel chairs, ¥3,000 each. Love seat, decorative tapestry, ¥9,000; Early American dining set & 4 chairs, ¥12,000; 2 end tables, matching, ¥6,000; white breakfast nook & 4 chairs, ¥10,000; 2 bedside tables, drawers, ¥5,000 each; His & Her's Finnish suede jackets, ¥35,000. Call 795-1371.

* * * *

OFFICE MACHINES & FURNITURE. Richo copier, DT-750, ¥170,000. Large wooden executive desk, ¥65,000. Metal desks; large, ¥20,000; small, ¥14,000. Conference table, 90 cm × 180 cm, ¥35,-. Electric typewriter, ¥20,000.

FURNITURE FOR SALE: Living room — sofa, armchairs, 2 marble side tables, large coffee table, ¥190,000. Dining room — expandable table, 2 armchairs, 6 chairs, large china cabinet, ¥170,000. Bedroom — headboards, chest of drawers, dresser with mirror, ¥195,000. Wooden chest, ¥35,000. Rosewood chest of drawers & bookcase, ¥105,000. Round Chinese table, ¥75,000. Kawai electronic organ, ¥150,000. Call 357-1471 or 269-6697.

* * * *

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SPECIAL 'FLEA MARKET' SALE

THERE WILL BE A FANTASTIC 'Flea Market' Sale Sunday, Feb. 22, in the Lexington Queen Disco from 10 a.m. till 3 p.m. featuring some marvelous goods & terrific bargains. In addition to designer and re-cycled fashion models' clothes, there will be a wide array of books, Balinese jewelry, paintings, video tapes, recordings, and who knows what all! The Lex is in Roppongi, just past Seryna, just below Berni Inn. For more information, call The Lex at 401-1661.

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ZEN SEMINAR IN ENGLISH

THE DOGEN SANGHA BUDDHIST GROUP holds weekly zazen sessions & lectures by Master Gudo Wafu Nishijima Saturdays in Tokyo from 1 p.m. For details, contact Rev. Nishijima, 235-0701 (office hours) or Mr. Leutchford, 929-4680 (6-9 p.m.).

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THE CHALLENGE FORUM

"THE CHALLENGE FORUM," focussing on dimensions of mind & body awareness presents this month a workshop entitled "Feldenkrais — Awareness Through Movement" with guest & resident Feldenkrais teacher Nancy Denenberg on Feb. 27, 6:30-8:30 p.m. at Shinjuku Bunka Centre (tel: 350-1141). Charge: ¥500. For further details (plus a map), call 974-9573.

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INDIAN HOME COOKING

INTERESTED IN INDIAN HOME COOKING? Renu Arora from the original "Land of Curry" & author of **"Cooking with Curry"** (Shufunotomosha) plus 2 books in Japanese, is a popular personality on television cooking programs. She teaches Indian cooking at Shibuya & Shinagawa (home). Please call 441-6540.

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MR. OKA'S WALKING TOURS

MR. OKA OFFERS a special area-by-area exploration of **Nagatacho, Kasumigaseki & Marunouchi** Saturday, Feb. 28. Fee: ¥1,000. This service is in addition to his daily personally guided walking tours of places of interest in central & Shitamachi Tokyo. For details, please call (0422) 51-7673 after 7 p.m. License No. Tokyo-2687.

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ANNOUNCEMENTS

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Staying healthy in Japan

By Elyse M. Rogers

COFFEE AND CAFFEINE

Lately caffeine has been in the medical and health news. Coffee, made from the bean of the coffee tree (*coffea arabica* if you want to be technical) accounts for most of the caffeine that we consume daily. And that amount can be considerable.

Some statistics are interesting. About one third of the world's population regularly drinks coffee, with Americans leading the pack. Half of all American households buy some form of coffee, and coffee-drinking Americans average 3½ cups a day. But the number of Americans who drink coffee is decreasing. In 1950, 77.4% drank coffee; in 1985 only 54.9% imbibed. At the same time, the number of coffee drinkers in Japan is growing.

The price of coffee has undoubtedly affected consumption, at least in the U.S. In 1950, the price per pound averaged $.75 versus $2.67 in 1985. The sharpest increase in coffee prices occurred in 1975 when a frost hit the Brazil coffee crop (Brazil currently supplies 30% of the world's coffee), sending the average price for a pound of coffee skyrocketing to $3.47 from $1.33.

In Tokyo we can buy American Hills Brothers coffee at National Azabu for a hefty ¥1,784/1b. (¥1,450 for 400 grams) or buy special blends that run *motto takai* ¥300-800 per 100 gms. That translates to U.S. $11.66/1b. for the Hills Brothers and $8.88-$23.67/1b. (at ¥153=$1) for special beans. Instant coffee (Nescafé Gold Blend) sells at ¥1,050/100 gms.

HISTORY OF COFFEE

The history of coffee is as interesting as current statistics. There's a legend that says it was discovered by an Arabian Prior who wanted to stay wakeful during long nights of prayer. He reportedly heard about a nearby goat herd that frisked and gambled through the night after eating the berries of a local plant. So, he got some of the berries, steeped a brew, and *yappari*—coffee!



ELYSE

On, the other hand, anthropologists spoil that tale by telling us that Stone Age people knew about the stimulant effects of caffeine and brewed liquids with it.

At any rate, whenever or wherever drinking coffee began, it's been popular throughout history. King Louis XIV built France's first greenhouse to house the delicate evergreen coffee shrub. And after the Boston Tea Party in 1773 when our forefathers protested the tea tax levied by King George III, Americans have preferred coffee over tea. As a further irony, the American Revolution was plotted in Boston's "Coffee Houses" which quickly became popular after the tea supply began steeping in the waters of Boston harbor.

HEALTH IMPLICATIONS OF COFFEE/CAFFEINE

The history of coffee and caffeine may be fascinating, but what we're concerned with today are the health implications. Let's look at some of the medical problems where caffeine is suspect:

1) Caffeinism. This is a fancy medical term for "coffee nerves" or chronic caffeine intoxication. It's estimated that it takes an average consumption of about 150-200 mgm of caffeine to produce a stimulant effect (that nice "lift") in a typical adult (about the amount contained in one or two cups of coffee). More than 200-750 mgm of caffeine (depending on the individual) can produce an "excessive effect" which may produce jitters, nausea, increased blood pressure, headache, heart palpitations, diarrhea, insomnia etc.

Although caffeinism isn't really serious on a short-term basis, it can be if it becomes chronic. In addition the condition is often mis-diagnosed. Over the years, coffee addicts have gone to doctors complaining about vague symptoms which neither the patient nor the doctor attribute to coffee consumption. Indeed, some victims of caffeine have been diagnosed with "Anxiety Neurosis" only to have their mental symptoms disappear when their caffeine intake was reduced or eliminated.

2) Coronary heart disease. Although the studies have been conflicting, there is concern that coronary heart disease might be more prevalent in those who drink lots of coffee or caffeine-laced drinks. For example, a Johns Hopkins Study concluded that a person who drinks five or more cups of coffee a day is three times more likely to develop coronary heart disease as the person who drinks no coffee at all. On the other hand, Dr. Lynn Rosenberg at the Boston University School of Medicine says her own studies have established no link between coffee and heart attacks. Obviously more definitive scientific studies are needed in this area.

3) Fibrocystic Breast Disease. This is a condition of the breasts characterized by benign cysts. Women who have very painful, swollen breasts during their menstrual periods are usually found to have fibrocystic breasts, but in only one type of cyst development is there an increased risk of breast cancer. For women in this risk category (and others who wish to rid themselves of the discomfort of the benign conditions), eliminating caffeine in the diet has been suggested. In 1979 Dr. John Minton M.D., Ph.D. at Ohio State University reported that fibrocysts disappeared in 80% of women who eliminated caffeine from their diets.

Recently, new evidence has made any definite link between caffeine and fibrocystic breast disease uncertain, but most authorities still advise cautious caffeine use for those who have the condition or a predisposition to it.

4) Behavioral Effects on Children. Caffeine intake in children has been of concern for years. When I was at university we were told in uncertain terms that "caffeine stimulates the immature nervous system" which was considered a "no no." It made such an impression on me that our children were never allowed cola drinks or coffee beverages until age 7 or 8. And, lest you think I was a bit of a nut, let me assure you that many of my physician friends from the same era had similar rules for their children.

Currently, caffeine and children is a hot topic. The question is related to how much caffeine intake is too much. Children, because of their size, often have intakes of caffeine that are three to four times the levels of adults (based on milligram of caffeine per kilogram of body weight). Surprisingly, studies show that the highest intake occurs in children in the 1-5 age group.

Children rarely drink much coffee, but they do drink soft drinks that either have natural or added caffeine. The long term effects of high caffeine intake in children are not known, but experts believe that at the very least such children develop symptoms like jumpiness and insomnia, similar to the adult's "coffee nerves."

5) Other conditions. A myriad of other problems have been linked (although not definitively) to coffee and/or caffeine: pancreatic cancer, ulcers, agoraphobics (a panicky fear of outdoors) and birth defects.

COMMON SENSE IN CAFFEINE CONSUMPTION

For those of us who enjoy coffee and other drinks that

(Continued on Page 2)

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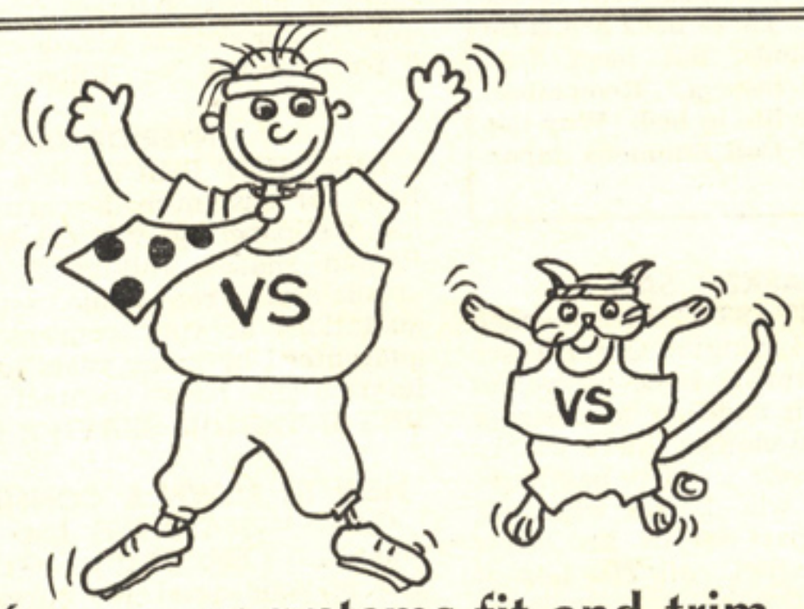
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