

58:19

Travel

1975-86

80/97
C

May 17 - June 7, 1986 SF - Hartford.

3/27/86 - called UAL directly & booked space
P. Bd. ^{pay} no. before - if any changes 25% charge.
(Sat)

727 UAL - 56 - 5/17 - lve SF 12:15p Cleveland 7:35-8:05p (1/2 hr)
arr H. 9:23 p. ~~last.~~ Had 12F instead -
3rd window seat mid-seat empty!

727 UAL 59 - 6/7 Lve H. 8:15A 40 min Cleveland
arr SF - 12:00p. 9139A-10:22

RT. 268 6D ^{side} good seat, 2nd from bulkhead

4/9 - picked up at Andrews - Annie Penn. very nice. Friend
(she moved to Berkeley, Calif)

5/7 - jewelry to Summit
5/8 - 8th arrare & 5th 2nd

pine bonsai
guaranteed
OK. w. strips of cloth in
buckets + crock. plants

5/8 - c John Mats, 2 boxes 6 Bonsai
5/10 - Harry H. picked up plants (comfy) - ret'd 6/13 - \$15 -

5/17 - Harry picked up (10:15A) ^{called ahead departure} ~~Plane 2 hrs late!~~ H/2 ~~same~~ (back) 12:05 pickup, ^{called day}
~~Plane left 2:00p, Seat assigned last, 3rd 12F (window seat) instead) Chaos!~~ ^{at Boarding desk!}

~~leaving at~~ Arr Cleveland 6:50p.
wv " 7:35 ^{took from short runway.} - apple juice
arr Hartford - 11:45p EDT! (my time 8:45p!)

Hur 5/29 to NYC - 9:06A → arr 10:48A - Grand Hyatt near G.C.T.
ret. 3:07p → 4:53p. S of peak.

6/7 - up at 5:00A, lve house 6:15A - arr BRL - 7:15A - ^{Bradley 7} ^{Reconfirmed 6/4}
cloudy/dry. - lv - 8:30A (9:00 - o. juice, sweat nels, office)
lots of young children on Bd. Arr cleve 10:00 → 10:50A. (tom. juice + nuts)
12:30p - lunch - (1st chess/ham omelette)
arr SF - 3:20p (12:20p. PDT) ^{John Mats} ^{met me (#20)}
(carton) vta clothes

Weather: day like CA. sunny/mild, rainy, HOT-HUMID, cloudy! Sat outside a lot.
Days longer - took n.b. wool suit & pailley bl + skirt (wore to see Kishi W.),
gray summer suit w red skirt to NYC (day), last gray raincoat.
Carried black sandals w making in red carryon. Took 4 beerlers Big pink & blue med.

air fare ~~238~~ 268 -

Sheryl
3/27/84

- not guaranteed full
reimbursement / ticket.

- any cancel or change
after ticket purchase
25% charge.

- 30 days in advance
for any change

April 17
last chance
to change

UAL 56 - May 17 (sat)

6 hr — SF 12:15 P
H 9:23 ^{1/2 hr Cleveland} — (GD)

UAL 59 June 7 (sat)

Thurs! — H 8:15 A
SF 12:06 P. ^{H 0 min - Cleveland} (GD)

Some Japanese who owned their homes left their belongings behind, but we were renting our house and therefore it was necessary to clear it out completely. Everything we owned had to be packed, stored or thrown out. The multitude of things that make up a home had to be disposed of in some way, and we surveyed with despair the vast array of dishes, silverware, pots and pans, books, furniture, rugs, linens, records, paintings, curtains and garden tools in our possession. We sold things we should have kept and packed [away] foolish trifles that should have been discarded. We sold our refrigerator, our dining room set, two couches, an easy chair and a new vacuum cleaner with attachments. Without a scheme or a sensible plan, we packed furiously and sold recklessly. Our only thought was to get the house emptied

Here are the exercises, each of which should be done at least five times:

Starting with your left foot, tighten up the muscles in the ball of your foot by contracting the muscles in your toes with about half or two-thirds of your strength. Now loosen up again, completely relaxed. Repeat several times. Then do the same thing with the right foot. Now switch back and forth between left and right foot several times.

Next comes the calf of your leg — the muscles of the back. Try to make your calf muscle jump by tightening up and then relaxing. Start with the left leg. Do it several times. Then the right leg. Then alternate, first left, then right. Repeat several times.

Now do the same with the left thigh. Then flex the right thigh. Then alternate.

The buttocks are next. First tighten up the left side, relax. Repeat several times. Then the right side. Alternate again. Palm emphasizes that the muscles in the buttocks need more tone because you've been sitting on them so long. Also, you can sit better and without tiring if you have powerful posterior muscles.

Now stomach. Tighten up the muscles of the abdomen a bit.

—See Back Page, Col. 3

have it validated on
downtown trains.

In the Orient, train transportation in city center is all but nonexistent (with exception of Tokyo), but there is an excellent bus system as a rule.

In Hong Kong and Tokyo, you must buy a ticket before leaving the airport at a booth staffed by multilingual personnel. Very often airport buses swing by major hotels so you may check your baggage and let the hotel porter take care of you.

Sometimes, if you are continuing to another country the morning after a late arrival in Asia, you may want to stay overnight at the airport. In that case, a hotel shuttle bus will cost you nothing.

In any case, if you are at all concerned about the cost of travel, airport to city transportation stop is a subject worth consideration with a game called Resting.

Georgia Hesse and Bill Hollenbeck play jazz and music on their weekly radio program on AM/FM — 1550/96.7, 3-4 p.m. today and Sunday.

The credits

In addition to our own writers, the magazine publishes material from the following sources:

Associated Press, United Press, Hearst Headline Service, Chicago Daily Sun Times, Copley News, Enterprise, London Daily Express, Field Newspaper, Newhouse News, Chicago Tribune-Newspaper Syndicate, National Geographic Society, and other newspapers.

Exercises for the flabby flier

—From Page 1

Relax, Repeat several times. Then do the same procedure, but tighter. Hold it, but don't hold your breath. Now let it out, but keep on sitting relaxed. Repeat several times.

Palm said that although you won't lose weight with this exercise, your waistline will look better. He suggests you follow this exercise at home — in front of a mirror to check your posture — doing it two or three times every day. "You'll be astounded by the difference it makes in a couple of weeks. A real before-and-after story. Before, soft flabby tissue. After, a strong firm network of redeveloped muscle fiber all around your beltline."

After the stomach, comes the chest. Rest your hands easily on your thighs and begin to flex the left side of your chest. Flex ... relax ... flex. Repeat the procedure with the right side of your chest. Palm said this is an excellent bust conditioner for women.

Finally, arms. Clench your right fist, Tighter, tighter. Tighten up the whole arm. Hold it. Now let loose. Do the same with the left hand. Then alternate.

Palm, who says the relaxing part of the exercises is just as important as the flexing part, notes muscle tone training keeps the body full of vim and vigor and stimulates circulation.

He said the circulatory system pepped up in this way delivers more oxygen to the whole body, benefiting even the brain cells, keeping your head more alert.

He also said that on long flights, it's very important to exercise your important joints and to stand up every now and then to stretch your legs.

If you want to lose weight, the physical fitness expert suggests you slowly cut down your calorie consumption by 200 each day. At the same time burn up another 200 by walking a lot, swimming, biking and running. He said this reducing method will take off about 13 pounds in three months.

Premier Sunday crossword

ACROSS

- 1 Of the ear
- 5 Works as a cowboy
- 10 Feeds the kitty
- 15 Naomi's chosen name
- 19 Japanese straw cape
- 20 Wear away
- 21 The black nightshade
- 22 Particle
- 23 Take — the lam
- 24 Eatery
- 25 Greek marketplace
- 26 Hoarfrost
- 27 Charred
- 29 Auricle
- 31 Ferrotypes
- 33 Russian river
- 34 Up to the time that
- 36 And others (abbr.)
- 37 A can of condensed milk
- 40 Support for vines
- 42 Piles
- 46 Zodiac sign
- 47 Chair part
- 48 Actress Massey
- 50 Lewis Carroll

DOWN

- 1 Leave out
- 2 Small monkey
- 3 Privy to
- 4 Effected
- 5 Redesign
- 6 Bay window
- 7 Body of water
- 8 Netherlands commune
- 9 Peaceful
- 10 City in Texas
- 11 Egg drink
- 12 Jog
- 13 Uncanny
- 14 Slopes
- 15 Old Line State
- 16 On tiptoe
- 17 City in New York
- 18 Singer Ed
- 28 Love god
- 30 Gudrun's husband
- 32 Makes lace
- 34 Strong impulses
- 35 Atwill and Stander
- 37 Italian playing card

- 44 Courtly Javanese speech
- 45 Red — the morning
- 47 Lola and Abbe
- 49 Biblical lion
- 52 University governors
- 53 Strong fiber
- 55 A fabric
- 58 Nurse sharks
- 59 Slopped over
- 61 Submerges
- 64 Spasmodic twitch
- 66 One of the Fords
- 68 Nothing
- 70 Edits
- 71 Muscovite and biotite
- 72 One of a Turkic horde
- 73 Angry
- 74 — your life!
- 75 Train riders
- 76 Records
- 77 Frosting
- 78 John — Garner
- 79 Avarice
- 82 Buttons or Smith

Today's solution on page 4

- 95 Time long past
- 97 House addition
- 99 Overacts
- 101 Speaks
- 102 Dogmas
- 104 Of the air
- 106 Big cat
- 107 London gallery
- 108 American inventor
- 109 Headland
- 110 Tolerable
- 112 Roman garment
- 113 Words of understanding
- 114 Salamander
- 115 Long slit
- 118 Energy
- 120 Fate

Oct 6-27, 1984

SF - to Hartford

Last wk of Aug 10/21 (Sat) return flights to Hartford already sold out.

12:30P - 7
12:30P - 7
non stop
767
2-2-2

AA - had no flights to Hartford without changing planes in Chi.

TWA. " " " " " " " " in St. Louis
(non stop to NYC 9:40A -> 5:55P.)

Pan-Am. non stop NYC (747) - 3-4-3 seating. - noon -> 8:10P NYC
10A -> 12:50SF

(767 on UAL-AA. new plane. w/ enormous # of seats, 2-2-2)

UAL - Has 2 flights to Hartford w. no plane change, but stop over.

Flights via Cleveland are shorter, than flights thru Chicago.

SF - NYC - (767) - 1:50P - 10:05 PNY
8:30A - 4:50P NY.

Booked

9/5/84

Directly at UAL.

(Annik & Andrews said there were no flights or plane change)

check directly w/ airlines

Get seats at same time! UAL people very nice.

10/6/84

#39900

- RT. any day, wk. Pick up 2 coats before.

Picked up tickets 9/19

Sat 10/6/84 - UAL 74 - leave SF noon

Seat 8C
non-s. aisle

Cleveland - 7:25 - 7:53P
arr H. 9:13P. (lemon juice)

picked up ticket 9/19/84

Sat 10/27/84 - UAL 77 - leave H - 8:25A

non-smoking aisle

Seat 6-D

Cleveland 9:47 - 10:22
arr SF - 12:12P.

Boeing 727

grad. 2nd row behind bulkhead
Row 5 is bulkhead seat

Rows ABC | DEF
Row 6 ABC | DEF

no movies, food service starts from Row 5.

Not had to stop - Cleveland - can get off & stretch legs -

aisle seats best for walking. # 77 - coffee, swirl, & juice before Cleveland

11:05A - Tom juice + nuts, lunch 12:30P, drinks 2:30P. (apple juice)

Key has warm good black & gray overcoats, small umbrella

9:03A train
arr. 10:48A
next - 11:30A
to NYC.

10/8 before - gray suit, red sweater, black shoes, red bag

11:00 RT. K's gray raincoat, warm/cloudy. (Ret on 4:01 -> 5:45P. food & drink)

2 or 3 cold days, then lots of warm Ind. Summer days, only 2 rainstorms.

10/27 - slightly foggy - got up at 5:15A, left 6:30A, arr H 7:30A. just right.

Home by 2:10pm PDT (5:10 EDT)

John Mats met me. 1 suitcase, 1 carry-on excess clothes

Didn't need black
boots, or heavy gray
coat, or winter
underwear!

Took gray suit - red & black sweaters
Wore h.b. blazer + pants, rust sweater

" gray cardigan on plane
gray/leopard shoes

K. has good comfy Keds to wear

In Long flights Boeing 747 or L-1011
In short 727, 737, L-1011, 747

PLANE

— From T-14

fort was the most important factor in choosing an airline; 40.6 percent rated safety as No. 1. For 39.4 percent it was legroom, and for 28 percent it was seat width."

With most scheduled carriers charging the same fares on competing routes, aviation analysts say it behooves passengers — all 1 million of them on the 15,000 U.S. departures a day — to check around for the most comfort, convenience and safety for their money.

"Ask!" urges Martindale. "Before you make your reservations, ask the airline clerk or the travel agent about the type of aircraft, the number of seats, the routing, if you can pre-select your seat. Yes, ask about the number of exits. A lot of them probably won't know, and their attitude quite likely will be, 'Oh, really, c'mon now. What's this, all excited about your first flight? Stop bothering me!' But have them check it out — these are the kinds of questions they should have answers to."

That may be easier said than done. None of the reservations



Seating arrangements on 747s affect comfort enormously

A 'full load' on one airline's jumbo jet is 286 people; on another, it's 534

clerks of the nine major domestic and international carriers contacted at random could give a complete breakdown of the various features of selected flights.

Most major scheduled domestic carriers accept special seat requests — from 29 days to a year in advance — in all classes. But it is a different story on international flights: As a

rule, first- and business-class passengers can indicate the seats they prefer when making reservations. But for passengers traveling economy class, only those with physical disabilities or ones traveling with infants can request special seating.

Here is what Martindale and spokesmen of several airlines would look for when making their own reservations, economy class:

■ Check out the type of aircraft.

For flights of under two hours, they would choose, in order of preference, the Boeing 727, 737, the L-1011 and 747. For flights of more than five hours, the unanimous choice is the 747, with the L-1011 preferred over the DC-10.

■ In each case, they would check out the configuration. An aircraft fitted with fewer seats is preferred over high-density seating; it means less waiting, more space and quicker evacuation in an emergency.

■ Seating toward the front of the plane is more desirable than aft, for convenience and comfort. "It's just as safe anywhere on the plane," says Martindale.

■ The ride is smoother and quieter in front of or just above the wings. It also provides for quick entry and exit, and that's important, especially if you're on an international flight, because being at the front of the line for Immigration and Customs can save you a lot of time and aggravation.

■ The aft section would also be avoided because of smokers there.

Says an airline official: "Smokers tend to stay up all night, talking, smoking and drinking."

They spokesmen also have their prejudices:

■ Avoid a seat in the tail. The ride is bumpy and people gather around the rear rest rooms, socializing and smoking.

■ Stay away from the middle row, especially the middle seat in the middle row, unless you're flying as a family or the plane's half empty — in which case you can fold up the arm rests and stretch out.

■ If you're easily disturbed, stay away from seats near rest rooms and galleys. Stay away from seats just in front of the emergency exits: To facilitate quick evacuation, these seats don't recline as much as the other seats.

■ All would choose an aisle seat. There's more legroom and it makes it easier to move around.

■ Most would choose a bulkhead aisle seat just behind a partition for the same reasons. But, they caution: You may not get a good view of the movie.

■ Some prefer a seat in the first row behind an exit because it offers plenty of legroom and more privacy. Others say the drawback here is no room for your carry-on bag and you have to eat off a lap tray.

■ If an airline honors requests for special seating when you make your reservations, make them well in advance. "I didn't," recalls Martindale, "and I paid for it. I checked in well in advance, but all I could get was a center seat in the middle row."



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★ MAUI ★

The Amazon jungle is one of the Earth's few frontiers

By Christopher L. Tyner
CHRISTIAN SCIENCE MONITOR

AMAZON BASIN, Ecuador — We cast off into the dark night and head out onto Limoncocha Lake — a body of water that is filled with 500 hungry caymen (South America's alligator) and an abundance of piranha, and is surrounded by jungle.

Our guide, Maurizio, shines a powerful spotlight around the perimeter of tall grass. Suddenly, two eyes glow red about 100 feet ahead. Our first cayman has given himself away. We edge over to within 15 feet of him. The spotlight now reveals 7 feet of prehistoric reptile arched into attack position with a foot-and-a-half of wide-open jaw showing rows of sharp, jagged teeth.

of this invasion of pri-
tail thrash

work its magic. Parrots, thrushes, herons, flycatchers and kingfishers — just a few of the area's 464 species of birds — join monkeys, crickets and cicadas in a primeval improvisation of caw-caws, cries, clicks, hoots and hollers.

Earth has few frontiers left in 1985, but the Amazon jungle remains one of them. This giant salad of vegetation spreads across nine South American countries in a land mass 10 times the size of Texas. From it comes one-third of the Earth's oxygen, and — I was amazed to learn — half the world's bird species, 18,000 plant species, 3,000 kinds of fish and one-fifth of the Earth's fresh river water.

It was in Ecuador's portion of the Amazon, called Oriente, that I spent four days exploring. Aboard the Flotel Orellana, a comfortable triple-deck floating hotel, our tour cruised down the Napo River, the headwaters of the Amazon. The four-day, three-night program (arranges five days and four together by Metropoli-
Ecuador.

edge of the rain forest. Here groups leave the ship via two motorized dugout canoes for an overnight excursion to Limoncocha Lodge, where we encountered the caymen.

Our dugout canoes glided down

This giant salad of vegetation goes across nine South American countries

the Napo River, threading their way into the opening of the tiny Jivino River and passing deeper and deeper into Amazonia's interior. Thick, exotic vegetation, banana trees and palms flanked the river as we passed an occasional Indian hut with a dugout canoe parked outside the front door.

We stopped to visit Isla Pompeya, an Indian village with a Roman Catholic mission. This isolated island houses a small church with walls of bamboo and a roof of thick thatch. Seating is on backless

ing mix of orthodoxy and village make-do: The colorful dugout canoe is used for an altar, and the church bell — outside the front door — is an old oxygen tank that is banged with a rock to make it sound.

The island also houses a small anthropological museum of Napo era (1188-1480) artifacts, including Indian pottery, bows, arrows, spears and knives. Three 7-foot-long blowguns are displayed with their deadly darts dipped in curare, a poison made from 16 plants. Indian tribes living in the Oriente still use these today for hunting game.

About an hour later we arrived at Limoncocha Lodge, our home for the next two days. Situated in a tiny Indian village of a few native huts, the two dormitory-style thatched roof lodges stand a few hundred feet from caymen-filled Limoncocha Lake. In view out the front door is a dramatic hanging bridge that spans a 100-foot ravine.

A thermometer would tell you it's 85° or 90° F, but this is deceiving. In a tropical rain forest, the temperature is only a tiny part of the story. The other is humidity, which feels like 200 percent. It

Amazon checklist

The cruise: The cruise price is \$375 per person double occupancy for four days, \$465 for five. Included is the cost of flights to and from Quito, transportation from the airport (in our case a 2½-hour bus ride), accommodations, meals and the services of guides.

Reservations: Bookings can be made in the United States through Adventure Associates, 5925 Maple Ave., Suite 116, Dallas, Texas 75235; phone (800) 527-2500. Or you can book directly through Metropolitan Touring, P.O. Box 2542, Quito, Ecuador.

Getting there: There is excellent air service to Ecuador. Eastern Airlines has daily flights leaving from Los Angeles and San Francisco.

makes the jungle seem to sweat. Our group moves under the tall green canopy of forest through a maze of vines and leaves on a trail cleared by Indians, but still requiring an occasional hack of a machete from our guide (especially, I noticed, when the cameras are clicking).

Most jungle "action," as well as much of its beauty, is provided by the birds. In a few hours, we spot more than over 60. The exquisite sangrid sits atop a branch near the lake, as does the anhinga, an aquatic acrobat who dives into the water, spears a fish with his sharp bill, then flies home with dinner. The greater ani is an exotic bird with

shiny blue-black feathers. Not usually one for bird-watching, I found myself riveted to this extraordinary display of beauty and color.

While this trip is a genuine jungle experience and was spent in relative comfort, there were moments that could be considered "semi-roughing it," which might not appeal to everyone. We had an unplanned walk of a few miles in tropical heat and humidity when our jungle tractor broke down. And there were also a few climbs up steep, slippery river banks and some jumping in and out of boats. No inoculations are required, though some guidebooks suggest them.

Tokyo Travel Simplified

By FRANK GREENWALT
Los Angeles Daily News

TOKYO—Japan can be a painless entryway into the Orient, since it offers both hospitality to Americans and a little bit of mystery.

It's the mystery that can be intimidating — at least occasionally.

Tourists face a first decision on arrival at Tokyo's Narita Airport, the major international terminal. Although many airports are good distances from downtown cities, Narita carries the practice leagues farther. Travel time to Tokyo from the airport varies with the traffic.

But if you are unlucky enough to be fighting rush-hour traffic,

the journey can take more than two hours. Taxis are available but expensive because of the lengthy trip. The one-way trip may cost \$70. Trains from Narita station take about an hour to reach downtown Tokyo.

The fare is about \$5.50 aboard the privately run Skyliner trains, which leave from the Keisei Line Station in Narita and go to Ueno Station in Tokyo. First, you have to take a six-minute bus ride (the fare is 70 cents) to get to the railway station from the airport.

Japanese National Railways run trains from Narita station to Tokyo station, charging \$8.60 for the one-way trip. The bus fare from the airport to the Narita Japanese National Rail-

way station is \$1.40.

Most trains have overhead luggage racks, but carrying a lot of baggage on the train while also contending with crowds of people and tight schedules can be difficult.

But people with lots of luggage — or anything more than a small traveling case — might find it easier to take the airport bus for \$10 to the downtown Tokyo bus terminal, or a limousine for \$10.50 that takes you to several first-class hotels. (Porters stow the luggage for you in the bus, then unload it at your destination.)

If you are not planning to stay at an expensive hotel in Tokyo, keep in mind that cab rides are much cheaper when taken from the city bus terminal instead of the airport.

Hotels

Although budget-conscious travelers might want to spend most nights in more economical accommodations, it might be a good idea to stay in a hotel that will accept overseas reservations the first night.

The lengthy flight, combined with the bus ride from the airport, can make even the most enthusiastic tourist long for an assured room and a bath or shower.

In terms of quality and service, first-class Tokyo hotels are equal to or better than any in the United States. The rooms are expensive: Single rates average from \$70 to \$100 a night. For two, rates average from \$90 to \$150 a night.

Less expensive accommodations, called business hotels,

usually can be found close to train stations. Rates average \$30 for singles and less than \$50 for two persons. The hotels are clean but not fancy.

A list of inexpensive hotels is available from the Japan National Tourist Organization (JNTO), 1737 Post St., San Francisco, Calif. 94115.

Trains

Trains in Japan are world famous. Travelers should try to ride one of the bullet or Shinkansen trains at least once, just to experience regular 100 mph schedules.

The most economical way for a visitor to use the rail system is to buy a Japan Rail Pass, which must be purchased before arrival in Japan. Green or first-class and ordinary or second-

(Continued on last page)



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10/8/01

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lights and lock
the door. Thanks!

10/84

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Return of the jet diet

The war against jet lag: a new battle of the Argonne

By William Hines
Chicago Sun-Times

PAYING attention to a few simple dietary rules devised by Argonne National Laboratory can go a long way toward immunizing travelers against one of the leading bugaboos of long-distance air travel — jet lag.

I know. I tried it myself, and the Argonne diet worked for one of the most jet-lag-prone travelers in Christendom.

On the first day in Europe on a business-cum-holiday trip, I was bright-eyed and bushy-tailed until 11 p.m. local time without a midday nap. And after my return to the states, I slept the first night through, till 7:30 a.m., with none of the customary predawn wakefulness.

Consequence: From now on, a

handy diet guide available free from Argonne has a permanent place in my wallet alongside all the pieces of plastic I don't leave home without.

The diet emerged by accident from research in an arcane scientific field called "chronobiology" done by a team headed by biologist Charles H. Ehret, now senior scientist at the division of biological and medical research at Argonne, located southwest of Chicago.

The scientists were investigating a phenomenon called "circadian rhythm" (from the Latin words *circa*, about, and *dies*, day). Circadian rhythm is the "biological clock" that regulates the ups-and-downs of normal life on a schedule closely approximating 24 hours.

Circadian rhythm rules, to some degree, the activity of all organisms, from protozoa to man. In fact, it was

work on the lowly one-celled paramecium that led to development of the Argonne Anti-Jet Lag Diet.

The out-of-synch feeling known as jet lag arises, Ehret explains, from sudden disruption of normal rhythm in a person whose biological clock is set on, say, Central Standard Time and who overnight is dropped into an environment where the clocks are six or seven hours ahead of Chicago.

Problem for the traveler: How to preset the biological clock so as to be in synch with the locals on arrival.

Astronauts precondition themselves to unusual work schedules (say, a wake-up of 2 a.m. Houston time during the flight) by gradually moving bedtime back an hour a day for several days before the flight so they wake up on launch day accustomed to the new schedule.

But this usually is impractical for

ordinary folk. In devising the diet, Ehret's group tried to keep in mind business travelers, who need to reach their destinations fresh and ready for work; holidaymakers, who don't want to waste a precious vacation day nursing the blahs; and, important in many lines of non-travel activity, workers who are subject to periodic shift changes.

The anti-jet lag diet must be started on the fourth day prior to scheduled arrival at the destination. For example, if you're due to reach London at 8 a.m. British time Monday, you begin at home with breakfast on Thursday.

The diet regimen alternates "feast" and "fast" days. You pig out on proteins and carbohydrates on days 1 and 3 and eat lightly items on days 2 and 4, with day 4 being flight day.

Breakfast and lunch on feast days feature "high protein... to stimulate the body's active cycle," to quote the wallet-size card. Suitable meals include steak, eggs, hamburgers, high-protein cereals and green beans.

Feast days wind up with "high-carbohydrate suppers to stimulate sleep." Eat spaghetti and other pastas (but no meatballs), crepes (but no meat filling), potatoes, other starchy vegetables and sweet desserts.

The fast days that follow "help deplete the liver's store of carbohydrates and prepare the body's clock for resetting." Suitable foods include fruit, light soups, broths, skimpy salads, unbuttered toast and half pieces of bread. "Keep calories and carbohydrates to a minimum," the card says, suggesting — but not mandating —

—See Page 8, Col. 1

...the man would
andles. The candles
andles would have
typical Bavarianba-
on the ceiling have
ard the chandeliers.
this castle, from Sept.
no family of his own,
some purpose if he
nents.

Wagner and reluctant
ld no interest for him,
y reclusive figure.
own, had breakfast,
n. He took his meals
gh the snow in winter

les on his hands, was
tle on a higher crag
Chinese castle where
ns would be in vogue.

missions

es many submissions
nce writers. Whether
the original material
ed with an adequately



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A way to diet your way out of jet lag

—From Page 1

no alcohol.

Additionally, caffeine should be taken only between 3 and 5 p.m. local time on days 1, 2 and 3, and between 6 and 11 p.m. on day 4 when traveling east, or in the morning when traveling west.

At the end, says the diet card, "break the final fast at destination breakfast time. No alcohol on the plane." (Note: I had a quarter-bottle of white wine on the way to Europe and a glass of sherry on the way back without spoiling the diet's effect.) "Sleep until normal breakfast time at destination, but no later. Wake up and feast on a high-protein breakfast."

Travelers accustomed to the juice, croissant and coffee normally offered before landing on flights to Europe may be put off by the requirement for a high-protein breakfast. But Ehret has a ready answer.

Tell the flight attendant at suppertime after takeoff that you are on a special diet and would like to have your dinner served to you the next morning. Or, if you can't stand plastic chicken at 6 a.m., take along a chunk of cheese, a hard-boiled egg or two or some yogurt or tofu in your carry-on bag to eat in the morning.

It's important, the card admonishes, to "stay awake and active" after landing and to "continue the day's meals according to mealtimes at the destination." I found this easy to do, perhaps because the activities of people around you set a pattern that you are driven to emulate.

Is the Argonne diet for real, or is the easy transition across many time zones just a "placebo effect" that comes from following an unfamiliar ritual for several days? Ehret says it is real; I don't know. I only know it worked for me.

Ehret estimates that something like 100,000 people have tried the jet lag diet. The card that Argonne hands out free gives most of the essential information, but for people who want a fuller explanation, the Argonne team has written a 160-page book, "Overcoming Jet Lag," published this year by Berkley Books. It sells for \$4.95.

The card is available free from Argonne National Laboratory, 9700 S. Cass Ave., Argonne, Ill. 60439. Include a stamped, self-addressed envelope and ask for "The Argonne Anti-Jet Lag Diet."

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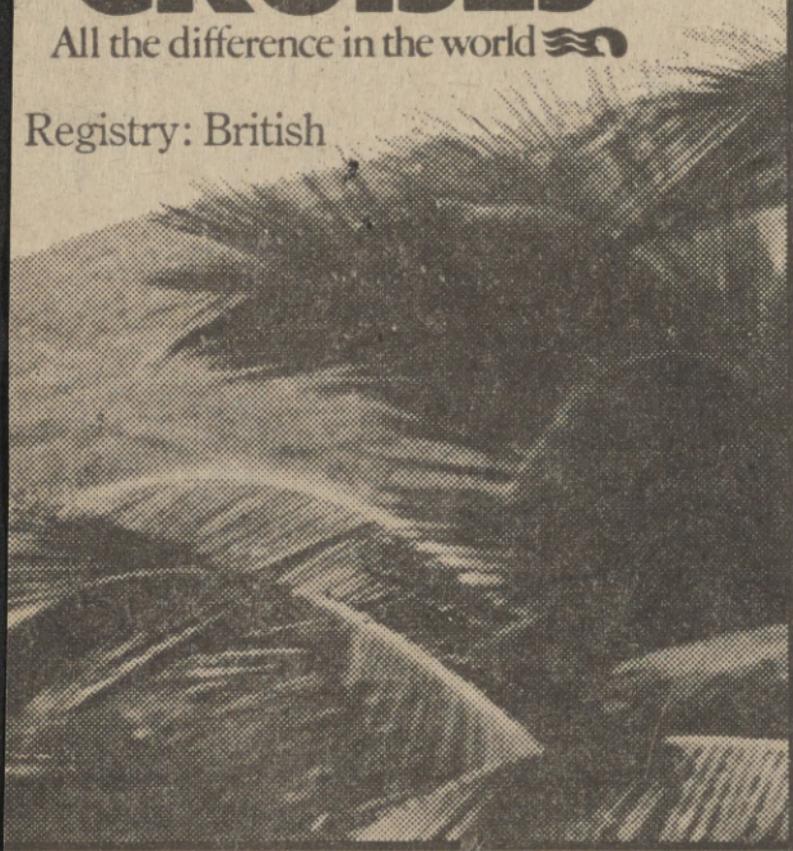
Other super dates to sail. If you can only get away February 4 or 18, there's still space available on these 14-day Transcanal cruises. Or, for shorter cruises, sail with us between Acapulco and San Juan for 11 days on March 3 or 10 days on March 14.

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Making more room in your suitcases

By Cindy Bohde

PACKING FOR a vacation often resembles a battle between the traveler and the suitcase. How much stuffing will a suitcase allow before it rebels and refuses to close?

The average packer loses in the end. After cramming all the essentials into a suitcase, he arrives with a lot of wrinkled clothes.

There is an easier way. If you use a systemized method of packing, you can fit more into a suitcase and reach your destination with virtually wrinkle-free clothes, says Angela Morgart, a senior marketing representative for Delta Airlines.

During her 10-year career with Delta, which has included extensive traveling, Morgart says she has developed an almost foolproof packing routine.

"I call it the 'fold-and-cushion' method," Morgart says. "It involves packing clothes in different angles with one piece serving as a cushion for others."

Morgart's technique will allow you to fit a surprisingly large amount of clothing and accessories into one suitcase. Because your clothes act as cushions for each other, you also avoid set-in folds and wrinkles.

Here's an example of fold-and-cushion packing:

Packed carefully, one side of a 26-inch ladies' Pullman suitcase can carry three pairs of pants, one pants-suit jacket and three tops.

- Place the pants on the bottom, with the waistbands perpendicular to each other in the center of the suitcase. One pair should be angled to drape over the front of the case. Drape the others over each of the sides.

- Fold the jacket in thirds — the arms in back of the front. Place the collar end of the jacket in the front of the case. Drape the bottom over the divider.

- Bring one pair of slacks legs from a side over the jacket. Then fold the bottom of the jacket over the slacks.

- Fold the tops in thirds. Place them side by side with the tops of the shirts at the divider end of the case. Leave the bottoms of the shirts draping over the end of the suitcase.

- Bring the other set of pants legs from the side over the tops. Then bring the ends of the tops over the pants. Fold the last set of pants legs over everything.

There still will be plenty of room on this side for additional vacation purchases, Morgart says.

On the other side of the suitcase — using the same type of fold-over packing — you can fit daytime dresses and suits and a long evening gown. Two pairs of shoes, underwear and three long nightgown-and-robe sets also will fit.

In addition, you should be able to tuck in a swimsuit, beach cover-up, hair dryer and cosmetic and jewelry bags.

"You don't want to dig through your suitcase for everything on an overnight stop," Morgart says. "Most essentials can be packed in an overnight case along with your cosmetics."

Pack a swimsuit, cover-up, underwear and nightgown set in the small case. Use the long robe and gown as a cushion for the other clothes by folding them over several times, Morgart adds.

What you pack depends on where you're going. Travelers always should bring clothes that are coordinated. For example, the tops and jackets you bring should match your pants and skirts, Morgart says.

"Bring only those things you know you will wear," she adds. "Don't pack a too-small dress you like, thinking you will lose weight on the trip. Chances are you won't."

"Don't try to take a dozen purses to coordinate with various outfits," she adds. "Rather, select clothes that will match basic shoes and bags."

Carry a large handbag while vacationing to hold all the things you may need along the road, Morgart advises.

Here are additional tips on how and what to pack from other travel experts.

- Pack as little as possible.

- Choose comfortable clothing that will drip-dry.

- Cotton and permanent-press clothing is the most practical. Although velour and terry are fashionable, they're bulky and take up more suitcase room.

- Pack comfortable shoes. You probably will do a lot of walking, and you won't have much fun if your feet ache from high heels.

- Take ample supplies of medications and other personal needs. If you wear glasses, take two pairs.

The world seen

Bruce Hamby



Playing favorites

“OF ALL THE places you've been, which is your favorite?” That's a question I've been asked countless times, as has every person who has traveled extensively, professionally or for pleasure.

It's a natural inquiry, one that should be easy to answer. But not for me. It isn't that I have no favorite destinations; I have many. But for some reason I always hesitated to give a positive answer.

For a time I came up with some evasive reply like “the last place I visited.” When that didn't satisfy, I'd answer, “Hawaii, I guess.”

That worked for a time until everyone began heading into the Pacific and I would be pinned down to which of the islands I preferred. If I said Maui, invariably someone would beg to differ, suggesting Kauai or the Big Island of Hawaii had more to offer.

So I switched to Tahiti, at the time off the major tourist track. That, too, became well known and I wound up in debates involving Tahiti vs. other islands of French Polynesia. It was then I decided I needed a positive non-debatable choice. I finally hit upon one.

The next time the question was popped, I shot back “Salisbury, Rhodesia.”

It never failed to bring a stunned silence, followed by “Wha-a-t, you can't like that place.” This, for the record, was a decade or more ago, long before the present turmoil, although some Rhodesians then openly predicted trouble.

But I was ready to back my choice. Salisbury, I pointed out, was a clean, modern city, with broad avenues, soaring office buildings, modern hotels, lots of green parks, good dining and attractive residential areas — a handsome spot. And the climate was excellent, with Salisbury's altitude (between 3,000 and 4,000 feet) precluding humidity. It was warm by day, pleasantly cool evenings.

It was only natural my choice didn't meet with wide approval. But once it did pay off. I was dining with a small group, the question was asked and I gave my Salisbury answer. An attractive young lady arose from her seat across the table, came around and gave me a big kiss.

I was astonished until she smilingly explained Salisbury was her hometown and this was the first time she hadn't heard someone bad-mouthing it.

There's a variation of the “what's your favorite” question. It's “Of all the places you've been, where would you prefer to live?” The answer is obvious: right where I am now.

But I admit that in my early years of travel I gave much thought to the idea of settling in some glamorous, faraway city or island.

I'm sure I was doing what others do when I first visited Hawaii. What better place to live and work? I went so far as to check into housing, jobs, living costs, etc. Even then, nearly 20 years ago, it was discouraging — and, of course, far worse today. But almost every year, with the advent of chill winter weather, I dream how nice it would be to go around all year in an aloha shirt and pair of thongs.

I gave thought, too, of establishing a home in some foreign city, London or Paris or Hong Kong. Or perhaps along the sunny Mediterranean coast or in the peaceful surroundings of New Zealand. But reason would set in and I would remember how well off we are back in the United States.

One question I've longed to hear but never have is, “Of all the places you've been, which did you like least?”

I had the answer — a lot of them. I had compiled a list when I toyed with the idea of writing a story which would start off, “Places I've been and never care to visit again.”

The idea came after reading a spate of travel articles on “The World's 10 Greatest Hotels” or “The World's Five Most Beautiful Islands.” Generally the stories contained debatable

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BOOK STORE

ZEN ORIENTAL

May 4-6, 1984 -

- wore B.D. summer pants +
blazer, blue blouse/wk. sweater)
- Took grey summer suit

Placer Cty. Golden Reader Award
luncheon

5/4 (Fri) Eiko/Hiro pickups 9:10A.

(gave them \$10 in lieu taxi) (expenses)

10:10A - greyhound express arr Sacto'

11:40A (Marjorie met me late)

Tea at Weinstock's

Lunch: I took Marjorie at Rice Rest.
in Auburn. (\$14.00)

To Placer Cty Ed. Office to sign Bk
29 BBT 11 cop Des. Exile

Rest at home - Marj. back to office to prep.

8:00 - Fritz fixes supper for us. (lean Cuisine)

stay in Marjorie's basement suite [COLD]

5/5

Sat - 11:15A. To Placer Cty office for

Lunch - See all exhibits. Many
parents want photo of me with child.

12:00+ Buffet lunch - Awards -

Talk (ya) - Very well received. [grey summer
suit w. red silk like
blouse]

Good Book Sales - ~100 cop.

Jan, BBT, J.H., Des Ex -

Home to rest - Dinner 6:45 - [painfully 2 piece]

Jean + Lauren Hillegas (she intro. me at lunch)
teacher at Sierra Coll.

Linda (neighbor) + child

3 women - Helen, Mary, Emily - (0)

Rice/ch. Casserole, tossed salad, bread
shawls/grapes, Boston Creme Pie, ^{digest} coffee

5/6 (Sun) - nice leisurely Bkfst
Mary. + I to Sacto at 10:00 -
To RR. Museum in Old. Sacto.

Lunch at D.O. Mills w.
Mary + Al Tsubamada
+ Christine Umeda. } [Grey &
Summer
suit +
black blouse]

saw them TABI

Mary. dropped me off at depot
3:00 Bus → stop in Valleys (no Return)
5:00p arr Oakland.

Uko + Hiro met me [\$ 10 pd. for beer cab]
(expenses)

Home at 5:30p.

Trip to Texas

3/20 - 4/1/84

3/26 Ad # 498 Window 7A
non-suit
Bell Texira pick up 7:30 A

Lv. Oak. 8:56 A (brunch)

Arr Dal 2:05p (12:05 p my time)

↓ [Jay watered plant 3 times every other day.]

row Clyde
mail
held-OK

4/2 - Mon. Ad # 443 Seat 9F window

Lve - Dallas 11:05A

Arr Oak. 12:45p. (late → 1:10p)

containers to Sacto
bag sent to Sacto!

delivered next morning -

Airport Connection pickup OK.

3/26 raincoat.
Travel - plaid shirt, gray blazer, gr. sweater
(wore gray sweater while travelling)

3/27 - gray suit red sweater

3/28 - plaid shirt - Red long-sleeve dress) dinner
(wore wool under vest)

3/29 - ~~Blond~~ bright blue suit - white blouse
" " " + ruffled blue blouse)
ok signing + dinner

3/30 " " for Sat. luncheon.

4/1 - Sun - Dallas - Gray suit, red shirt.

3/26 - Met at air port by
Gonnie Board
Nana Rylander

Sherman, Texas
trip
3/26/84 - 4/2/84

3/27 - Perrin School - Nancy Blumel -
Jus (big) center (Ch. Coordinator)
used 2nd grades (Ch. Coordinator)
Hemb. put Pub. at + Coler + Anne
drive me to all schools
* Critchfield - Very nice - library + halls
decorated + space signs etc.
Fabulous space food reception + parents
many parents at talk + reception

3/28 ** Washington School -
Wed down town area - principal Lrice -
(Mrs. Wilson)
Very responsive ch. Sign in hall "hardy"
+ "Yokoso" - gift of Texas book + blue bouquet
flowers. - visited 2nd grades (Mrs. Krack, Ch)
Brown Bag lunch at library -
Wakefield School - woman principal
Very responsive, alert gp. of Fed
lots of questions -
(spoken like with bath tub filled w questions)
about day, parents
p.m. - dinner at Mrs. L's - took Smith

3/29 : 9:05 A - Jfferson - near Smiths - small gp.
Jus n.v.g. Virginia Pierce there from Austin coll.
Teaches Ed. + Reading. 1 parent

10:45 - Fairview - 1 large gp. - 20-3 parents
Big banners very friendly principal -
gd resp.

saw lunch + home + Nancy + wack

4:30 - Bk signing at Pub. libe

Dinner + all - Sold 15 BBT + 5

14 D & + 10

11 Jo Dr + 3

10 JH + 2

Dinner at Jaylewood
By Lake Texoma Beautiful 50

- Autumn
(Arnie's 4th)
dinner people
Chad +
alcoholic)

NOTES AND MESSAGES

To The Smiths

Ralph + Nancy (N. & Jie's longy husband's - just
 Speer + Bonnie - desert & awards home
 AW + Hope - met Pres. Chamber. Commerce
 Nancy came after me - (loaned me Curler Set)
 3/30 - about 40-50 students, staff, H.S.
 at Fri. Lecture - Incl. Bill Zeman Chap. (H.S.)
 Virginia Pierce, Anne, Cuthbert's mother,
 sold sev'l cop. dles. Eude + a few Jods? + 10?
 n.

3/31 - party - M/Jan arrive 12:40p
 Harry home in 11:30 2 Dallas
 nice lunch in 50 people
 head table: Hope W, Mike — , Anne, Harry, 40, Jan, Maris
 sold few more books -
 M + J drive me to Dallas - rest - dinner -

4/1 - bkpt - rest → lunch Martin + Tom, to Shogun exhibit Book!

4/2 up 7:00 - catch 8:50 bus from nearby hotel - to airport.
 stops at several mtls en route -
 long walk from AA checkin to Jhis TWA checkin
 (see ltr to Jan + Maris)
 Ride train to gate 35 - long ride around airport
 no driver - automatic!
 Plane 15-min late in taking off - (Fall at Reuber!)
 Arr 1/2 hr late. Bag sent on to Sacto!
 delivered 4/3 a.m. in 11:30A.

hankies 2 Mrs K

2 Des. & ✓

extra jackets ✓
to bios. ✓

10000
5/5-18/93

J pens ✓

scrub mittlen ✓
iron ✓
flannel ✓
fleshtite ✓
umbrella ✓

wrap in underwear
clock ✓

milk ✓
- pears ✓
- fig nuts ✓
- tea ✓
- nuts ✓

neck, like also Visine +
stomach medication

✓ JACP Cal
Bios etc.
stamps.
hankies

camera

brief case

- Jewelry ✓ ^{ivory beads}
- clock ✓ ^{+ earrings}
- cos. bag. ✓ ^{purple beads}
- comb brush ✓ ^{lav. beads}

✓ Shower cap
✓ Slippers
✓ J's or pink
natie

4 curlers
- brush
- set?

Pale blue sweater ✓
pale blue dress ✓
3 tee shirts ✓
blue skirt ✓
2 piece lav. ✓
pink striped dr ✓
blue poly dress ✓
2 quadren ^{for speech + interview}
lav. shirt ✓

2 cotton slips
1 bra ✓
cotton panties ✓

wear

① Keds → 3 pairs ✓
3 sneakers ✓

- no pants
- shirt + white sweater
- carry raincoat
- ~~best shoes~~ sandals ✓

② wh. ✓ 4 hose ✓ ^{inches}
heels ^{new}
me.

③ beige ~~shoes~~ ^{shoes} ✓ ~~wear~~

carry purse +
brief case

[TRAVEL]

March 22, 1984

- snow, sleet, storms
in mid west + Rockies.
Kansas, Ill. etc
around great lakes

- Snow flurries in Conn.

(Wk of Mar. 12th -
ice storm in New Haven)

Avoid travel in
early spring if poss.



BURBANK
CALIFORNIA

LA trip
Consult at KCF T

Oct. 24-25, 1983

Warm (w/ Hawaii summer cotton + raincoat)

Mon - 10/24 - 9:00A - ^{-Hank} Chief T pickup
Lve Oak 10:10 - PSA - 556 (nice flites + planes)
Arr 11:09 - Burbank - pickup Liz Statton
Steve Jatsukawa's assist.

Luxury mtg at KCF T. ^{circumventing!} with David Crippens, V.P.,
Phyllis [?], Dr. Drama, Prob & Ev. Dir & J.H. (nice warm person)
Kennyon Chau*, Akemi Kekeimeera*, Don Lakanishi,
Bruce Sawasaki[©], Momo ^{kaepa} (Maynard)
Jane Yamachita (d. & Han + Asako) + ...
~ 13-14 people.

stay at Holiday Inn Burbank - nice.

Tues - 10/25 - Holiday Inn provides Van service to Burbank
Airport (only ~ 10 min) tipped driver \$1 -

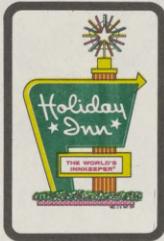
Lve Burbank - PSA 357 - 12:25p
Arr Oak. 1:29p.

Met Airport limo driver for Info Booth. (\$24 -)
(gt-driver - no share.)

Holiday Inn[®]

150 EAST ANGELENO
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PHONE 213/841-4770

Drive St Exit.



Trip to L.A. to Consult w. KCET, 1

Oct 24-25, 1983

Long walk to PSA gate from Oak Airport checker
aircal lounge is nice

Warm (aquas dress + purple jacket)

But needed R. Coat inside - air cond. at KCET pretty cold.

BURBANK CALIFORNIA

Chye/Frank took me to airport.

10/24

PSA 556 Lve. Oak, 10:10, Arr Burbank 11:09A

DC-9's
new planes

- met by Liz Statton, Steve T's assistant
- checked in at Holiday Inn, Burbank.
- Big grey Bldg (near Olive St. exit)
- very nice Rm. (air cond not panel on heating unit. Press edge to open!)

Lunch Mtg: David Crippens, V.P., Steve Tsuchikawa, Mir.
Akemi (Kikumura, (st!))
12-5:30p. Phyllis
Bruce Iwasaki, Kenyon Chan (st!), Momo Nagano? (manager)
Jane Yamasaki (John Asato's d. - legal dept.), q. jail;
Liz Statton, Ron Nakamishi, Yel.

4:45-5:30 - met with Brenda G. - att'y + David Crippens re ?'s re contract.

Dod to Holiday Inn. (Cab took Visa.) 12.10 + 2.00 = 14.10
Dinner at Hol. Inn - fair. (dabent st.)

10/25

Holiday Inn provides airport transp. Free bus service

Checked out at 11:00A, Bus to air port in 15 min.
11:30 check in at Airport. (checked tote)

Cancelln bus from airport

DC-9

PSA - 357 - Lve Burbank 12:25 - Arr Oak 1:29p. (Right on time - clearly)

met Airport Concierge. Man at Info Booth -
very nice guy, good fast smooth ride home - no shared riders
Vgn \$24 - by Visa, no tip.

home by 2:10p.

Holiday Inn

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OPERATED BY J.P. ALLEN UNDER LICENSE

Send expenses to Steve
Bk mark - for Liz
Hope until - read Dex Ex
) backgroun - helpful - getting
total pic 2 receipt + photo fam.

change to: (air cal)

non-smoking, window seat

Fri Oct 7 - #719 - Lv Oakl 11:50 A non stop

Arr Reno 12:35p.

Wendy: Seat 4F on Lake Tahoe side.

(45 min
actual)

non-smoking, window seat

Sun Oct 9 - ~~#712~~ - Lv Reno 1:00p P.

#30 Arr Oakl 1:46

Ret SE
Lake side.

OK. Air Cal
9/12/83

very
good
flights!

Revo: 10/7-9/83

Jone Sun - special hostess

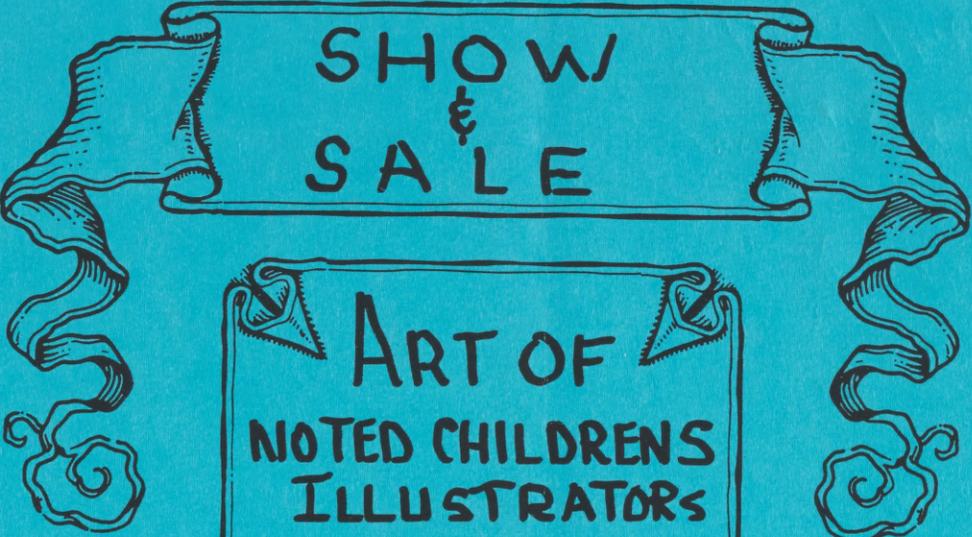
Ann SATT picked up ticket - as is I me
Very good flites both ways - good window
seats on Lake side - R. side of plane.
(DC-9?) - good service

- wore gray wool blazer + skirt (too warm!) rain coat
red l. sl blouse - 1 print, 1 plain
red l. sl dress (too warm)
blue/print 2 piece dress - pleated skirt,
black shoes, ^{new} red bag.

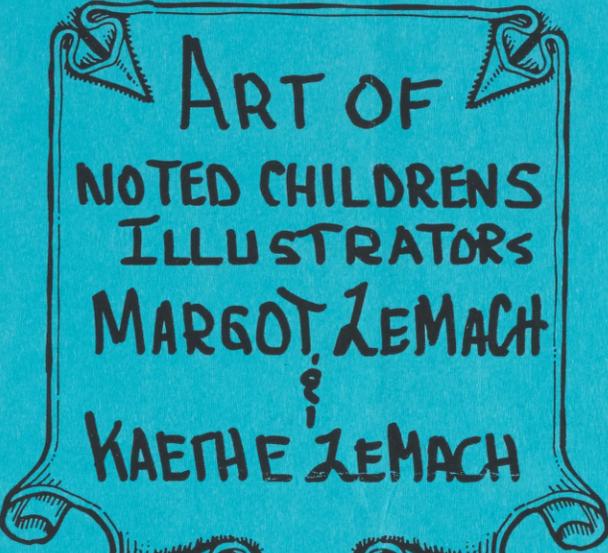
Stayed at Colley Inn - nice informal motel across
from U of Nevada

10/7 - nice ~~break~~ Bkpt buffet at Harrah's

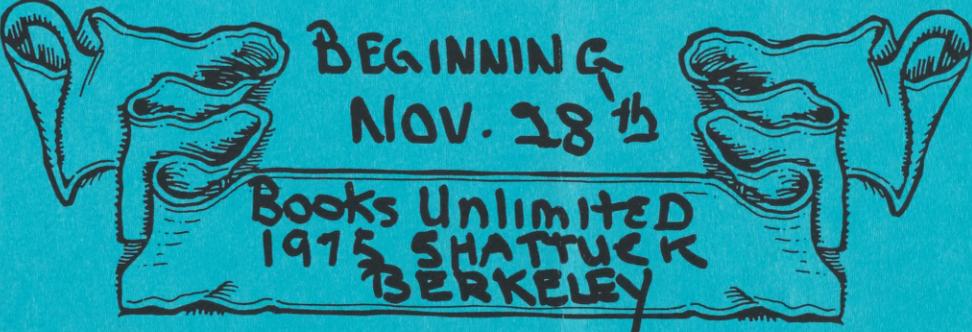
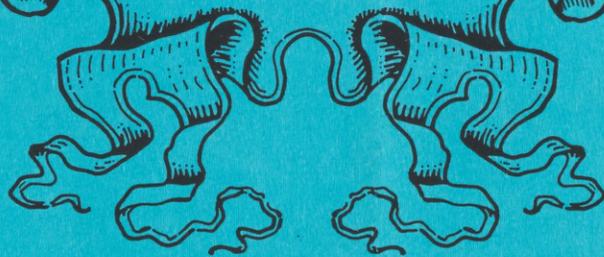
10/9. Very nice brunch at MGM. (Huge!)
Jerry Spruyn-Darley



SHOW
&
SALE



ART OF
NOTED CHILDRENS
ILLUSTRATORS
MARGOT LEMACH
&
KAE THE LEMACH



BEGINNING
NOV. 28th

Books Unlimited
1915 SHATTUCK
BERKELEY

Hawaii Trip - 5/5-15/83

3/17/83 Bked: Andrew (David)

5/5 UAL: # 35 - Loe SF 2:05P
arr Hono - 4:15p.

747 - these plane
(H-8) - Too far forward, couldn't see screen
row 7 - Side-aisle seats - had to change seats + move back
aisle seat - no smoking front - no place to put bags

5/12 - Hawaii Air # 312 - Loe Hono 11:15A
Hilo - 12:28p. 1 stop in Maui

5/15 - UAL # 101 - Loe Hilo 3:15P
arr SF 11:00p. - 10-10

DC-8?
only aisle 3 + 3 smoking

16-F. window seat - no seat - front - no place to put bags

\$ 416.08

Jewelry to Suni Boy

- 4/21 - grace call - Loy will take me to airport
- 4/22 - talked to Jay re plants OK
- 4/25 - Kay Mc - asked John to meet me.
- 4/29 - spoke to mailman
- 5/2: - Mail HOLD card to Phil at P.O. - He gives to Clyde -
- 5/2: - Cookies - \$5 to Jay - instructions

5/19. John Matsumoto picked me up. - (\$20-check)

See Hawaii ^{Tally} folder for daily schedule

Honolulu weather - perfect, sunny, trade winds - (not muggy) all ~~clothes~~ clothes just right.

Hilo Hawaiian (Hilo Hotel)
71 Banyan Dr.
Hilo, HI 96720

gt spec rate .40.
Run 748 - good ocean view + near elevator.

Princess Kaiulani Hotel
(Waikiki) 120 Kaiulani Ave
Honolulu
(808) 922-5811

convenient
- nice
- util -
- lots of space
- tourist

SALE



JACP
INCORPORATED

414 east third avenue
san mateo, ca 94401

STORE HOURS:

10am - 5:30pm M - F

10:30am - 5pm Sat.

15% off all items in store

no phone or mail orders

sale ends SATURDAY OCT. 30, 1982

An Animal Named Year, the Story of Chinese New Year, Retold by Diane Chang, Illust. by Helen Chu. Bilingual Chinese/English. 30pp.....reg.-\$2.25 Sale Price - \$1.50

The Rooster Who Understood Japanese, Yoshiko Uchida. Illust. by Charles Robinson. A warm story about people caring about each other. 1976.HB....reg.-\$6.95 Sale Price - \$3.95

The Sea of Gold, and other Tales from Japan, Yoshiko Uchida, Illust. by Marianne Yamaguchi. 136pp. 12 tales for children for the young reader/listener. Hard bound.....reg.-\$8.95 Sale Price - \$4.95

Aiiieeee!, an Anthology of Asian-American Writers, Frank Chin, Jeffery Paul Chan, Lawson Fusao Inada, Shawn Wong, 1975. 295pp.reg.-\$3.95 Sale Price - \$1.95

China Men, Maxine Hong Kingston, author of The Woman Warrior. A Best Seller! 308pp. Hard Bound.....reg.-\$11.95 Sale Price - \$5.95

Ministry in the Assembly and Relocation Centers of World War II, Lester Suzuki, 1979. 375pp.reg.-\$8.95 Sale Price - \$3.95

The Asian Americans: Changing Patterns, Changing Needs, Bok-Lim C. Kim. 1978. 271pp.....reg.-\$15.95 Sale Price - \$8.95

The Korean-American Child at School and at Home, Bok-Lim C. Kim, an Analysis of Interaction and Intervention through Groups. 128pp.....reg.-\$5.95 Sale Price - \$4.50

5/1/83

To: Jay

From: Yoshi

I leave 5/5 (Thurs) and return on 5/15 (Sun)

Please water my patio plants on: 5/7^{sat}, 9, 11
and 13 or 14, and my house plants just
once on the 13th or 14th.

Please be sure to lock the floor lock
on the patio door and the front door when
you leave.

Many thanks.

I'll have the timer on for lights in
the evening.

(Save Box of cookies - \$5⁰⁰)

Salt Lake City Trip 3/29-31/83

Blizzard week before + 88 mph wind blizzard
week after. Don't travel in March!

Lucky break in weather! ^{May 30-31} ~~Hot weather~~ snowmelt / causing floods!

3/29 - Western 412B - Lo Oak 2:00p - Gray/Kay took me to airport [12:00 pickup]
Arr SLC 4:20p - John Sillits met me

Boeing 727

Seat 9A - window - nice sunny weather here.
Sl. cloudy but warm - in SLC

(Wore plaid skirt, green sweater, gray blazer) Gray coat
black boots -

Stay at Lehos - Spence Restaurant dinner.

3/30 - John S. pickup. 10:30A - see Zabernack, Deepak,
Union Ave sta, Spence ch, see Miriam Murphy at Utah
in ^{left} Rio Grande Station. (Stan away - not a friend)

12:30 - lunch at Weber State Coll. Skyroom - view of snow
cov. mts!

2:30-2:00 - rest at Lehos

2:00 - tea + sign books - (wore gray blazer + skirt
red sweater) boots
(fairly warm + clear)
~ 100 people, sold out 25 bks - (ordin) more)

5-6:30 - Rest at Lehos

7:00 - dinner + John + Linda Sillits, Alan, Mary Dixon.

3/31 - slight snowfall at Lehos - stopped at airport.

To see Wanda Robertson (nearby) 11:15A to airport

Western 489B - Lo SLC 12:40p
Arr Oak 1:20p

sunny + warm!

Hero/Lehos pickup
(gray suit, blk sweater)

Tickets bot + sent from Ogden.



ALUMNAE ASSOCIATION OF SMITH COLLEGE

Northampton, Massachusetts 01063

Tel. (413) 584-2985

March 1983

Dear Alumna,

A new Alumnae Register will be published in November 1983. Reflecting the approximately 7000 address changes that have occurred annually since the 1980 Register was published, the book will, as usual, contain an alphabetical listing of alumnae by undergraduate and married names, with addresses; and a geographical listing. A new feature of this edition will be class listings. There will be a separate and complete Necrology.

The Register will also include such College information as listings of the Boards of Trustees and Counselors, administrative officers, honorary degree, Smith College Medal and John M. Greene award recipients. Alumnae Association information comprises Association bylaws, names of officers, directors, staff, club presidents, class officers, honorary members, and Candidates Committee chairs.

In response to alumnae requests, the Board of Directors has voted to include in the new book occupation codes for all those who provide them. The codes will appear following addresses in the main listings and also in the geographical section. It is the Board's hope that all alumnae will select from the enclosed card a category that most nearly describes their activity. While we realize that some categories are imprecise, your thoughtful appraisal in choosing one will be appreciated.

Whether or not you buy the Register, please make any necessary corrections in your name and address, fill in the occupation code if you choose, and return the enclosed envelope promptly to ensure a correct listing. If you wish a copy of the Register, please complete the order form and send with your remittance.

Cordially yours,

A handwritten signature in dark ink, reading "Gertrude R. Stella". The signature is fluid and cursive, with a large, stylized initial 'G' and 'S'.

Gertrude Ridgway Stella
Executive Director

3/29

Grace Loy to Oak Airport - ^{5 deer} ~~Slemmy~~ dog bark
- Grace Sells's mat to - ~~Henry~~ up beer

Sellos - beautiful contemporary

home - base of Ukatche ^{fresh flowers}
snow covered mts. - ~~priv~~ ^{fruit} ~~apt~~ ^{clean} ~~down~~ ^{for} ~~stairs~~ ^{daily!}

over the new

Here German shepherd - Nicholas ^{etc.}
sleeps on Marimekko sheets

jumps on you ^{huge!}
Dinner out at Jones Restaurant Korp

Ernie works IBM - ^{work} ~~navy~~ ^{2/3}
Born in Utah - grew up - ^{work} ~~country side~~ ^{off} ~~work~~ ²

3/30 - John pick up 10:30

saw Tabernacle, Temple, - Univ. Utah.
Fort Jones & Bush Ch. Old Union Pac
Station. UHQ (Museum) in Rio
Grande Station. ^{11:00}

in ride to 11:30 - 12:30 to Ogden
Lunch in Campus dining room

Beautiful view of
snow-covered mts
Rest -

2:00 - tea - premier cookies, ^{sp.} ~~truffled~~ cream puffs

2: ⁱⁿ 100 E at talk,
very successful!
- Rev. Arata, ^{also} ~~to~~ see

John Carlisle -

→ Jim & Debbie Proust
Sold out 25 Bks ordered 6 more.

Dinner at Sellos
John & Linda Sellos
Mary Dixon, Alan

salad
chicken
shaw blies
cheese cake

3/31 - Snowing! in upper 500
quick trip to see Wanda Roberts

11:15 Sellos to airport
Sunrise!

- weather - perfect here
- snow falls
- Beautiful contemporary here
- Snowy mts, dog
- 100 & lecture beautiful like
- elegant tea - Slemmy
- Bks sold out, Pak - ^{paper} ~~Selman~~ ^{school}

saw
Wanda
Roberts

3/29

Grace Loy to Oak Airport - ^{5 deer} ^{dog bark} ^{Slummy}
- John Sellito met to - ^{slummy} ^{up beer}

Selios - beautiful contemporary

home - base of Watch

snow covered mts. - ^{fresh flowers} ^{fruit} ^{clean} ^{stands daily} ^{trucks} ^{stays} ^{down}

Here German shepherd - nicholas, cats
sleeps on ^{cat} Marimike's sheets

jumps on you - huge

Dinner out at Jones Restaurant Korp

Travis works IBM - navis

Born in Utah - grew up - countryside

work 2/3
off 2
work

over the
new

3/30 - John pick up 10:30

Saw Tabernacle, Temple, - Univ. Utah.

Fort Jones & Bush Ch. Old Union Pac

Station. UHQ (Museum) in Rio Grande Station. (11:00)

in ride to 11:30 - 12:30 to Ogden

leisure in Campus lounge room

Beautiful view of snow-covered mts

Rest -

2:00 - tea - peaches cookies, ^{sp.} ^{tripped} cream puffs

2: u 100 E at talk,

very successful.

- Rev. Arata, clerk

John Carlisle -

→ Jim & Debbie Proust

Sold out 25 Bks ordered 6 more.

Dinner at Selios

John & Linda Sellito
Mary Dixon, Alan

salad
chicken
hew blue
cheese cake

3/31 - Snowing! in upper 500

quick trip to see Wanda Robertson

11:15 Selios to airport
Slummy here!

- weather - perfect here
sl snow sun

- Beautiful contemporary hse

- Snowy mts, dog

- 100 & lecture beautiful lib

elegant tea - Slummy

Bks sold out, Pat - Slummy
paper & school 11:45

John



Sillito -2901

WEBER STATE COLLEGE

OGDEN, UTAH 84408



UTAH tickets

Yoshiko Uchida
1685 Solano Avenue #102
Berkeley, California
94707

- up 6:00 A - chiye T. pickup 7:00 A → 830 feet 12-11-82
- weather was perfect - no delay in flight - to h.A.
- Charlotte (American shoe owner) met me
- Gordon/Ruri came in 10:30
- walked around J-town -
 saw new Union Church
 " " J.A. Comm'y Center -
 met librarian + staff - they came to
 Blk Party + brought 1 ea of all my bks.
- Jora G/RH lunch - J-town - Makunouchi
- Back by 1:30p. - already people waiting -
 - Geo + Misaki came to see me
 - Mary Kasai, Yukio Matsuo (#10)
 - Ys Jora, Belin + Paul Yamauchi
 - Sophie Tajima's g. b.s., Ben = Juni Matsuo
 - Lib + teacher who just walked in Emi
 - 1 mother + daughter - to + huge Kabayan
 stack of bks) Xmas presents.
 Came back camera,
 - couple of people who knew Kumai
 - 1 from Montebello
 - Margaret Ichino Stanicci, Sharon Maeda
 - Mike gA (3) for all kids
Juni " (2) + (3) for sister

Ch. Dinner next door - to bed early.

12/12/82 - up 7:30, 9:00 A church service, Branches of friends
 To Joshi's by 2:15p. (slept in car en route) Nika's
 Jun/Kuro dinner - treat - Joshi -
 dessert + Joshi's. Home early

12/13/82 - up 7:01 - 10:05A Air Cal to Oakland -
 Joshi took me to Orange Cty Air port.

12/11-13/82 - L.A. Boat Party at Amerasia

12/11/82 - Dep at 6:00 A, Cheryl T pickup 7:00 A.
arr Oakh Airport ca 7:15 - Coffee shop (at st foot)
Board 8:15 A, Eve 8:30 A no delay

Air Cal # 258 non stop Oakh 8:30, LA 9:41 A.

Charlotte Murakami met me.

Wore gray suit, red sweater
gray coat, blk boots.

~~Wore plaid shirt + green sweater~~

Return: Air Cal # 615
nonstop

lve Or. City Airport 10:05 A
(10 min late)

Air Oakh 11:30 A.

(actual ca 11:25)
Herb Etkin pickup -
2 hr to lunch

(Left home ~~ca~~ ca 8:30.)

Expenses

12/11 Bkfst (chess)	3.35
12/11 lunch + tip (sushi)	13.79 2 <hr/> 15.79
12/13 lunch (Aldi/Edo)	8.80



Unto us a child is born

December 7, 1982

Dear Friends and Members of Sycamore Family:

The Peace of the Lord Jesus Christ be with you all!

I believe that you will receive many Christmas cards from your friends and relatives again this season. But I wonder how many of us have really read the messages in the cards as you receive them. Here I would like to share with you a Christmas message from an old card which I found very meaningful:

"When we give each other gifts in His name, let us remember that He has given us the Sun and the Moon and the Stars, and the earth with its forests and mountains and oceans -- and all that lives and moves upon them. He has given us all green things and everything that blossoms and bears fruit -- and all that we quarrel about and all that we have misused -- and to save us from our own foolishness, from all our sins, He came down to Earth and gave us Himself."

It is in response to His great love for us that we give each other gifts.

We will have a CHRISMON service on Christmas Eve. CHRISMON is a combination of two words: CHRIST and MONogram. A Chrismon is a symbol of Christ. Please come to join us in this special worship service. 7:30 pm, Friday, December 24, 1982.

MERRY CHRISTMAS!

Sincerely,

Benjamin Wu, Pastor

主の聖名をさびいたします。
そしてまた、私たちの救い主なる 主イエスキリストの御誕生を祝うこのクリスマス
シーズンにあつて、共に喜びの時をすごしたいと思ひます。
クリスマスの意味をあらためて覚える時をたいせつにした...ものです。
あのベツレヘムでの出来事が、今日この私に 私たちにも同じように、
起こることを信じ、へりくだった心で、悔い改めた心で、私たちのうちに
主イエスをお迎えいたしませう。

今年もクリスマス礼拝をはじめとしていろいろな集会を予定して
おります。皆様どうぞよいクリスマスをお迎えになりますように...

日語部牧師

塚本 恵

SF - NYC - NH

10/3-23/82

Bob Gray blazer, black pants, rust sweater - ~~gray/blue shoes~~
Joe: gray shirt, red print blouse, red sweater, a wig,
blk heels, Fandora flat, Drizzle boots.

3 wks
just might
don't say
any.

Wore to NYC: gray blazer, shirt, red print blue, blk shoes.

Weather: nice sunny Indian summer most of 3 weeks,
2 rainy days only. (rainy night after I left!)

10/3 - shared limo - terrible: got taken to Oakland Airport (1st for 2nd pickup
(Sun.) command driver cranky?
next time ask Grace S. or?

TWA 90 (L10-11) - too crowded + big. Row 30 - seat 3 was
aisle seat in middle section. (left side). Food terrible.

9:40 A → 6:00 P.

Sun. eve traffic in NYC very bad.

Better to arrive at a later hour.

(Cones) saved 140. if I left M-Thur.) check room file
see if Am. has 747's.

10/7 - To NYC. up 7:00, lve 8:30.

lve NH 9:03 A - arr NYC 10:48 A.

(Grand Hyatt - 2 doors to left. Very nice lobby, rest room
in back)

From NYC - 5:02 P. (got fast express - only few stops)
got there 1/2 hr before - plenty of seats.

Arr NH. 6:33 P.

- Madison Ave Bus to 48th (75th?)
- Jack to deal - Paula LeVine, Bonawoy)
- ~~see Connie~~ lunch - next of Barclay? few blk down
Salmon steak + dessert. 48th -
- see Connie Weidols - 7th floor, sales Mgr. Jack SM
- walk to Craft + Jack Art Mus. (fair) - small
- walked to 42nd - used G. Hyatt RR.

lve 10/23 (Sat) - TWA 41 11:00 A → 1:45 P. Very prompt. - ~~10:00~~ - ~~10:00~~ - ~~10:00~~

29-9 (Window seat on right side)
→ best time aisle seat (for 2) - can get up faster.

Pking lot empty on Sat. up 7:00, lve 8:05 P, on 10:05 A.
Board 10:30 A.

juice, beer, lemonade

Civilization courses. From a wide survey of student opinion discreetly taken by Professor Herington (fourteen letters dated from September 1980 through January 1981 are on file) it emerges that his teaching is enjoyed as well as admired. ("He possesses the marvelous ability to make even the most laborious aspects of Greek syntax a sheer delight.")

10. Enallage and Greek Style, Leiden, 1974 (rev. CR 27, 1977, 64f., Mnemosyne 30, 1977, 81ff.)

"Solon's Law Forbidding Neutrality and Lysias 31," Historia 24 (1975) 493-98.

Review of H. Hettrich, Kontext und Aspekt in der altgriechischen Prosa Herodots, CW 70 (1977) 400.

"The Perjured Chorus in Sophocles' Philoctetes," Hermes (forthcoming).

Greek Poetic Syntax in the Classical Age, Yale University Press Monographs in Classical Philology (forthcoming).

"Dicastic Thorubos" (work completed).

8/17/82 - Bk'd flite Andrews - (David) ^{merchant} ^{like} ^{son} very efficient
Oct 2 super saver sold out!

(Sun) Oct 3 - TWA nonstop L1011
#90 lve SF 9:40A Arr 6:00P SFK

(Sat) Oct 23 - #41 TWA L1011 nonstop
lve NY 11:00A - arr 1:45P SF.

- Can't reserve seat until 1 month prior to dep.
9/3

- Meet buy 7 days - adv. \$378 RT. - Picked up 8/30
fares going up 9/1 - so pick up 8/30 or 31
Section 28, Seat 1 - (Bk'd 9/7)

8/17 Jewelry - Sumi Box and
Inaba - ^{best} tissue drawer c.c. medals - top tension
Silverware - coffee table drawer,
+ l.R. sm. items

9/18 - ~~Jay said he might be out - out - town -~~
~~get back up person~~
e Gerry - moving to him

9/21 - asked Frances H. she is glad to

9/22 - got \$100 Trav. checks at Wells Fargo
Am. Exp. free for Gold Reward affs

9/21 - Frances came to see patio
gave Hold card to mail man

9/28 - kept "Hold Cd" r Phil at P.O.

next time
fly during week
found
out
week
day
super
saver
M-Th is
only
2391
RT.



KODANSHA INTERNATIONAL LTD.

PUBLISHERS

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Cable - KODANSHAIN T Tokyo
Tel - Tokyo (03) 944-6491

September 11, 1975

Ms. Ellen Levine
Curtis Brown, Ltd.
60 East 56 Street
New York, N.Y. 10022

Dear Ms. Levine,

I am writing concerning the manuscript "The Desert Exile" which was forwarded to us by our U.S. office. Our editorial staff has read it, but I am afraid that our conclusion has been that we cannot include it in our list. While smoothly written and very readable as regards style, it was felt that manuscript had great faults as regards content. While it purports to be an autobiography, it is somewhat less than that, since the narrative ends abruptly with the end of the war. At the same time, considering the experiences involved, the treatment is very gentle, with a resulting effect that seemed rather bland than memorable. Perhaps it would be more forceful if a somewhat wider context was used as a framework for the author's personal experiences.

I hope, however, that it will eventually be placed, since several editors found many points in its favor.

The manuscript is being returned under separate cover.

Yours truly,

Jules Young
Senior Editor

JY/yt

*Yoshiko
g'm trying
Bobles Merrill
Ellen*

TO: Frances

FROM: Yoshi

I'll be away from Sun. Oct. 3 to/Oct. 23rd. Sat.

- Please water my patio plants 3 times a week. ~~(how?)~~ *2. Th Sat*
If there's a heat wave, they may need more.
I usually water them about every other day.
- Please be sure patio door and floor lock are locked,
and the patio drapes closed.
- Please water the house plants once a week (Friday?) and
drain water.

When you leave the ppt, please be sure all lights are
out and the curtains closed, and the door locked.

(I'm leaving a timer on for lights in the evening.)

notify Jay and/or
In case of emergency, please call me collect:

c/o Kay Kakutani (203) 288-4792
32 Round Hill Rd.
Hamden, Conn. 06518

THANK YOU VERY MUCH!

It was dear to go to the site of the Little House in the Big Woods on this big girl occasion. A replica has been built where the Ingalls cabin stood, but the endless woods long since fell to farms in the fertile black-land valleys. Lake Pepin, where Pa caught the winter supply of fish, is a huge glacial lake through which the river flows. It's not wider than one can see across, as Laura remembered from childhood, but it is beautiful there, surrounded by steep glacial hills, and it was frozen as it was when the Ingalls crossed it heading west.

We enjoyed Doc's tutelage in the gamut of styles of roofs and gables and jerkinheads, particularly on the great barns across Minnesota and Wisconsin. Winter survival for man and beast is a full time occupation even now. What a hardy breed the early Ingalls - and Olzenaks!

We had to be in Eau Claire for a recital by Mandy's pupils. What cute toots! We met new friends and saw old ones from the Christmas visit.

We're back in the sun with green trees and flowers; Doc is back in old Virginia, with a continent between us who were happily together with the Olzenaks. We want to share that time with you.

Love,

Alan and Gay

9/9/80

Booked thru' Barbara at Andrews Travel Solano

To: Sat ¹² Oct 4 - TWA 806 (L1011)
~~PAM~~ Flite # ~~6~~ (777)
Lue SF - 11:00 A non-stop
Arr Ky - 7:15 P.

Must pick up & pay by Sept 20
(Op - 10 - 1:30 on Sat)

Ret: Sun ¹⁰ - Oct 26 - TWA - #41 (L1011)
Lue NYC 11:00 A
Arr SF 1:38 P.

(Must change date 2 wks before - by 10/18)

R.T. fare \$ 250 - (all airlines same rate to NYC)

Airport Limo - (now \$ ²⁵~~35~~ 1 way)

Airport Conn - \$10 from Marriott or Sheraton

250 ⁸³

Book Seats Sept 26-27 for Oct 4

Window Seat, non-smoking

To NYC - left side

From - Right side

Barbara ~~copy~~ Sept 14-20 - see Jerry

Row 19 non-smok
Seat 9 window

This sheet is for your convenience if you need a worksheet or if you }
need a sheet for attaching additional information to your tax return. } **1958**

If You
Use This
Sheet,
Please
Enter
Your
Name and
Address

NAME

ADDRESS

9/80

Downtown S.F. air terminal opens

Travelers catching the San Francisco Airporter bus to and from SFO can now come in out of the rain. A new \$1 million Downtown Air Terminal has been opened at Taylor and Ellis streets.

It offers vending machines, restrooms, booths for rental cars and guided tours and—of course—a ticket office for the Airporter buses which run between the terminal and airport every few minutes.

The old terminal at Taylor and O'Farrell was torn down in 1979 to make room for a planned Hilton Hotel expansion.

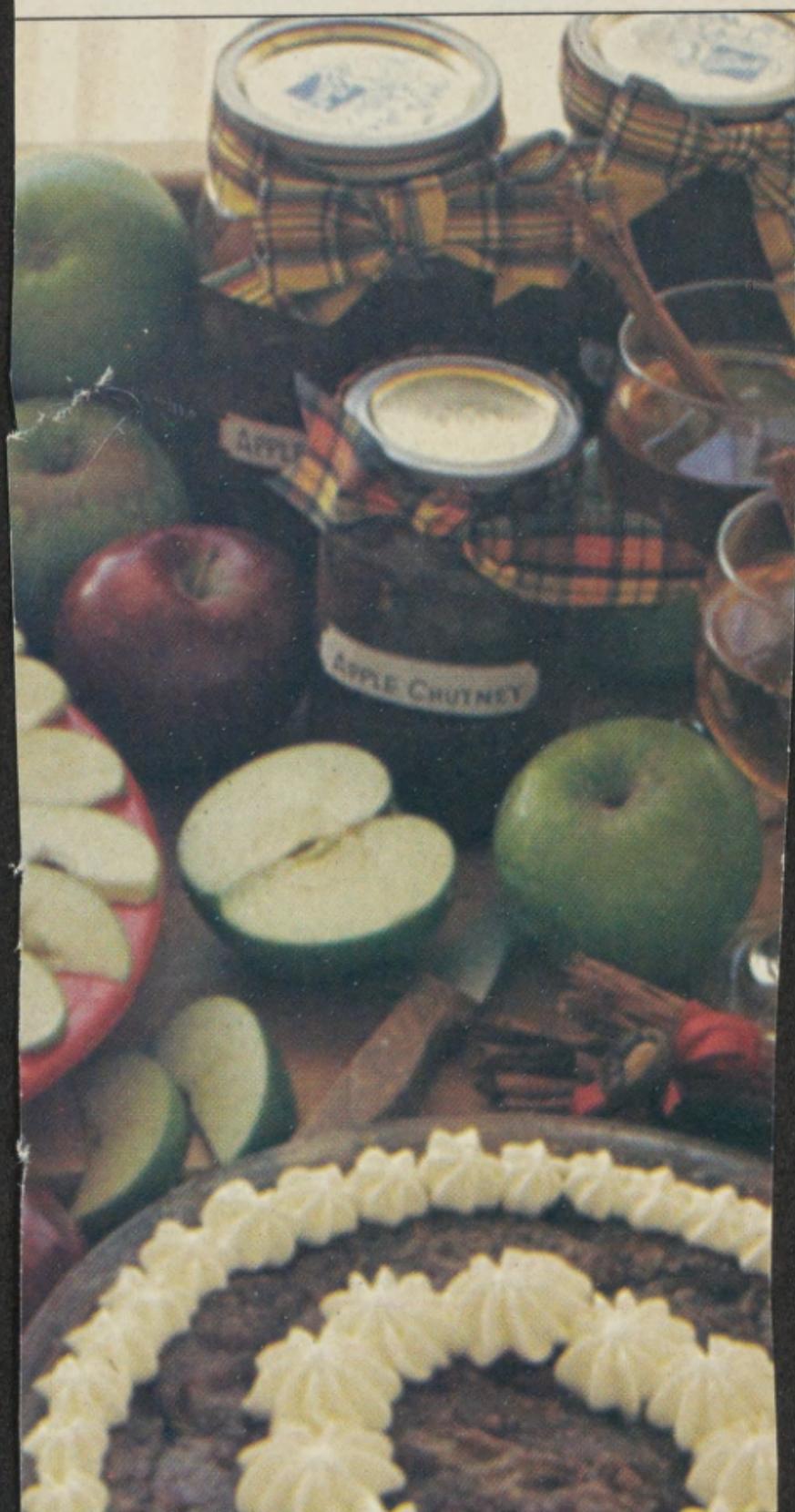
Protect your film

Unprocessed film should never be stored in your *checked* baggage, nor should it be x-rayed in carry-on luggage at the airport security check, warns Eastman Kodak.

For years, travelers have been warned to protect their film when carry-on luggage is x-rayed. Now, Kodak points out that checked baggage is frequently x-rayed for security inspection. And a survey revealed that x-ray levels often are high enough to fog film, in both U.S. and foreign airports.

The best way to protect your film is to keep it in a lead foil pouch (available at photo stores) or hand-carry it and have it hand-inspected by a security officer. And remember, don't check a camera that has a roll of film in it.

2 Pastry
cups flour



Travel - 1980 - 10/4-26

Sept
9/9/80 Rhed thru Barbara (Andrews Travel Store)
very nice + efficient

10/4 TWA 806 - Lu SF 11:00A - (L10-11)
arr NYC 7:15P

10/26 " 41 - Lve - 11:00 - (L10-11)
arr - 1:38P

must book R.T. + pay for 2 wks prior to departure.

R T = \$250⁸³ ^{special} ea way (less tax after sept.)
~~129~~

9/19/80 pick up ticket

9/17 - pers. at Meris

9/24 - Jim at Dondell's

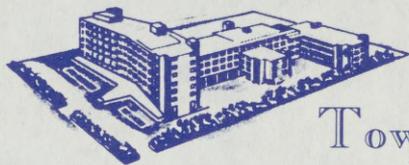
ReMail: mailman - guy at P.O. Batch said it takes over 100k
left hold card 9/30 to get mail forwarded. It's all done by computer now
Saw mail man 9/30 + goes thru Oakland - ∴ better to have everything put
on Vacation Hold for 3 wks, than try to fwd. part of time.
Or have someone pick up mail + put in need serv. + mail back.

SDBox - Jewellery. (Be contracts, Ins. + titles)
B.O.P. A.S.

10/1 - Saw Jay re plants, called Glen that re pick up.

10/3 - Josh Blier to B.O.A SDBox -
saw mail man - St. Reminded re hold.

bold



TowneHouse Hotel

MARKET AT EIGHTH • SAN FRANCISCO 94103 • TELEPHONE (415) 863-7100

Sept 12, 1979 - Fresno Wedding

Bled thru Andrews Trav (Shattuck)
George - nice, but broke - guys ?

AirCal # 214 to Fresno 9/1 - Connie took me
(save for 8/10)
Lv. Oak 9:40A
Arr Fresno 10:15A. - only 40 min late

stayed & alone/guy -
they gave me a room - the stayed - (there)

AirCal # 227 9/2
to Fresno 12:50P
Arr Oak 1:28P. on time! (Air craft
NOT DC-10)

Airport limo - called 8/29 -

Bert to call at 8:50 p.m.
Driver was woman - she said
they were not salaried, Comm + tips
\$14²⁵ Chg. (had to give 4 - tip due to comm.)

In Oakland, meet at Bart Info Booth

R.T. Ticket	40 ⁰⁰
Commie	10 -
As to lunch	11 ⁵⁵
Airport limo	15 ²⁵
	<hr/>
	76 ⁸⁰

(Geo. was sd
about getting me
spec. fare.)

Travel 1978 10/3 - 30/78

8/21 - Book flite at Andrews (Carol) ~~just~~ very nice.
/ next time go to Lois Travel
Super saver - bk 1 month ahead.

9/1 - Pick up tickets \$252 R.T.

9/12 - Permanent (at Mercy's - Cuneyton) 9/20 from checks & g.w.
9/24 - Set timer (not working) from jewelry to A.S. S.P. Box

9/26 - Book reserved Airline Limousine Service

for 10/3 - Called after 6:00 p.m. - give flite, address
(nearest cross st.) 9:45 pick up to be at airport
by 11:00 A. Forgot to give phone #, so they didn't confirm!

9/27 - Take ch. of address + vac. hold card to P.O. (Phil)
(need 2 cards - 1 for forwarding, 1 for hold.)
10/3 - 10/21 10/23 - 30

(new timer attached) - Stopped at Gilman St Carrier
Station to pick up mail en route home from airport.
Next time - Be sure both cards (forwarding + vac hold) are
destroyed.

9/28 - Called to Carol Chronicle

" Mr. Vaughan at P.O. Cuney

Talked to new mail man
Put all B.B.s - A.S. S.D. Box. + auto, tenant + health ins.

9/29 - Local - Put g.w. in W.F.

9/30 - note for chron carrier to stop from 10/1

10/1 - Put away check bk, keys, etc. Key to Jerry E. (pd \$25)
to water 7 times

10/2 -

10/2 - Put note in mail box - re feeding + hold.
confirm time, water plants

wrc

- ✓ Black Blazer + pants - checked skirt - 2 black col shoes
- 1 Rust pants 2 Rust/black sweater x yellow shoes + sandals
- 2 gray " 2 Royal blue top ✓ brown bag
- 0 " skirt 2 Rust sweaters 0 black shoes
- 0 1 blk/rust dress. / " suede boots

NYC

To NYC: wore K's of black coat, K's black jumper + roy. blue top, blk suede boots,

- lift typewriter out
- trsh keys - next / put all but one - ^{AS} SD Box - take AS keys _{only}.

10/3
Tues.

To NYC: AA 16 Lve SF noon, Arr Kennedy 8:22 p.m. - KS met me w. sandwiches
DC10 Window seat, non-smoking, left side. ate in lounge.

10/30
Mon.

To SF: AA 17: Lv Kennedy noon! Arr SF 2:47 p.m.
Aisle seat, non-smoking, Super-saver rear section isn't bad (on right side - shady). Seat was close to wing. 29++

Left New Haven: 8:30 a.m. (approx), arr Kennedy about 10:40 a.m.
(just right timing), S parked at curbside ^{trsh bag to counter} for coffee, and short wait in lounge. (they were serving coffee there)

Left Berkeley: Airport Limo pickup about 9:30 A., arr SFO about 10:40 a.
- H. met me at curbside, helped me with bag to counter. Time for coffee and short wait at lounge.

Next time - Be sure to give Airport Limo my phone no. for confirmation.

- Be sure both cards destroyed at O-D. after return
or mail is forwarded again!

- Be sure right form is signed at W.F. to hold check statement
got forwarded anyway - due to wrong form (computer has to

catch it.)

Avon, - old Karmis Inn - best fd!

Essex - Joe's old Inn - p.gd! nice town!

SF-NYC Exc. # 273.74
SF via Cleve " # 307.00

TRIP EAST - OCT. 1975
(10-3 to 11-1)

TRAVEL '75

9/28 Cancelled Chronicle from 10/1 (took 2nd phone call)

9/30 Took card to P.O. Needed 2. One for forwarding mail from 10/3 - 10/25, one to hold from 10/25 until called for.

Set Timer

10/1 Marjorie here - showed how to water plants, gave key. LOreal, Bank bks in Am. Sav. (Jewelry in from earlier)

Left typewriter out.

10/3 Chiye T. took me to airport (Fri.) - Left at 7:30A. Bridge was very crowded with rush hro traffic. Next time try helicopter. Or if later, Airport Limo Service. *Call 24 hrs ahead to book. Don't don. allow 2 hrs.*
(Got ticket thru Berk. Travel Service, Mr. Stivick (fair) Try Don's or Anderson (woman))

UAL 72, Seat 10A (very good. forward, ^{widow} non-smoking, left side of plane - shady side going east.

Lve. 10:00 A (1 hr delay) - Arr Cleveland 6:05 P. met H. *-5 hrs.*

10/4 drive thru Pa, 10/5 Stroudsburg, 10/6 drive thru NJ, NY to Conn.
10/7 arr Kay's

10/15 To NYC - lunch with Ellen Levine.
Off-peak RT to NYC \$8.10 - [Lve 9:50A - arr 11:35
4:05P - arr 5:49] gd. hrs for travel

Curtis Brown is on 56th, between Madison and Park.
Good to take uptown bus on Madison, get off around 53rd, walk to 5th and look around. *50¢*

Jensen is on Madison betw 57-58
Takashimaya on Fifth nr. 42nd - good arare.
Gotham Hotel off 5th nr. 50's is conven. for powder room.
Am Airlines on 49th, just across Rockefeller Plaza
Saks 5th, nr. Scribners.
Scribner's - is corner of 5th and 48th.

10/22 - Same trains to and from NYC. Lunch with Lee D.
2:30 mtg. with Mr. ~~Matano~~ Matano - Sekai Bunka Sha

10/18 wrote to Airport Limosine Service, 254 S. Murphy Ave. Sunnyvale, Ca. 94086 to req. pickup. Prompt confirm. ltr. Confirmed flight with AA night before.

11/1 Left NH about 9:00 A. - arr. Kennedy after 11:00A. (Sat)
Be sure to check if game at Shay Stadium. K/S saw traffic tie-up later, on ret.

gd! AA 17, Lve noon - arr. 2:40 P. Window Seat 14A, non-smoking. Good, but on sunny side (left). Next time get on right side of plane.

Airport Limo Service desk is near TWA baggage claim. (also 1 nr UAL in other pk terminal). Report there first, then get baggage, get porter to take bags to their desk. They'll put on car. Good service. Drive into garage, put bags in back door nr. elevator. *(over)*

Had to call OO. Carrier Annex to re book mail. Mo. V. on vacin.

- wore 3 piece
gray suit & blue blouse

- Both trips
+ to NYC

- took black challis dress (wore one
only)

- green pants suit - wore ✓

gray pants (mine)

lav. "

- rust "

- black sweaters

- " " & patterns

- red "

- flats ✓

borrowed K's heavy tan pant

black Fite slip over

n.b. " "

r/w shirt

many warm, but summer days.

TO: Jay

FROM: Yoshi

I'll be away from ^{Sat} October 4 until the ^{Sun} 26th.

Beginning Monday, Oct. 6 :

Please water my patio plants 3 times a week. (MWF ?)
If there's a heat wave, they may need an extra watering.

Please be sure patio door and floor lock are locked
and the drapes closed.

Please water house plants once a week ^{Fridays} and drain well.

When you leave, please be sure all lights are out, curtains
closed and the door locked. (I'm leaving a timer on
for lights in the evening).

In case of emergency, please call me collect:

c/o Kakutani (203) 288-4792
32 Round Hill Rd.
Hamden, Conn. 06518

Please pick up any pkges that may be left for me, altho
I'm asking the PO to hold all my mail.

Many thanks!

P.S. My intercom isn't working very well -
Please check it when you've time.