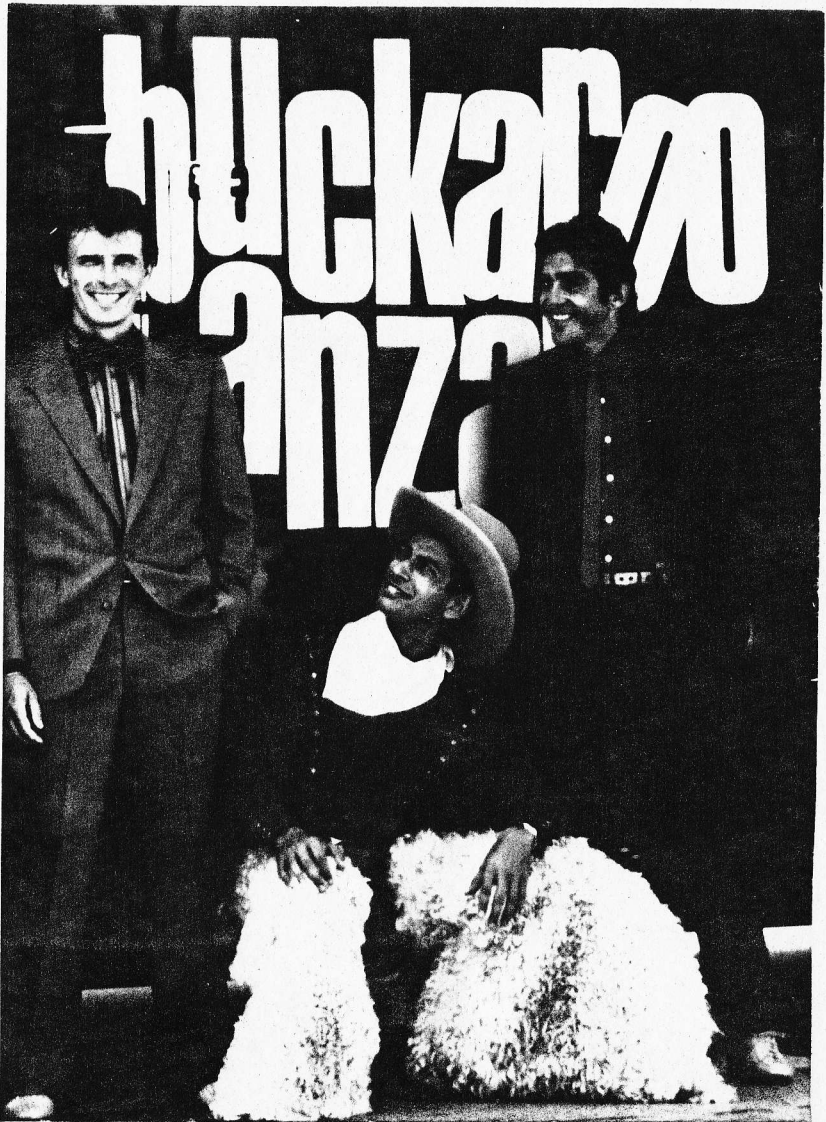


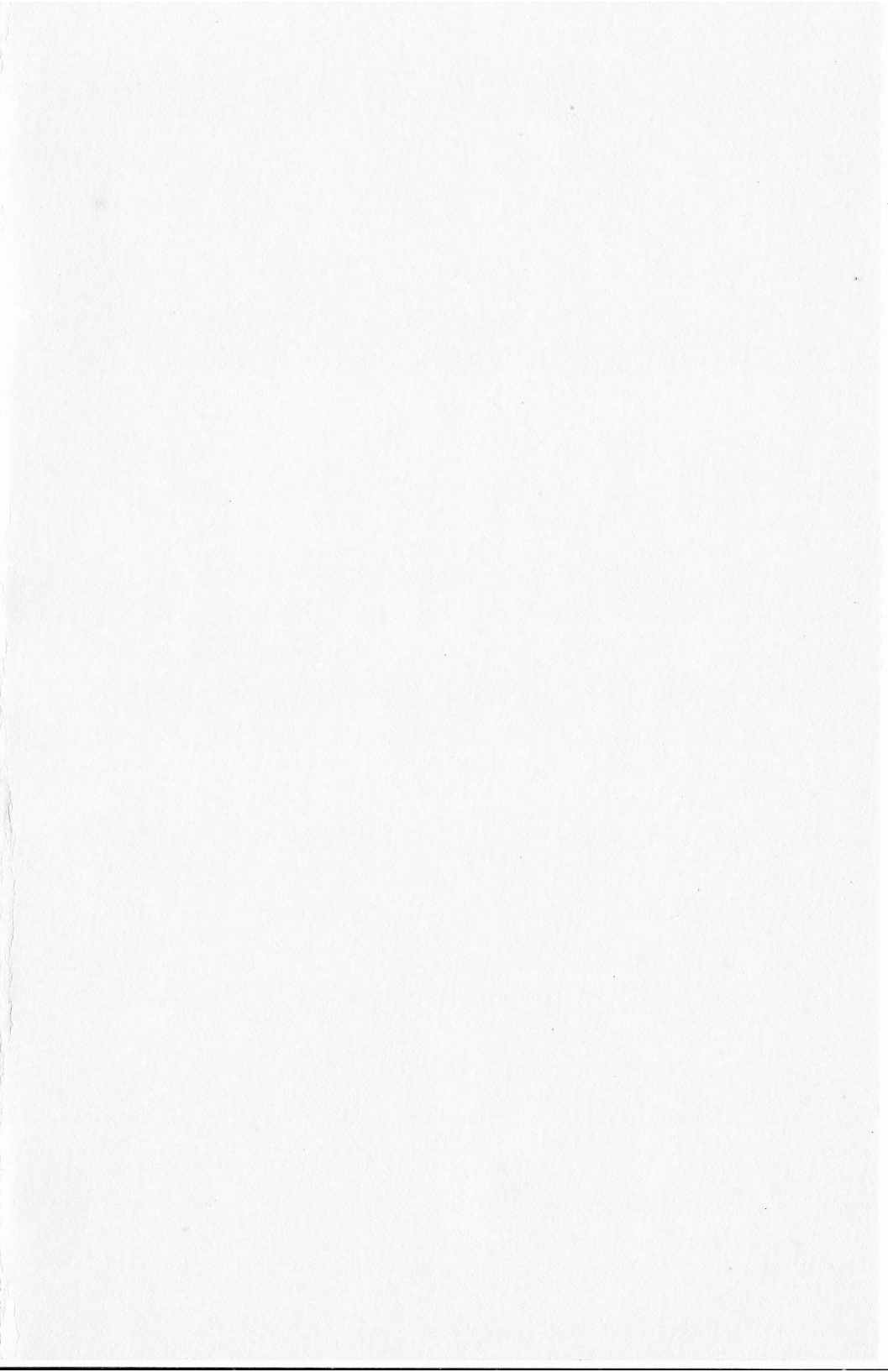
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**BLAZE
BULLETIN**





THE BLUE BLAZE BULLETIN

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TABLE OF CONTENTS

FROM THE CHIEF

B. Banzai 3

NUTRITION PART TWO

B. Banzai & Armadillo 4

KARAKOUMISS

Armadillo 6

BLUE BLAZE BOARD

Armadillo 7

NEXT ISSUE 8

About the cover:

Jeff Goldblum as New Jersey, Peter Weller as Buckaroo
Banzai and Pepe Serna as Reno Nevada.

THE 8TH DIMENSION # 1
IS COMING ON JULY 31ST.

FROM THE CHIEF

We have now published six Bulletins in six months and after an evaluation of our accomplishments we have decided a change is in order. The next issue will mark the start of our new publishing schedule. You will only be receiving issues every other month beginning with issue number seven reaching you in August.

The decision was made based upon several instances, the difficulty and expense of publishing the Bulletin on a monthly basis, the lack of submitted material from you BBI's and the subsequent release of The 8th Dimension.

Another decision made was the necessity of having to charge for the Bulletin. This will be the last issue you receive unless you wish to pay for a subscription to the newsletter, the cost is \$3.00 for six issues. We can no longer afford to send the Bulletin out free and voluntary contributions have been few and far between. We regret this decision but it is a necessary one.

One last note, we are still looking for stories and artwork for The 8th Dimension #1. Submission for the first issue will be accepted through July 15th. The 8th Dimension #1 will be available beginning July 31st, no price has been set yet.

We hope to see you all at Westercon next month.

Arigato,

A handwritten signature in black ink that reads "B. Banzai". The letters are cursive and somewhat stylized, with a large "B" and a long, sweeping underline.

B. Banzai

June 13, 1987

NUTRITION PART TWO

Mineral nutrients are inorganic elements. About fifty occur in animal tissues, but only twenty-three are known to be essential to humans. Below is a partial list of required minerals, important food sources and some of their many functions.

The following six minerals are required in amounts greater than 100 mg/day:

CALCIUM: milk, other dairy products, whole fish, stews with bones and leafy green vegetables. Absorption enhanced by the presence of lactose and vitamin D. Important for bone development and maintenance, blood clot formation and to prevent spasmodic muscle contractions.

PHOSPHORUS: all foods, particularly high in grains. A major bone mineral and required for energy transfer.

MAGNESIUM: whole grains, nuts, beans and leafy green vegetables. Also a bone mineral and involved in the regulation of muscle and nervous system function.

SODIUM: typically added to diet as table salt (sodium chloride) and to most processed foods. Drinking water may also contribute. Also in meats. Sodium regulates the amount of fluid in tissues and blood, also involved in transmission of nerve impulses to muscle.

POTASSIUM: meats, fruits and vegetables, especially potatoes, bananas, dates and citrus fruits. Like sodium, required for fluid balance.

CHLORIDE: major source of table salt. Also involved in fluid balance.

Required in amounts of only a few mg/day:

IRON: meat, egg yolks, nuts dried fruit and green vegetables. Whole grains, enriched bread and cereal are significant because large quantities are eaten. Ascorbic acid (vitamin C) increases absorption of iron from plants. Iron is a component of blood.

IODINE: salt water fish, shellfish and seaweed. Some water supplies and locally grown foods are significant contributors. Also, iodized salt. Iodine is a component of thyroid hormone, a deficiency causes the thyroid to enlarge.

ZINC: meat, liver, eggs, seafood, milk and whole grains. Component of enzyme systems, involved in wound healing, growth and taste acuity.

COPPER: nuts, shellfish, liver, kidneys, raisins, legumes. Copper water pipes and most other foods contribute small amounts. Associated with a variety of enzyme systems.

CHROMIUM: most non-fish animal proteins, whole grain products and brewers yeast. Converts glucose into energy.

MANGANESE: nuts, whole grains, vegetables and fruits. Involved in enzyme systems related to bone structure, reproduction and normal nervous system function.

MOLYBDENUM: beef kidney, some cereals and legumes. Also involved in enzyme systems.

SELENIUM, NICKEL, TIN, VANADIUM & SILICON: these minerals, when withdrawn from animal diets, produce a variety of deficiency symptoms. Implication on humans unknown.

KARAKOUMISS: FERMENTED MARES MILK

The Mongolian steppes have nurtured a nomadic culture since the Stone Age and skilled horsemen for over 3,000 years. Today, directed by the communist government, industrialization has replaced nomadic life for half the population. Yet horses are still required by all, to make karakoumiss.

Called "airak" by the Mongolians, it's drunk by young and old alike. City dwellers have it trucked in from the steppes daily. To make airak, fresh mares milk is poured into rawhide bags and stirred every few hours for about three days. It is served warm in bowls. The taste of the effervescent drink has been described as a cross between buttermilk and champagne.

Some airak is distilled to make "mongol arkhi", a stronger drink. It is also served warm with melted yak butter.

For more information on the Mongolian people and their culture, refer to "Time Catches Up With Mongolia" National Geographic, February 85, Volume 167, Number 2.

BLUE BLAZE BOARD

July 2,3,4,5,6

WESTERCON

Oakland Convention Center &

Hyatt Regency

If you wish to join us for dinner, we will be meeting in the lobby of the Hyatt Regency in Oakland on Friday July 3rd at 7:00 pm.

July 31, August 1,2

TIMECON

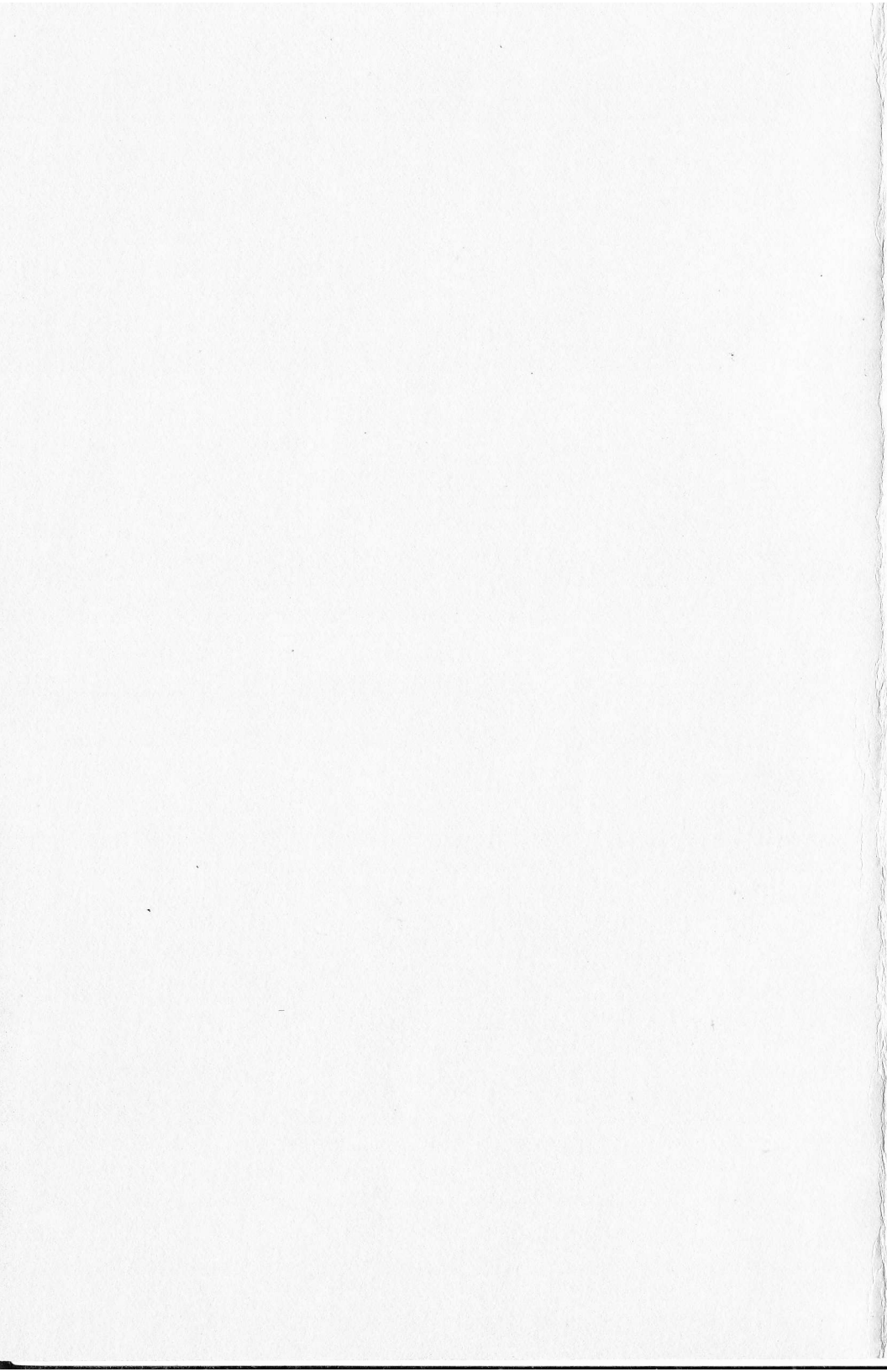
San Jose Convention Center &

Holiday Inn

On Saturday August 1st we will be meeting for an important photograph session and lunch. We would like to stress the importance of this meeting and urge you all to come. We will gather in the courtyard of the San Jose Convention Center at 11:00 am Saturday morning.

NEXT ISSUE:

BANZAI POSTER RETROSPECTIVE



THE FUTURE OF LAW ENFORCEMENT,
THE END OF CRIME

ROBOTOP

