Issue 50 | 2022 November Edition

WISH's Autumn "

How can we enjoy fall in Nakano? Best Fall Activities around WISH

What does fall mean to you? Falling in Love with Fall

Secret recipes for residents! A Peek at What WISH Students Cook in Fall

Through the lens of a resident Photos by Nicholas

Interview article The most Memorable WISH Event Last Semester

Writers: Rin & Kokone Translators: Joan & Mei Designers: Hanna & Lindsay

Best Fall Activities Around WISH!

In this article, we asked five WISH residents about restaurants they often visit in Nakano! There are so many places even an April entry like myself has never heard of! I hope all new September and even April enrollees will visit these places recommended in this article!

[Name] Daichi[Major] Freshman at the School of Commerce[Hometown] Kumamoto Prefecture

[Recommended places, Favorite places to go]

- Butayama (Tokyo, Nakano City, Nakano, 5 Chome, 54-4) : Recommended when you have late-night guilty pleasure cravings.
- Jimbocho Yakisoba Mikasa Nakano (Tokyo, Nakano City, Nakano 5 Chome 57-2, 1F Amuse Nakano Building) : Recommended when you're craving a B-class cuisine that's not ramen nor curry with that familiar flavor of a *shitamachi* yakisoba store.

[Name] Mei[Major] Freshman at the School of Education[Hometown] Saitama Prefecture

[Recommended places, Favorite places to go]

- Gindako in Nakano Shopping Street : A go-to place on the way home from my part-time job! I like the fast service of this shop!
- Standing Sushi Yokocho (Nakano Sun Mall, Tokyo, Nakano City, Nakano 5 Chome, 58-6) : I often dine here since one of my friends works there. Simple yet delicious sushi! I recommended eating while standing because you can get the drinks for half the price!







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[Name] Kiki
[Major] Freshman at the School of International
Liberal Studies
[Hometown] Okinawa Prefecture

Recommended places, Favorite places to go

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- Teshio Gohan Gen (Nakano Sakaue Branch) (Nakano City, 2 Chome, 48-9) : A place to go when you don't have the time to cook or you don't feel like having meals from the *konbini*. What's good about them is the cheap and healthy set meal (*teishoku*). Since the menu will change depending on the season, you will never get tired of it!
 - LOU (5-53-4 Nakano, Nakano-ku, Tokyo): I go to this cafe to hang out and chat with friends. It's close to the station and it's very stylish, so please visit them sometime!





[Name] Naoki[Major] Freshman at the School of Commerce[Hometown] Osaka Prefecture

[Recommended places, Favorite places to go]
Good Morning Cafe : My senior took me here after waking me up early in the morning; their omelet tasted great!

• Teshio Gohan Gen (Nakano Sakaue Restaurant) (Nakano City, 2 Chome, 48-9) : A place I often visit with my friends and seniors. You can even ask for a refill for rice! Recommended when you're looking for a place that reminds you like home.

• If you're going out for groceries, I recommend Seiyu or Tanashi Niku no Takaraya.





[Name] Moeno[Major] Freshman at the School of Commerce[Hometown] Okinawa Prefecture

[Recommended places, Favorite places to go]

• Good Morning Cafe : Recommended when you feel like having a relaxing lunch or dinner.

• Buon Appetito Papa Nakano: The pasta is chewy and delicious! Having lunch there during the weekdays is really affordable!











My Time in Autumn

Questions Asked:

- 1. How to Enjoy autumn
- 2. Where to experience fall to the fullest around WISH?
- 3. Tell us what this autumn's theme is!

Last time, I did not hesitate to share my thoughts on the season of summer, but this time, I will be speaking about the autumn season. To me, autumn had the impression of being melancholic, but through these interviews, I learned that there are many exciting things hidden in this season. For the audience who misses summer, and who are averting their eyes to the reality of the fall semester, let us go discover something we want to do this autumn.

Kosei (Freshman at the School of Advanced Science and Engineering)

- 1. Definitely autumn leaves! Actually, I am originally from Hiroshima, and at the high school I used to attend, you could see Hiroshima Castle from the window. When it becomes autumn, the trees around Hiroshima Castle start to change into beautiful colors. I will never forget that view.
- 2. I am still a first year student, so I don't know Nakano really well yet, but when I moved into the dorm, I distinctly remember that the sakura trees around Nakano Station were very beautiful. So when the leaves on the sakura trees all change color, I think it would definitely be worth seeing.
- 3.I want to run! So I really want to find a good place to do so. I have a hard time waking up in the morning so I am looking for a place that's nice at night. My friends have challenged me to "run a total of 100 kilometers in a month!" However, I think I am going to start with a distance that is easier to keep consistent. Someday, I want to try running in a marathon, so, eventually, I want to be able to run 42,195 kilometers.



[Author's Comments]

Just like me, Kosei is from Hiroshima. The other day, we got really excited over an Okonomiyaki shop in Hiroshima we both frequent! Ah, now that I say this, I really want to eat okonomiyaki...

Haruka (Freshman at the School of Culture, Media and Society)

- Autumn is for mountain climbing! It is a hobby that my family and I have found in the past couple of years. During summer break, we climbed Mount Fuji. If you go climbing in autumn, you can hear the calls of insects, see the trees start to change color, and the overall number of things you can enjoy will increase.
- I had a senior at the dorm told me about a place that looks tasty, so I want to go there sometime. It is a store in Koenji called Imo Pipi, and they have many different sweets made from roasted sweet potatoes! If you happen to be in Koenji, I think it would also be fun to shop for fall clothes at the thrift stores.
- This autumn's theme is cooking and reading! In autumn, there are a lot of seasonal fish, so I want to try making grilled fish. Currently, I made grilled mackerel and it was delicious, so I want to challenge myself to try cooking different types of fish too. In regards to reading, I don't read that often, but this fall, I am interested in self-help books! I want to look for books that look like they could be beneficial in my day-to-day life.





(Author's Comments)

I was amazed when the answer came back as "mountain climbing," as it is in contrast to the calm voice and presence of Haruka! But she showed me a picture of a sunrise and it was stunning. The scenery was truly breathtaking and it made me think that the real thing must be even more spectacular! For me, I should first start to look for my determination to climb.



Mitsuki (Freshman at the School of Political Science and Economics)

- 1. Out of the four seasons, autumn is my favorite season! I feel as if my soul is painted in its bright colors. Because of this, I think my soul is enriched just by being exposed to the fall season. Rather than doing or eating something specific, I am happiest simply being surrounded by autumn.
- 2. Nakano Central Park, of course! One can experience the season changes by being surrounded by nature. To be able to see nature's abundance and the transformation of the tree leaves' colors; Central Park is the best location, don't you think? Honestly, I just want to go there to daydream. The sunshine is nice, you can see beautiful sunsets, and you can easily be happy just by being there.
- 3. A Studying and Exercising Double Feature! When I think of my future, I have a specific certification that I want to receive. Right now, I am working hard to accomplish this goal. Also, in relation to exercising, I wanted to do some running. Recently, I often wake up before 6 A.M. *[Laughs]* So, I think I might as well go jogging in the morning.



(Author's Comments)

I always happen to run into Mitsuki on the second floor of WISH. Until now I had thought, "I wonder why we see each other so often?" But now, I know that he had been diligently studying for his certification! Even after the interview ended, I saw him pull out his textbook right away, and it motivated me to work hard as well. Satoko (Sophomore at the School of Advanced Science and Engineering)

- 1. At my home, it was a tradition to eat chestnut rice every autumn. Though I couldn't eat it with my family last year, they went through the trouble of sending me frozen ones! You can taste the rich flavor of the chestnuts, and it is my number one dish for autumn.
- 2. As expected, it's Nakano Central Park! In autumn, the temperature is nice; don't you think eating lunch or reading a book would be lovely? I particularly like reading fantasy books; there was a time when I was really into Harry Potter and read it often.
- 3. On the same day as the Waseda Festival, at the Nishi-Waseda Campus, Rikoten (Waseda ASE's department festival/circle) will make its debut, and I want it to go well! Usually, we only display posters, but because we have children attending this time, my Rocket Circle will prepare a paper-cup-rocket launching experiment. It is our first attempt at these activities and I am very excited. Currently, I am eagerly preparing, hoping that they will enjoy it.



[Author's Comments]

Before and after the interview, I chatted a bit with Satoko about how her classes are going recently. Believe it or not, it seems like she and her classmates made their own styrofoam! Styrofoam is actually creatable was my discovery of the day.

Lastly, to close this article, I would like to share with you pieces of my autumn.

This is a photo taken last year at Shinjuku Gyoen. It is almost the perfect time to see them this year.

When I was little, I used to love stepping on fallen leaves. I must have loved the crinkling sound and sensation.





Thank you to all the dorm residents who participated in this interview. To the people that read this article, I hope that you can find your own personal autumn as well.

Falling in Love with Fall

The leaves are slowly burning into romantic colors; the air turns crisp and sweet; the weather demands for the comfiest of clothes- autumn's entrance reminds us that a new season has taken place. As autumn is often identified with change, it commonly serves as a landmark for someone who want to make adjustments or improvements in their own everyday lives. Everyone associates different things with this romantic season from pumpkin spice lattes to the beginning of a new semester.

We asked some residents of WISH to share with us their top 3 favorite things when they think of autumn.

Resident's Jessica, Eva, and Jenny had shared with us their favorite things that they felt captured the essence of autumn.



Jessica's Autumn Comfort through Fashion

- 1. Scarves
- 2. Hoodies
- 3. Coats



The Top 3 Natural Sceneries of Autumn for **Eva**

- 1. Osmanthus plant
- 2. The sky
- 3. Falling leaves





Jenny's Top 3 Favorite Personal Experiences

- 1. The Moon Festival at her home town
- 2. The color orange
- 3. The change in the wind as the season passes



Eva had touched on the overall change in ambiance and scenery through the presence of the osmanthus plant and the falling leaves. For Jessica, preparing for the chilly autumn by updating her wardrobe to scarves and hoodies puts her in the warm and snuggly mindset of the season. Jenny, recollecting her personal memories from her home country, was reminded of the moon festival as well as the color orange.

Writers: Xan & Natsumi Translators: Yuha Designer: Marielle

Martina (from TAISI SSS) tells us about her top 3 group activities to do in autumn. She recommends doing these to expand your social circles while creating lasting memories.

1. Onsen

Marty enjoys taking a dip at the onsen to cope with the chilly weather of Japan. Coming from a country of a more tropical climate, the Philippines, she finds comfort in the warm atmosphere of the onsen.

2. Bake with friends

When it's too cold to do outdoor activities she enjoys spending time with her friends through baking. Not only does she get to spend quality time with her peers but she gets a yummy treat after.

3. Thrifting at Koenji

You can explore different parts of Nakano with your friends while collecting stylish outfits. She also enjoys the scenery and charm of Koenji so she often enjoys the occasional walk with her friends.



Josephine (SILS' 26 from Singapore) shares with us her top 3 items that satisfies her creature comforts during the comfy season.



"Anybody else feeling a bit nostalgic during autumn? Get that vintage feel by taking shots with your film camera."

1. Reusable Straw

Jo enjoys beverages like pumpkin spice lattes and coffee during autumn. By using her reusable straws she gets to taste the seasonal flavors of fall while being sustainable.

2. Film Camera

Anybody else feeling a bit nostalgic during autumn? Get that vintage feel by taking shots with your film camera. Josephine believes that the retro style pictures pair well with the warmer colors in the autumn.

3. Nougat

"When it's cold I run out of energy easily. I used to eat nougat walking down the street while I was in the UK, and now I'm never in the mood to eat nougat unless it's a little chilly."

Since the fall semester just started, here are **Yuriko's** (10F, SILS' 26, from the UK) top 3 book recommendations for anyone who wants to expand their knowledge on self-finance and productivity!

1. "*Think and Grow Rich*" by Napoleon Hill

- "Zero to One (Notes on startups or how to build the future)" by Peter Thiel with Blake Masters
- 3. "*The Chimp Paradox: The Mind Management*" by Prof Steve Peter



Joao (3F, SILS' 26, from Brazil) introduces some fall readings - not directly related to the season, but encapsulating its beauty and somber atmosphere:

1. "Norwegian Wood" by Haruki Murakami

The coming-of-age story that launched Murakami into stardom. We follow a dead - although alive - student through his college life and interpersonal relations. A melancholic journey through grief and exploration of a cynic introduction to adult life. A must-read for every university student.

2. "Notes of a Crocodile" by Qiu Miaojin

I think literature is a personal monologue of one's life. The novel serves as Qiu's monologue. It's an intimate diary of her exploration of the female body and desire in our lonely world. She depicts herself as an alien, who, like a crocodile dressed in human clothes, spends her days cautiously interacting with humans. The story is incredibly authentically written in terms of plot and introspection. Every relationship depicted exposes her despair so vividly, as though readers witness them unfolding through a magnifying glass.

3. "*The Murder of Roger Ackroyd*" by Agatha Christie

We follow the detective Hercule Poirot as he investigates a murder in a mansion. The work with perspective here is the best Christie has done. One of the best murder mystery novels ever written, with one of the most interesting Christie twists.





MURAKAMI

Bryan (5F, SPSE' 26, from Singapore) introduces his top 3 anime theme songs reminiscent of autumn vibes:

"I only started watching anime (and listening to anime songs) after I started learning Japanese mid last year. While I still cannot fully comprehend many words in anime series (especially) without subtitles, it's really rewarding to finally be able to understand the overall plot after about 1 year of studying Japanese. I can appreciate the meaning behind the lyrics of anime theme songs too!!



1. Ending song from One Piece Film Red 風のゆくえ)

Autumn is generally associated with chilly and windy vibes, and while the title of this song when translated to English is"direction of the wind", the lyrics mentions themes related to new directions and journeys, which is even more apt since I'm starting my undergraduate studies this autumn.



3. Ending song from Bungo Stray Dogs: Dead Apple movie 僕ら.

To me, autumn represents change. In particular, the line "戦え僕ら今顔を上 げて/新しい僕らになってゆくよ (we fight with our chins up / we'll become new versions of ourselves)" resonates with me."

2. Suzume no Tojimariすずめの戸締まり theme song A new anime by Makoto Shinkai (director of Kimi no Nawa/Your Name) after 3 long years (super hyped after watching his previous 2 anime)! I was hooked after hearing the theme song in a trailer at the cinemas.



Just several weeks ago, we were either dragging our feet to campus under the sweltering summer heat or braving thunderstorms and floods on our way home. Just in time for the new semester, the weather has calmed down; the comfortable combination of the chilling wind and warmth of the sun welcoming us back to campus. It's true that withering leaves don't typically evoke the same excitement one feels when witnessing the blossoming of flora in spring. Yet, for me, the shedding of leaves symbolizes renewal. Whether we are starting a new semester or academic year this fall, we welcome the start of a new chapter together. After all, with the entrance of the new September batch and students who've been unable to enter Japan previously due to COVID travel restrictions, the dorm and school campus seem to have been rejuvenated. The new lively atmosphere almost juxtaposes the typically grim image of fall season. Personally, I'm looking forward to commuting to a campus filled with leaves, walking through the main road leading up to Okuma statue - just like the images I Googled of Waseda University three years ago as motivation to get accepted here (I'm sure many of us have seen the same photos). Wishing everyone an exciting semester!

Cook in Fal

Cooking recipe that dormitory students often use

in autumn

Writers: Amm Translators : Reo & Momo Designer: Shiki

Happy fall to you! Do you have a dish you'd Before you continue reading, there are three seasons just to get the season-change vibes? advanced level recipe for you! Well, I'd like to share a few recommended recipes for this fall!

definitely cook in the fall? To be honest, I recipes listed below. Two of which are easy or don't hahaha. I always just cook based on my should I say beginner-level recipes, and if you feelings. But, isn't it nice to cook based on the want to challenge yourself, there is an

Now, may I present to you!!! *DRUM ROLL*

Easy Peasy Lemon Squeezy Recipe No. 1 **Recipe provided by Haruki**

It's fall. What better to eat than a warm cooked meal of boiled food? Below is a Japanese recipe often cooked by Sugimoto Haruki! I hope you enjoy it.

Nikujaga

Steps

- 1. Cut the potatoes into $\frac{1}{4}$ the original size. Then, cut the carrots into bite-sized pieces. After that, slice the onions and the ginger and cut the pork bellies into shorter strips.
- 2. Wash the shirataki and set it aside.
- 3. Oil the pan with sesame oil.
- 4. Put the pork bellies into the pan and stir until it is cooked.
- 5. Add in potatoes, carrots, onions, and shirataki.
- 6. Stir-fry until the potatoes soften up a little bit, and then add the ginger.
- 7. Stir-fry for a few seconds, add the remaining ingredients, and mix well.
- 8. Cover the pan with a lid, and cook on low heat for 25 minutes until the potatoes and the carrots soften.
- 9. Take off the lid and stir a couple of times, and you are done! Bon appetit!!

It tastes better after a day cause the sauce will seep into the potatoes and carrots.



Chicken Pie

Not As Easy But Not That Hard Recipe No. 2 Recipe provided by me! Although I don't have a fall recipe, I think this will definitely be my fall go-to recipe if I ever have one. (It's good for a picnic!) This is actually my mom's chicken pie recipe, of course, altered to fit a lazy person like me hahaha. The only catch of this recipe is that it takes time, but it is definitely worth it, and easier than any other chicken pie recipe!



Time: 1 hour and 15 minutes			
(15 minutes prepping time +			
1 hour cooking time)			
Serving: 4-6 people			
(again, it depends on your appetite!)			
Ingredients			
big onion (diced)	1		
*canned mushroom soup	1		
*mixed peas ¹ / ₂	cups		
chicken meat (breast meat, cubed)	300g		
frozen pie sheets	3		
water ¹ / ₄ cup (dep	pends)		
salt and pepper add t	to taste		
egg (crack and stir)	1		
big potato (optional, diced)	1		

*The canned mushroom soup (Campbell's) that I usually use can be found in Kaldi! *I got my mixed peas from the FamilyMart in the frozen section

Steps

- 1. Put a little oil in a pot and stir-fry your diced chicken until it is cooked then set them aside.
- 2. Stir fry the diced onions in the same pot until it is a nice transparent color then add your cooked chicken meat, mix peas, and potatoes.
- 3. Stir fry until the potatoes turn a little soft.
- 4. Add in the mushroom soup and slowly add the 1/4 cup of water as you stir everything together and cook on low or medium heat.
- 5. Keep stirring slowly and add salt and pepper to taste.
- 6. Then turn off the heat of your stove, and put your filling into a bakeable container (I recommend using the tiny aluminum trays for pound cakes found in Daiso) evenly.
- 7.Cut your pie sheets slightly bigger than the container or tray and put them on top of the container or tray covering your fillings.
- 8. Preheat your oven to 180 degrees Celsius for 30-35 minutes.
- 9. Wash your egg on the pie sheets, and put them into the oven.
- 10. After 30 or 35 minutes take the pie out of the oven and voila! You have yourself a chicken pie!! 20



Pumpkin pie

Hardcore Level Recipe No. 3 **Recipe provided by Jay**

When you think of fall, it is definitely pumpkins! (Right??) Here we have a very precious recipe by Jay. This recipe is from a special recipe book passed down by his great-grandmother! One of our greatest treasures!

Pie Crust Recipe		
Ingredients		
egg	1	
flour	5 cups	
baking powder	1/2 teaspoon	
salt	1 teaspoon	
brown sugar	4 teaspoons	
lard	1Ib (450g)	
vinegar	3 teaspoons	

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- ift dry the ingredients and work in the lard. 2.Beat 1 egg in a cup, and 3 teaspoons of vinegar and fill the cup to ³/₄ full with water.
- 3. Mix the ingredients in (1) and (2) well.
- 4. Spread the pie crust solution on a tray or so and refrigerate it.

Pumpkin Filling Recipe				
Ingredients				
eggs	3			
cooked pumpkin	1 ½ cup			
brown sugar	1/2 cup			
granulated sugar	¹∕₂ cup			
salt	1/2 teaspoon			
cinnamon	1 ¼ teaspoon			
ginger	1/2 teaspoon			
nutmeg	1/2 teaspoon			
(more than an amount can be harmful,				
so be careful!)				
vanilla	1 teaspoon			
milk	1 ½ cup			

〈Pumpkin Filling 〉

- 1. Combine all your ingredients in a large bowl (or pot or whatever you see fit) and beat with a mixer or blender if you will (at a low speed) for $1 \frac{1}{2}$ minutes.
- 2. Pour your mess into a 9-inch pie shell (or the one you refrigerated) and bake it at 230 degrees Celsius for 15 minutes and 180 degrees Celsius for 45 minutes.
- 3. Serve with whipped cream.
- For a more dense pie, use 2 cups of pumpkin and 1 cup of milk instead
- Cook for 15 + 45 minutes until the toothpick comes out clean
- Although these recipes are separated into two levels, it doesn't mean that one is definitely harder than the other or impossible for you. What you need is to just practice cooking! So I hope you will enjoy these recipes. And well, that is all for the fall recipes! I hope you enjoyed it.
 - And once again, may you have a great fall!

Photos by Nicholas

Designer: Miho



Mirror world



Meiji Sakedaru



Sky tree viewed from Asakusa



The cycling photographer



Backstreets of Nakano

Interview Article

The Most Memorable WISH Event Last Semester



Joao, a WISH resident from Brazil and a SILS freshman, talks about his experiences of attending an official WISH event during the Spring Semester 2022.

Chrisanne: Tell me briefly about yourself.

Joao: I'm quite anxious and I'm quite introverted actually. I always get anxious talking to people and meeting new people. Ever since I came to Japan, into WISH, I've recently managed to interact with people. So I'm quite happy, and I do feel like the environment in WISH and on my floor helps a lot.

Chrisanne: Which floor are you on again? **Joao:** 3rd floor.

Chrisanne: I know you participated in quite a lot of WISH events right? What was the most exciting WISH event you participated in last semester?

Joao: I liked the Night Walk Event a lot. That was pretty fun.

Chrisanne: During the event, we had to walk from Tokyo Station to Odaiba, right? What motivated you to join the event in the first place?

Joao: I did help the RAs with the event. I was a Resident Supporter on paper, technically. At the end of the day I just pretended to help, but it was fun either way. We had a briefing, and during the event, I had to take pictures and pay attention to the routes. I had to make sure the "kids" didn't get lost. Don't get hit by a bus or get on the wrong train.

Chrisanne: One of our teammates knew the routes without looking at the map right? **Joao:** Yeah, he was actually leading us all the time.

Chrisanne: Are there other reasons that motivated you to join the event other than being a Resident Supporter? **Joao:** Yes, I knew it was going to be a popular event and I do enjoy walking actually. Like walking and running. I thought it was definitely going to be a really fun event. I really wanted to go to the beach in Odaiba too. I have seen some pictures of Odaiba and I thought "It should be fun!"

Chrisanne: Is there any particular moment or memory that stands out for you?

Joao: Yeah, I remember one of the members singing a lot and dancing, and she was making us sing and dance as well. That was pretty fun. That was hilarious. Also, I loved the reflection of the water at Odaiba Beach.

Chrisanne: Where did you pass by during the walk? Did you see any Tokyo landmarks?

Joao: We did see Tokyo Tower. We did pass through Ginza. We felt like we did not belong there.



Chrisanne: How long did it take you to arrive at Odaiba?

Joao: I have no clue. Hours and hours.

Chrisanne: During the long walk, did you manage to talk with most of the people on your team?

Joao: I managed to talk to everyone in the group. I knew one of them beforehand, and I had the chance to talk to the other people. We talked about a book that one of the boys was reading.

Chrisanne: — A book? What is it about? **Joao:** It was like a murder mystery. Pretty cool.

Chrisanne: Was there any awkwardness in the group? Joao: No! No! The group was pretty chill.

Chrisanne: How did it feel when you finally arrived at the destination?

Joao: It felt like everything paid off. I remembered that all of us were looking for a toilet when we were near the destination. One of them even jumped over the fence when we finally found one! [Laughs] There weren't any toilets in all of the konbinis we went to!



Chrisanne: Have you been in touch with the people you've met there?

Joao: I feel like I did become really good friends with the two of them. I think they are probably my best friends in WISH. It's really nice.



Chrisanne: What do you have to say to someone who is considering joining future events?

Joao: Just go, go join. Just do everything! If you feel like "Uh, I dunno… I dunno if I'm going to talk to people… I'm anxious," just go! Go and try it! Just try it! Push yourself! It's going to be fine, it's going to work out. If you did go and feel like "It was boring… I didn't make any friends," it's okay, it's okay. Just keep pushing yourself. It's fine! Things always work out.

Contributions

Writers

