

# FLORIDA JUNIOR COLLEGE AT JACKSONVILLE

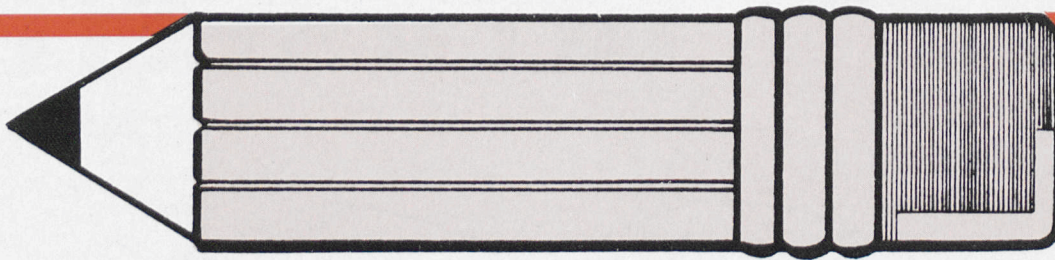


## IN THIS EDITION :

- How To Save Money through Student Activities Discounts To Movie Theatres, Bowling Lanes, Golf Courses, etc.
- A Complete Calendar of FJC Sponsored Concerts featuring Among Others: CHUCK MANGIONE.
- How To Get Discount Tickets To FJC Artist Series Events Including Major Broadway Shows.
- An Intriguing Article On Marking Time Wisely While Choosing A Career.
- Are Health Foods Really Healthy? Check Out the Pros & Cons!

**1980 WINTER\*SPRING\*SUMMER  
STUDENT ACTIVITIES CALENDAR**





# CLASS SCHEDULE

	MONDAY	WEDNESDAY	FRIDAY
8:10A — 9:00A			
9:10A — 10:00A			
10:10A — 11:00A			
11:10A — 12:00P			
12:10P — 1:00P			
1:10P — 3:00P			
2:10P — 3:00P			
3:10P — 4:00P			
4:10P — 5:00P			
5:10P — 6:00P			
6:10P — 7:00P			
7:10P — 10:00P			

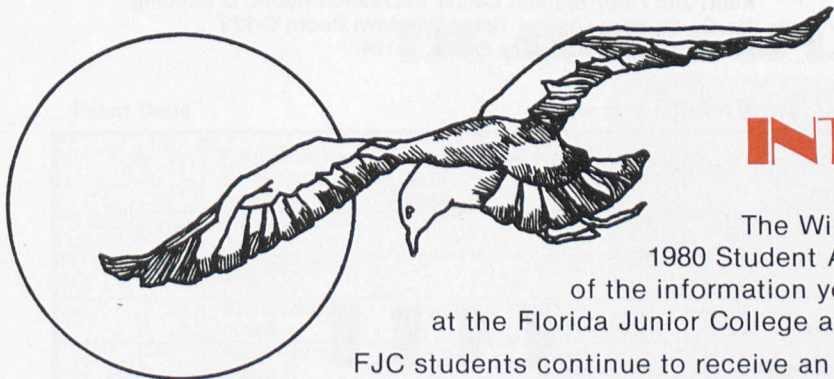
  

	TUESDAY	THURSDAY
8:00A — 9:15A		
9:30A — 10:45A		
11:00A — 12:15P		
12:30P — 1:45P		
2:15P — 3:30P		
3:45P — 5:00P		
5:15P — 6:30P		
7:10P — 10:00P		

NOTE: Your beginning and ending class time may vary from the above time frame.  
Consult the class schedule and your professor and adjust accordingly.



# 1980 WINTER\*SPRING\*SUMMER STUDENT ACTIVITIES CALENDAR



## INTRODUCTION

The Winter-Spring-Summer edition of the 1980 Student Activities Calendar includes much of the information you need to plan an enjoyable stay at the Florida Junior College at Jacksonville (FJC).

FJC students continue to receive an ever growing list of benefits from the Student Activities Division - a list unmatched by any other college or university in the Southeast. Our recreation -discounts for movie theatres, bowling, golf and skating are now good at 45 different locations. You can see major concert artists and Broadway shows at considerable savings over regular box office prices. In addition, intramural activities, intercollegiate athletics and the performing arts organizations are just a few of the many programs available to you.

As you turn the pages make a note of those events and activities you and your family wish to participate in and contact your campus student activities office for tickets and or information. Enhance your stay at FJC and compliment your academic endeavors with FJC's wide variety of co-curricular activities.

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# SUPER DISCOUNTS

From your Student Activities office  
45 places you can go, have a great time and save money, too!

## How do you get tickets?

All discount tickets are available from your Student Activities ticket office.  
Your current term registration I.D. is required.

Downtown: Ticket Booth  
Kent: 2nd Floor Student Center Recreation Room, D Building  
North: Student Lounge Ticket Window, Room C-123  
South: Student Activities Office, C-124

## MOVIES

### DISCOUNTS TO 27 MOVIE THEATRES

#### PLITT SOUTHEASTERN THEATRES

**\$2.00**

Special Admission Tickets generally accepted.

Center	36 West Adams
Edgewood	1199 Edgewood Avenue
Florida	134 E. Forsyth
Kingsley I & II	Kingsley Sq. Shopping Ctr.
Regency I & II	Regency Square
San Marco	1996 San Marco Blvd.

#### EASTERN FEDERAL THEATRES

**\$2.00**

Special Admission Tickets generally accepted.

Some restrictions, but usually will accept  
after 2 week run.

Cedar Hills	Cedar Hills Shopping Center
Northside I & II	9497 Lem Turner Road
Royal Palm I, II & III	751 Atlantic Blvd.
Town & Country I & II	845 University Blvd. N.

#### EASTERN FEDERAL DRIVE-INS

**\$2.00**

Fox I & II	777 Normandy Blvd.
Midway I & II	8808 Beach Blvd.

#### GENERAL CINEMA THEATRES

**\$2.15**

VIP Tickets always accepted — never a restriction.

Expressway Mall	
Cinema I, II, III	8177 Arlington Expressway
Orange Park	
Cinemas I, II, III, IV	Wells Road

## GOLF

### DISCOUNTS TO 6 18 HOLE COURSES AND DRIVING RANGES

#### 18 HOLES

Dunes	11751 McCormick Road	<b>\$4.00</b>
Hyde Park	6439 Hyde Grove Avenue	<b>\$5.00</b>
Jax Beach	South Penman Road	<b>\$4.50</b>
West Meadows	11400 West Meadows Drive	<b>\$3.50</b>

#### DRIVING RANGES

Hyde Park	Hyde Grove Avenue	<b>\$1.00</b>
Akel's Professional	13301 Beach Blvd.	<b>\$1.00</b>

## PUTT- PUTT

Two Games

8200 Beach Blvd. or  
4825 Blanding Blvd.

**\$1.50**

## BOWLING

### DISCOUNTS TO 8 SUPER LANES

#### 3 GAMES AND SHOES

Brunswick-Ramona	6527 Ramona Blvd.	<b>\$1.65</b>
Bowlarama	4073 Phillips Highway	<b>\$1.80</b>
Classic	1838 Cassat Avenue	<b>\$1.80</b>
Gator	4316 Brentwood Avenue	<b>\$1.80</b>
Jax	8550 Arlington Expressway	<b>\$1.80</b>
Plaza	6825 Arlington Expressway	<b>\$1.80</b>

#### 1 GAME AND SHOES

Bowlamerica	11141 Beach Blvd.	<b>\$ .70</b>
Bowlamerica -Mandarin	10333 San Jose Blvd.	<b>\$ .70</b>

## SKATING

Skate Arena  
Skate City

11000 Beach Blvd.  
5133 Soutel Drive

**\$1.25**  
**\$1.00**

Prices subject to change without notice



# MORE SUPER DISCOUNTS

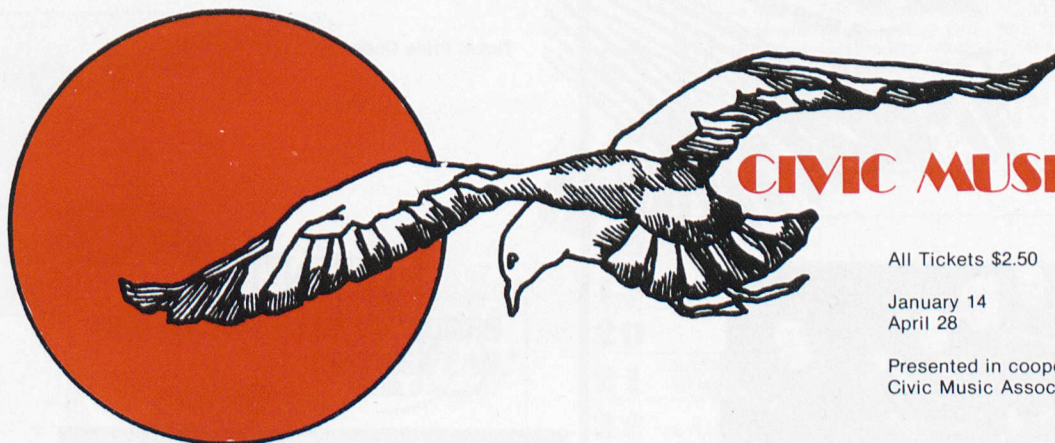
## FJC ARTIST SERIES

### Event Code

### Single Event Ticket Prices

A	Fulltime college credit students — Free	FJC student tickets good only with valid FJC student registration I.D. Limit 2 tickets. Additional available at public prices.				
	Other FJC students \$2.50					
	Public \$5.50					
B	FJC students	\$4.50	\$5.50	\$6.50		
	Public	\$7.50	\$8.50	\$9.50		
C	FJC students	\$2.50	\$3.50	\$ 4.50	\$ 5.50	\$ 6.50
	Public	\$5.50	\$6.50	\$ 7.50	\$ 8.50	\$ 9.50
D	FJC students	\$2.50	\$3.50	\$ 4.50	\$ 5.50	\$ 6.50
	Public	\$6.50	\$7.50	\$ 8.50	\$10.50	\$11.50
E	FJC students	\$3.00	\$4.00	\$ 5.00	\$ 6.00	\$ 7.00
	Public	\$7.50	\$8.50	\$ 9.50	\$11.50	\$12.50
F	FJC students	\$3.50	\$4.50	\$ 5.50	\$ 6.50	\$ 7.50
	Public	\$8.50	\$9.50	\$10.50	\$12.50	\$13.50

Consult the January, February, March, & April calendars for the event code. Tickets available two weeks before each event.



## CIVIC MUSIC SERIES

All Tickets \$2.50

January 14 The Cincinnati Orchestra  
April 28 Roberta Peters

Presented in cooperation with the  
Civic Music Association

## OPERA SERIES

All Tickets \$2.50

February 23-24 Elixir of Love  
May 10-11 Carmen

Presented in cooperation with the  
Opera Company of Jacksonville

## SYMPHONY SERIES

All Tickets \$2.50

January 21-22  
February 4-5  
March 17-18  
May 5-6

Presented in cooperation with the  
Jacksonville Symphony Association



# JANUARY

## Canada's Royal Winnipeg Ballet

artistic director: Arnold Spohr

principals: Bjerknes, Hart, Pelt, Wyckoff  
soloists: Duffy, Peregrine, Slota



with Full Ballet Orchestra

Friday, February 1  
Ticket Price Code - E  
(Tickets now on sale)



TWO SMASHING PERFORMANCES

Ticket Price Code - F



**The  
Claude Kipnis  
Mime Theatre.**  
**You ain't  
heard nothin'  
yet!**

America's premier mime artist

Saturday, January 26  
Tickets Price Code - A

## LIEDER QUARTETT



The LIEDER QUARTETT was formed to explore the rich and neglected field of vocal ensemble music by great classical and modern composers. Truly an international ensemble based in that most international of cities, Paris, the LIEDER QUARTETT, composed of a South American soprano, Swiss mezzo, French tenor and German baritone, have united to present a unique program of vocal music with keyboard accompaniment. The Quartet has performed and appeared at numerous European music festivals, and has three recordings on the Arion/Peters International label including Stereo Review's Record of the month.

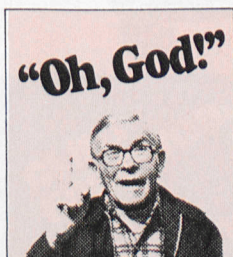
Thursday, January 31

Ticket Price Code - A



JANUARY						
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## FJC FILM SERIES FREE MOVIES THIS MONTH



PG  
© 1977 Warner Bros. & Warner Communications Company

"ONE OF THE BEST PICTURES  
OF THE YEAR"  
TIME MAGAZINE

the  
Goodbye  
Girl

PG



"Melanie Mayron is warm and  
funny, human and lovable."  
—Cosmopolitan

girl  
friends

ALSO...

A Star Is Born  
The Gauntlet  
Mean Streets  
Alice Doesn't Live  
Here Anymore

1	Happy New Year
2	
3	
4	
5	
6	
7	
8	College Credit Classes Begin
9	
10	
11	
12	
13	
14	BASKETBALL - FJC vs Santa Fe C.C. - Col. - 5:00 P.M. CIVIC MUSIC SERIES - The Cincinnati Orchestra - CA - 8:30 P.M. SC Free Movie: Oh God! - Main Aud. 12:15 P.M. TB Tests - SC
15	EUBIE: Broadway Musical - CA - 8:15 P.M. SC Free Movie: Oh God! - 12:30 & 7:00 P.M. KC Free Movie: The Gauntlet - Aud. 12:30 P.M. DC Free Movie: The Goodbye Girl - Rm. 1049 - 1:00 & 5:30 P.M. NC Free Movie: Girlfriends - Aud. - 12:00 Noon DEADLINE: Date to drop classes & receive refund - 7:00 P.M.
16	EUBIE: Broadway Musical - CA - 8:15 P.M. KC Free Movie: The Gauntlet - Aud. 12:15 P.M. DC Free Movie: The Goodbye Girl - Rm. 1049 - 1:00 & 5:30 P.M. NC Free Movie: Girlfriends - Aud. 12:00 Noon
17	
18	
19	BASKETBALL - FJC vs Daytona Beach C.C. - DAG - 7:30 P.M.
20	
21	BASKETBALL - FJC vs Central Fla. C.C. - DAG - 7:30 P.M. SYMPHONY SERIES - CA - 7:30 P.M.
22	SYMPHONY SERIES - CA - 8:30 P.M.
23	
24	
25	
26	CLAUDE KIPNIS MIME THEATRE - CAT - 8:15 P.M.
27	BASKETBALL - FJC vs Lake City C.C. - Col. - 5:00 P.M.
28	SC Free Movie: Mean Streets - Main Aud. 12:15 P.M. SC Free Movie: Mean Streets - Main Aud. - 12:30 & 7:00 P.M. KC Free Movie: Oh God! - Aud. - 12:30 P.M. DC Free Movie: Alice Doesn't Live Here Anymore-Rm. 1049-1:00 & 5:30 NC Free Movie: A Star is Born - Aud. - 12:00 Noon
29	BASKETBALL - FJC vs Valencia C.C. - Col. - 5:00 P.M.
30	KC Free Movie: Oh God! Aud. 12:15 P.M. DC Free Movie: Alice Doesn't Live Here Anymore-Rm.1049-1:00 & 5:30 NC Free Movie: A Star in Born - Aud. - 12:00 Noon
31	LIEDER QUARTETT - CAT - 8:15 P.M.

Code: CA — Civic Auditorium, CAT — Civic Auditorium Theatre, Col. — Coliseum,  
DC — Downtown Campus, KC — Kent Campus, NC — North Campus,  
SC — South Campus, DAG — Douglas Anderson Gym



# FEBRUARY

## SHOW BOAT



Starring.....**FORREST TUCKER**  
Featuring.....**BUTTERFLY McQUEEN**  
Wednesday, February 6  
Ticket Price Code - F

## dizzy gillespie



### 6TH ANNUAL FJC JAZZ FESTIVAL

FEATURING THE.....  
FJC JAZZ-ROCK ORCHESTRA  
Dale Blackwell, Director

Friday, February 8  
Ticket Price Code - A



## The Babes in Toyland

### HOLD ON TO YOUR SEATS

The Family Musical Spectacular of the year...  
featuring over 200 life size puppets plus actors, singers and dancers.  
See the most fantastic special effects since Star Wars!!!

TWO SMASH PERFORMANCES

Ticket Price Code - C

Wednesday, February 20, Thursday, February 21



Flamenco & Classical Guitars

## MANO a MANO

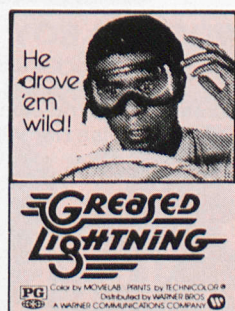
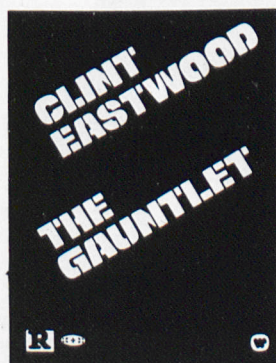
"Mano a Mano" is a Spanish term for a special kind of bullfight in which two great "Toreros" of opposing classical and gypsy schools alternate fighting bulls in order to demonstrate their skills in the two styles. In their program entitled **Mano a Mano**, Anita Sheer and Laurie Randolph explore the differences between flamenco and classical styles of guitar playing, and other styles influenced by them. The artists' commentary, their costumes which underline the contrast in their music, the continuous dramatic changes in musical content, the performers' command of their instruments and rapport with their audiences combine to create this unusual and memorable presentation.

Thursday, February 28  
Ticket Price Code - A



FEBRUARY						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

## FJC FILM SERIES FREE MOVIES THIS MONTH



The story of a kid who believed in himself.



Starring PAUL SORVINO TONY LO BRANCO And RICHARD GERE

## ALSO...

Capricorn One  
Dog Day Afternoon  
The Enforcer  
Malcom X  
Life & Time of Judge Roy Beam

- 1 ROYAL WINNIPEG BALLET - CA - 8:15 P.M.
- 2
- 3
- 4 SYMPHONY SERIES - CA - 7:30 P.M.
- 5 SYMPHONY SERIES - CA - 8:30 P.M.  
MEN'S TENNIS - FJC vs Seminole C.C. - UNF - 1:30 P.M.  
WOMEN'S TENNIS: FJC vs North Fla. C.C -Rolling Hills-1:30 PM
- 6 SHOWBOAT: Broadway Musical - CA - 8:15 P.M.
- 7 FJC/UNF Ski Trip - Sugar Mountain, N.C. - also Feb. 8,9,10  
WOMEN'S TENNIS: FJC vs St. Johns River-Rolling Hills-1:30
- 8 DIZZY GILLISPIE: Jazz Festival - CA - 8:15 P.M.
- 9
- 10
- 11 SC Free Movie: The Gauntlet - Main Aud. 12:15 P.M.  
SC Free Movie: The Gauntlet - Main Aud. - 12:30 & 7:00 P.M.  
KC Free Movie: Greased Lightning - Aud. 12:30 P.M.  
DC Free Movie: Malcom X - Rm. 1049 - 1:00 & 5:30 P.M.  
NC Free Movie: Blood Brothers Aud. 12:00 Noon  
Nelita True, Piano recital - SC Main Aud. 8:15 P.M.
- 12 KC Free Movie: Greased Lightning - Aud. 12:15 P.M.  
DC Free Movie: Malcom X - Rm. 1049 - 1:00 & 5:30 P.M.  
NC Free Movie: Blood Brothers - Aud. 12:00 Noon  
BASKETBALL - FJC vs Seminole - DAG - 8:15 P.M.
- 13
- 14 MEN'S TENNIS: FJC vs Daytona Beach C.C. -UNF-1:30 P.M.
- 15
- 16 BASKETBALL - FJC vs St. Johns River C.C.-Col.5:00 PM
- 17
- 18
- 19 BASEBALL: FJC vs Embry Riddle Univ. - NC - 3:00 P.M.
- 20 THE BABES IN TOYLAND - CA - 7:30 P.M.  
MEN'S TENNIS: FJC vs Santa Fe C.C. - UNF - 1:30 P.M.
- 21 THE BABES IN TOYLAND - CA - 8:15 P.M.
- 22 WOMEN'S TENNIS: FJC vs Jacksonville Univ. -JU-2:00 PM
- 23 BASEBALL: FJC Classic - Newbery, St. Johns River  
Flagler & FJC - 10:30 A.M., 1:00 P.M. & 3:30 P.M.  
OPERA SERIES: Elixir of Love - CAT - 8:00 P.M.
- 24 BASEBALL: FJC Classic - Same times as Feb. 23  
OPERA SERIES: Elixir of Love - CAT 2:00 P.M.
- 25 SC Free Movie:  
Life & Times of Judge Roy Beam-Main Aud. - 12:15 P.M.  
SC Free Movie:  
Life & Times of Judge Roy Beam - 12:30 & 7:00 P.M.  
KC Free Movie: Capricorn One - Aud. 12:30 P.M.  
DC Free Movie: The Enforcer - Rm. 1049 - 1:00 & 5:30 P.M.  
NC Free Movie: Dog Day Afternoon - Aud. 12:00 Noon
- 26 KC Free Movie: Capricorn One - Aud. 12:15 P.M.  
DC Free Movie: The Enforcer - Rm 1049 - 1:00 & 5:30 P.M.  
NC Free Movie: Dog Day Afternoon - Aud. - 12:00 Noon  
MEN'S TENNIS: FJC vs Central Fla. C.C. - UNF - 1:30 P.M.  
WOMEN'S TENNIS: FJC vs Central Fla. C.C. - Deerwood -1:30 P.M.
- 27
- 28 MANO A MANO - CAT - 8:15 P.M.

Code: CA — Civic Auditorium, CAT — Civic Auditorium Theatre, Col. — Coliseum,  
DC — Downtown Campus, KC — Kent Campus, NC — North Campus,  
SC — South Campus, DAG — Douglas Anderson Gym



# MARCH

## IRA LEVIN'S DEATHTRAP



From the author of "Boys From Brazil", "The Stepford Wives" & "Rosemary's Baby"

BROADWAY'S BIGGEST SMASH HIT  
A Comedy... And A "Thriller-Chiller"

"Seeing Deathtrap Is Like A Ride On  
A Good Roller-Coaster When The  
Screams And Laughs Mingle To Form  
An Enjoyable Hysteria!"

Jack Kroll *Newsweek*

Thursday, March 13 Ticket Price Code - D



## chuck mangione

with the....

**Chuck Mangione Quartet**

Plan to buy your tickets early to this one!! Tickets will go fast!!

Saturday, March 22  
Ticket Price Code - B



## THE NATIONAL THEATRE OF THE DEAF

"JOYOUS—STUNNING—FUNNY AND TOTAL"



presents

### THE WOODEN BOY

*The Secret Life of Geppetto's Dummy*

An Adult and sardonic version of Pinocchio that ridicules our folly & exposes our wickedness in a wild Kaleidoscope of comic misadventures

Saturday, March 15  
Ticket Price Code - A



## The Herrick Quartet

The HERRICK QUARTET is a dynamic ensemble of sensitive virtuoso artists that performs from a unique repertoire that spans three centuries. More than eight hundred works have been written specifically for this instrumentation by over two hundred composers. The Herrick Quartet's pre-

sent repertoire included quartets by Johann Christian Bach, Ben-Haim, Boccherini, Copland, Haydn, Hindemith, Mozart, Pleyel, Rossini, and Vaughan Williams.

Thursday, March 20  
Ticket Price Code - A



MARCH						
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16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

## FJC FILM SERIES

### FREE MOVIES THIS MONTH



THE CELEBRATED STORY OF A MAN OBSESSED BY IDEAL BEAUTY.



*Death in Venice*  
 LUCHINO VISCONTI  
 DIRK BOGARDE IN "DEATH IN VENICE" / SILVANA MANGANO  
 PRODUCED BY LUCHINO VISCONTI / GP  
 A Warner Bros. / Kinney Lease Service

## ALSO...

The Goodbye Girl  
 All the Presidents Men  
 Term of Trial  
 Whose Killing All The  
 Great Chefs of Europe

1	
2	
3	BASEBALL: FJC vs Walsh College - NC - 3:00 P.M. MEN'S TENNIS: FJC vs Northern Michigan University - UNF - 1:30 P.M.
4	BASEBALL: FJC vs Rose-Hulman College - NC - 1:00 P.M. WOMEN'S TENNIS: FJC vs Armstrong State - SC - 1:30 P.M.
5	SOFTBALL: FJC vs Lake City C.C. - NC - 3:00 P.M. MEN'S TENNIS: FJC vs Valencia C.C. - UNF - 1:30 P.M.
6	BASEBALL: FJC vs Central Fla. C.C. - NC - 3:00 P.M.
7	
8	MISS FJC PAGEANT: CAT - 8:15 P.M.
9	
10	SC Free Movie: Term of Trial - Main Aud. - 12:15 P.M. MEN'S TENNIS: FJC vs Heideberg College - UNF - 1:30 P.M.
11	SC Free Movie: Term of Trial - Main Aud. - 12:30 P.M. KC Free Movie: A Star is Born - Aud. - 12:30 P.M. DC Free Movie: All The President's Men - Rm. 1049 - 1:00 & 5:30 P.M. NC Free Movie: Whose Killing The Great Chefs of Europe - Aud. 12:00 Noon
12	KC Free Movie: A Star is Born - Aud. 12:15 P.M. DC Free Movie: All The President's Men - Rm. 1049 - 1:00 & 5:30 P.M. NC Free Movie: Whose Killing The Great Chefs of Europe - Aud. 12:00 Noon WOMEN'S TENNIS: FJC vs George Mason Univ. - SC - 1:30 P.M. DEADLINE: Date to apply for Graduation
13	BASEBALL: FJC vs S.E. Illinois C.C. - NC - 1:00 P.M. DEATHTRAP: Broadway Comedy-Thriller-Chiller - CA - 8:15 P.M.
14	WOMEN'S TENNIS: FJC vs Seminole - Deerwood - 1:30 P.M. MEN'S TENNIS: FJC vs Lake Sumter C.C. - UNF - 1:30 P.M.
15	NATIONAL THEATRE OF THE DEAF - CAT - 8:15 P.M. BASEBALL: FJC vs Valencia C.C. - NC - 2:00 P.M.
16	BASEBALL: FJC vs Cleveland State C.C. - NC - 2:00 P.M.
17	SOFTBALL: FJC vs Jacksonville University - NC - 3:00 P.M. S.G.A. ELECTIONS SYMPHONY SERIES: CA - 7:30 P.M.
18	WOMEN'S TENNIS: FJC vs Santa Fe - Deerwood - 1:30 P.M. S.G.A. ELECTIONS SYMPHONY SERIES: CA - 8:30 P.M.
19	MEN'S TENNIS: FJC vs Univ. of Illinois/Chicago - NC - _____ S.G.A. ELECTIONS
20	THE HERRICK QUARTET - CAT - 8:15 P.M. BASEBALL: FJC vs St. Johns River C.C. - NC - 3:00 P.M. WOMEN'S TENNIS: FJC vs Daytona Beach C.C. - Deerwood - 1:30 P.M.
21	BASEBALL: FJC vs Univ. of Akron - NC - 3:00 P.M.
22	CHUCK MANGIONE - CA - 8:15 P.M. BASEBALL: FJC vs Senubike C.C. NC - 2:00 P.M.
23	
24	SC Free Movie: Death in Venice - Main Aud. - 12:15 P.M. SC Free Movie: Death in Venice - Main Aud. - 12:30 & 7:00 P.M. KC Free Movie: The Goodbye Girl - Aud. 12:30 P.M. DC Free Movie: A Star is Born - Rm. 1049 - 1:00 & 5:30 P.M. NC Free Movie: Straight Time - Aud. 12:00 Noon
25	WOMEN'S TENNIS: FJC vs Valencia C.C. - Deerwood - 1:30 P.M. MEN'S TENNIS: FJC vs Wayne State Univ. - UNF - 1:30 P.M. KC Free Movie: The Goodbye Girl - Aud. - 12:15 P.M. DC Free Movie: A Star is Born - Rm. 1049 - 1:00 & 5:00 P.M. NC Free Movie: Straight Time - Aud. 12:00 Noon
26	DEADLINE: Graduation fee of \$10. due for current term
27	
28	MEN'S TENNIS: FJC vs North Fla. C.C. - UNF - 1:30 P.M.
29	
30	BASEBALL: FJC vs Anderson College - NC - 2:00 P.M.
31	MEN'S TENNIS: FJC vs Armstrong State - UNF - 1:30 P.M.

Code: CA — Civic Auditorium, CAT — Civic Auditorium Theatre, Col. — Coliseum,  
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 SC — South Campus, DAG — Douglas Anderson Gym



# APRIL



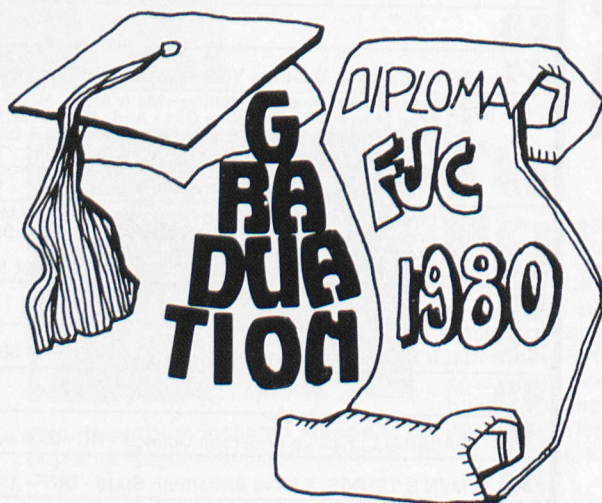
Last season you enjoyed the Preservation Hall Jazz Band. This season join us as we journey up river to Memphis. See and hear some of Memphis' original blues musicians including Memphis Piano Red, Ma Rainey, Furry Lewis and the King Buscuit Boys.

Tuesday, April 15  
Ticket Price Code - A



FJC'S COLLEGE-WIDE SPRING DANCE  
Fantastic Food & Fantastic Music

It's Bigger and Better than the Christmas Dance  
Thursday, April 24  
Ticket Price Code - TBA



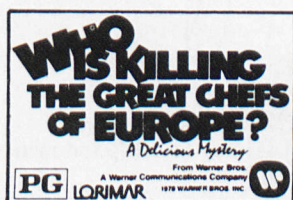
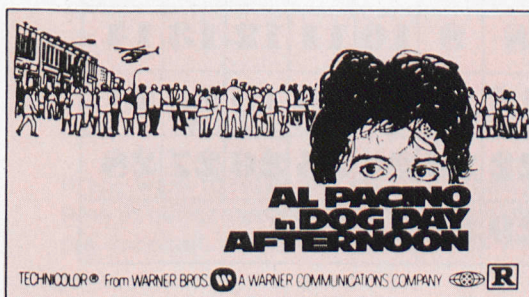
Speaker to be announced

Monday, April 28



APRIL						
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## FJC FILM SERIES SPRING TERM PREVIEW



## ALSO TO COME...

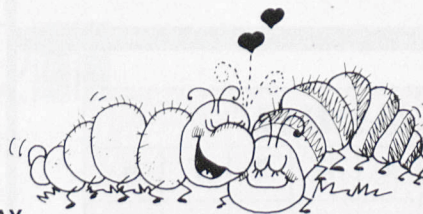
Above two films  
to be shown only  
at the Downtown  
Campus

1	
2	MEN'S TENNIS: FJC vs Eastern Illinois Univ. - UNF - 1:30 P.M.
3	WOMEN'S TENNIS: FJC vs Brevard C.C. Rolling Hills - 1:30 P.M.
4	COLLEGE HOLIDAY - Good Friday BASEBALL: FJC vs Westminster College - NC - 2:00 P.M.
5	BASEBALL: FJC vs N.Y. State Univ. - NC - 2:00 P.M.
6	
7	WOMEN'S TENNIS: FJC vs Jacksonville Univ. - SC - 2:00 P.M. BASEBALL: FJC vs Newberry College - NC - 3:00 P.M. ART ANNUAL EXHIBIT - SC - also April 8,9,10,11
8	BASEBALL: FJC vs South Georgia College - NC - 1:00 P.M.
9	
10	BASEBALL - FJC vs Valencia C.C. - NC - 3:00 P.M. WOMEN'S TENNIS: FJC vs Lake Sumter C.C.-Rolling Hills-1:30 P.M.
11	
12	FJC CHORALE - CAT - 8:15 P.M. TRACK & FIELD - Run For the Stars - NC
13	
14	DEADLINE: Last time to withdraw from a course and receive grade of "W"
15	MEMPHIS BLUES CARAVAN - CAT - 8:15 P.M. BASEBALL — FJC vs St. Johns River C.C. - NC - 3:00 P.M.
16	FINAL EXAMS (Evening) DEADLINE: Last time to withdraw from a course and receive grade of "W"
17	FINAL EXAMS BASEBALL: FJC vs Seminole C.C. - NC - 3:00 P.M.
18	FINAL EXAMS
19	BASEBALL: FJC vs Flagler College - NC - 2:00 P.M. FINAL EXAMS (Saturday classes)
20	
21	FINAL EXAMS
22	FINAL EXAMS
23	DEADLINE: Last time to remove incomplete grade received in corresponding term of 1978-79 academic year
24	SPRING FROLICS DANCE - Thunderbird - 9:00 P.M.
25	
26	
27	
28	GRADUATION: Col. 8:00 P.M. OPERA SERIES: Roberta Peters - CA - 8:30 P.M.
29	
30	

Code: CA — Civic Auditorium, CAT — Civic Auditorium Theatre, Col. — Coliseum,  
DC — Downtown Campus, KC — Kent Campus, NC — North Campus,  
SC — South Campus, DAG — Douglas Anderson Gym



MAY						
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#### MAY

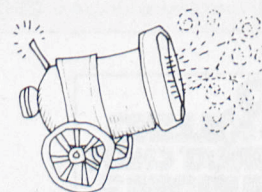
- 2 DEADLINE: Last time to drop cross term classes - 5:00 P.M.
- 5 SYMPHONY SERIES - CA - 7:30 P.M.
- 6 SYMPHONY SERIES - CA - 8:00 P.M.
- 10 OPERA SERIES - Carmen - CAT - 8:00 P.M.
- 11 OPERA SERIES - Carmen - CAT - 2:00 P.M.
- 13 DC Free Movie: Who's Killing The Great Chefs of Europe - Rm. 1049 - 1:00 & 5:30 P.M.
- 14 DC Free Movie: Who's Killing The Great Chefs of Europe - Rm. 1049 - 1:00 & 5:30 P.M.
- 16 DEADLINE: Last day to apply for current term graduation
- 30 DEADLINE: Last day to pay \$10. graduation gee for current term graduation



#### JUNE

- 3 DC Free Movie: Dog Day Afternoon - Rm. 1049 - 1:00 & 5:30 P.M.
- 4 DC Free Movie: Dog Day Afternoon - Rm. 1049 - 1:00 & 5:30 P.M.
- 11 DEADLINE: Last time to withdraw from a course and receive grade of "W"
- FINAL EXAMS
- 12 FINAL EXAMS
- 13 DEADLINE: Last time to remove incomplete grade received in corresponding term of academic year 1978/79
- 16 Summer Term Classes Begin
- 18 DEADLINE: Last time to drop summer term classes - 7:00 P.M.

JUNE						
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#### JULY

- 3 DEADLINE: Last day to apply for current term graduation
- 4 College Holiday
- 18 DEADLINE: Last day to pay \$10. graduation fee for current term
- 30 DEADLINE: Last day to withdraw from a course and receive a grade of "W"
- FINAL EXAMS
- 31 FINAL EXAMS

JULY						
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August 1 Deadline: Last date for removing grade of incomplete received in corresponding term of academic year 1978/79.



# INTRAMURAL RECREATION

## DOWNTOWN CAMPUS

Bill McFarland  
Rm. 1056  
Ph. 633-8210

## KENT CAMPUS

Irene Kehrt  
Rm. D-239D  
Ph. 387-8201

## NORTH CAMPUS

Howard Roey  
Rm. D-119  
Ph. 757-6486

## SOUTH CAMPUS

Mike Gainer  
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Ph. 646-2424

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Basketball  
Softball  
Table Tennis  
Billiards  
Foosball  
Bowling  
Backgammon  
Chess

Golf  
Tennis  
Volleyball  
Weightlifting  
Skating  
Checkers  
Horseshoes  
Frisbee

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If you want to relax and get away from the classroom routine then stop by and spend some of your free time in our gamerooms and student lounges. You can read a magazine, play a game of billiards, table tennis, foosball, chess, backgammon or watch TV on our wide screen.

### Kent Campus

Game Room & Lounge  
D-104 & D239  
Jim Nixdorf

### North Campus

Student Lounge  
C-123  
Tony Williams

### South Campus

Gameroom & Lounge  
N-125  
Wanda Roberts  
Jane Vaill



This article was originally written for an alumni magazine for a four year college. If you are a liberal arts major we believe its appropriate for you. It's not too early to begin evaluating career choices. The Student Development Office on your campus can provide information on careers.

# In Praise of Marking Time Creatively

**Those first years after college may offer your best chance to make some on-the-job experiments, and take a thoughtful look around.**

**BY BRIAN VACHON**

If you hold a recently issued liberal-arts degree, it probably comes as no surprise to you that employers are less than impressed with your diploma. Volumes have been written about it; relatives and placement counselors told you it would happen. From the day you first declared a college major, you probably knew that all those business and engineering students would quickly fill their appointed slots in the working world, while you would be left to grope for a job. Knowing all this, you still chose to stick with a liberal-arts degree.

Fine. You had your reasons. So before you give up and take the nearest job—or let your bleak employment outlook send you scrambling into grad school—consider taking some time off to *build* on the choices you've already made.

As I see it, you have three basic options in those first years after college: You can drop out, you can take a quick plunge, or you can mark time creatively. I strongly advocate this last choice, but I don't dismiss the first two options as absolute mistakes.

For some people, dropping out can be a great experience. You can drop out and hitch across the continent or drop out and

get married or drop out and go to graduate school. What you actually do is not as relevant as *why* you do it. If you steer your life in a particular direction because it seems fairly easy and nothing else holds a great deal of promise or challenge, you're dropping out. Temporarily or permanently, you are living an aimless, day-to-day existence unconnected to any long-term plan.

Choosing the quick plunge may involve similar activities, but your attitude will be very different. Plunging in means gritting your teeth and committing to both a definite path and a clear-cut set of goals. It's that "new seriousness" that the news media attributes to the current flock of college graduates. It's the option which implies that the party is over and it's time to go about the business of becoming self-sufficient, productive, and responsible. This may involve taking a secure job, earning a more practical degree, or even getting married and starting a family. In any case, it's a specific move forward because you feel the time for solid, long-term plans and decisions has arrived.

Either of those first two options can work and work well. But my clear favorite

for the first years after college is Option Number Three—marking time creatively. It's a delicate cross between the first two options that allows a generous amount of learning, luck, and opportunity to help you shape your life plan.

Consider, first, the meaning of the term "marking time." It's what a marching band does when its members move their feet in place, keeping time to the music while waiting for the cue to march ahead. Similarly, marking time in your life does *not* mean doing nothing. It's *not* delay for the sake of delay, or action for the sake of action.

It *is* the process of taking a thoughtful look around, checking out some alternatives, exposing yourself to some new situations, and figuring out how your liberal-arts background fits in. It *is* trying something—almost anything—that might help you test out what you want to do and how you want to live. It *is* actively attempting to glean from each experience whatever it can teach you about how the real world operates.

When you mark time creatively, you can take a few wrong turns and still be heading in the right direction. You can learn as



much from bad experiences as good ones. The bits and pieces that don't fit now may come together later on. Most people make at least three or four career changes during their lives—so there's no reason not to spend some time checking out the territory and being flexible.

Here are some case histories that illustrate the advantages of marking time.

- A young woman with a philosophy degree stayed in her college town and took a job in a flower shop. She was fired because her boss detected in her a massive disinterest in things floral. That's when she took a job as a secretary in a university department of chemistry. To her surprise, she found herself so fascinated by the field that a year later she entered grad school in chemistry, keeping the secretarial job to pay her way until she eventually joined the department as a staff member.

- An English major spent a year traveling to all the cities in which he thought he might like to live. In each place, he took odd jobs to support himself, and spent his free time interviewing with every local company that was currently hiring, learning as much as he could about various opportunities and working conditions. At the end of the year, he decided he would be most comfortable living in the South and working in sales—two conclusions that he could barely have imagined during college. During the next year, he concentrated on looking for a sales job in the South and before long found just the one he wanted.

- A woman with a college minor in plant sciences took a temporary job with Planned Parenthood. Through her work, she became interested in doing therapy and was able to land a job with a local mental-health agency. Still interested in plants, she developed a program of "plant therapy" for her patients. The minor, which was almost an afterthought during college, became the focus for her chosen field of work. All she needed was a little time to let the separate strands of interest and experience come together.

In each of these examples, the graduates followed similar routes. First, they took jobs to support themselves. Few graduates can afford the luxury of spending a year unemployed. And even if they *can*, they shouldn't. This is a time for gathering practical experience, not dust.

Second, each graduate entered the marking-time stage with the idea that it was going to lead somewhere. They didn't expect that a lightbulb would suddenly turn on or something magic would occur—but they knew they wanted something to *happen* during that phase of their lives.

Third, each graduate remained mentally open to all the possibilities—not only those they had thought they *should* pursue, or those they had specifically trained for in college. They actively observed the work people did and the jobs that needed doing—and used those experiences to form their career plans.

Marking time, therefore, does not mean going off into a vacuum. "Some graduates still think they can travel across the country and just kind of get their heads cleared," says Larry Simmons, director of the Center for Career Development at the University of Vermont. "But when that's over, they are back where they started—only the problem has *increased*. That time off has simply been wasted and they've only dropped further behind."

Simmons joins other career counselors in advising graduates to plan what they want to make happen during their time after college. "Make the year profitable," he says. "Be creative. If you are traveling through Europe, visit companies. An art-history student can visit museums and talk with curators. If stocks and bonds interest the graduate, he or she should take time to talk to brokers—both in this country, and

Most people make at least three or four career changes during their lives—so there's no reason not to spend some time checking out the territory and being flexible.

if they are traveling, abroad. Look at the want ads in newspapers. See what jobs are offered and what qualifications are needed. Graduates will find that most people are willing to talk about their jobs. The more information that can be picked up, the better the graduate can feel about the realities of the profession."

"If you do take a year off, that year should be spent on both career and life planning," says John Artise, career development specialist at Adelphi University in New York. "Many students in college today feel that they must know when they graduate what their job will be. But they have no concept of whether that job will fit into a chosen life style. During time after college, if skills are sharpened in the career/life planning process, it will help prevent that common syndrome of feeling that a wrong career has been chosen."

If your degree is in liberal arts, you probably have already been discouraged about job-market possibilities. The day when an arts and letters graduate was the future Ph.D. at colleges and universities is over. With the end of the baby boom went the end of that pipeline into a career in

teaching, and according to estimates, there are only one-tenth as many teaching opportunities as there were just 10 years ago.

But as some opportunities dry up, others open up. I have a friend who is the president of a health-planning consulting agency in Washington, D.C. I recently asked him how many of the dozen people who work for him majored in health planning in college. He was amused. "I'm not even sure people *can* major in health planning to fit the kind of consulting we're doing," he said. "I look for people who can work, people who are well-rounded and willing to learn."

Graduates who do take time to survey the field are often astonished to find out how many employers want to hire liberal-arts majors who have supplemented their college training with the right kinds of skills.

"Today, employers are looking for people with marketable skills," says Richard D. Willemin, director of placement at the University of Notre Dame. "But if they can't get the technologists, engineers, and business majors, they are looking for liberal-arts majors. They find these graduates are better trained in reading and writing skills: The employer can train them in the technical aspects of the job quite quickly."

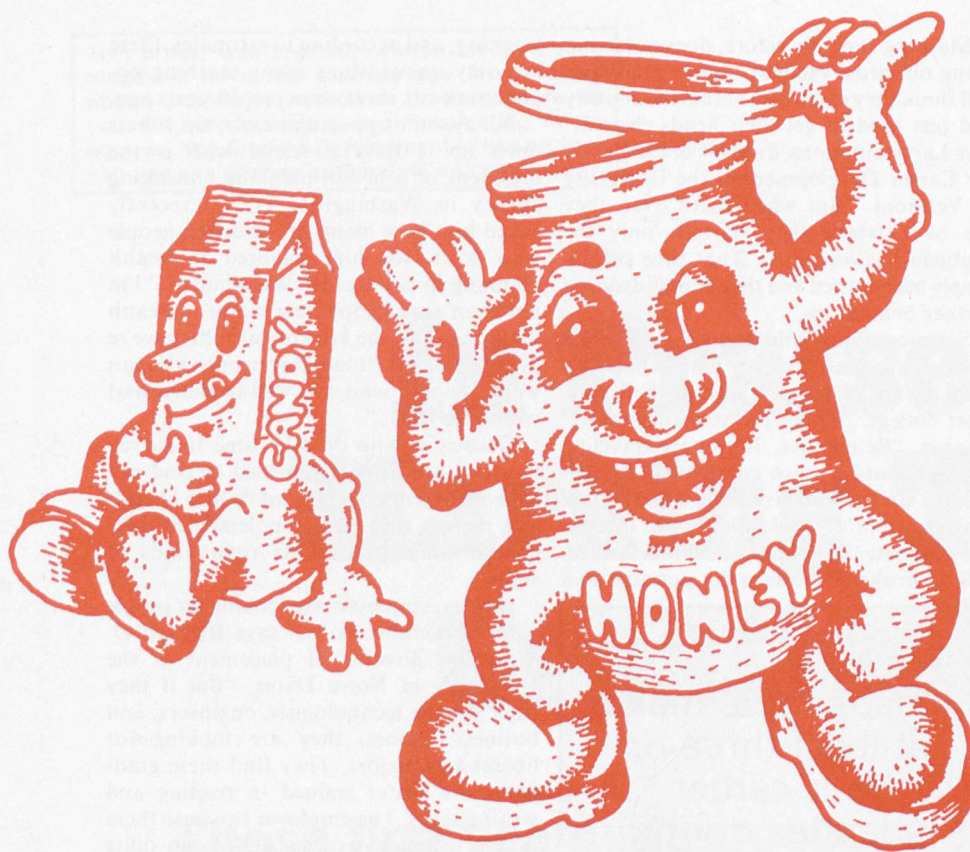
The idea here is that your liberal-arts degree can be a solid base from which to develop both marketable skills and the experience which sets you off from the crowd. "The liberal-arts major can put together a dynamic resume," says Lanna Hagge-Greenberg, director of career planning at Oberlin College. "A good way to do this is through contact and exposure. Test the market. Take your time. There's no set schedule for when you should have come to some definite conclusions about your life."

By taking your time and testing different jobs, you can add some eye-catching items to your resume. When an employer reads that you spent a year as a veterinarian's assistant or a fire-tower attendant or a messenger for a brokerage firm, he's a lot more likely to remember your name. A variety of off-the-beaten-track experiences suggests to many employers you have taken time to get some creative seasoning.

So be creative. Get some seasoning. Take the job you had part time during college and make it full time for a while or find a job that fills your evenings—then fill your days with interviews and conversations with the people who might be able to point you in a promising direction. Take a business course or two, or gain a skill in a technical area. Your degree in liberal arts may not be a passport into any career these days, but why should you look for anything that easy? Sorting things out may *not* be easy—but it's certain to be a rewarding way to spend those first years after college. ■

Brian Vachon is the editor of Vermont Life Magazine.





# How Healthy Is Health Food?

Today's nutrition theories have created a new wave of fads and fallacies about good eating. Here's a look at a few myths and facts.

As the nation jogs away its extra inches—and the echoes of aerobic gasps are heard throughout the land—Americans are taking a more active role in keeping themselves fit and healthy. One big part of this trend is an increased concern about what goes into the food we eat. Consumers are scanning package labels in the supermarket and paying more attention to nutrition than ever before.

Food manufacturers have been quick to cash in on these new shopping patterns by marketing thousands of products marked "natural" and "organic." Meanwhile, books and magazine articles tell us to consume more fiber, less fat, no meat, less sugar, and a vast array of other diet combinations. The result is a new wave of fads and fallacies about good eating. To help clear

away some of the confusion, here's an unadulterated, no-preservatives-added, 100 percent pure look at a few of the controversies surrounding "health foods."

## Getting Down to Terms

First of all, it's essential to recognize that you can find enough scientific evidence in the form of studies, statistics, and surveys to prove any point you choose regarding nutrition. For every argument in favor of natural foods or vegetarian eating, there are equally impressive sources that take the opposite point of view.

The three terms bandied about most when discussing the good-eating movement are "organic," "natural," and "health" foods. Organic food generally indicates edibles grown without pesticides or additives.

Natural food arrives in stores with a minimum of refining and with no additives or preservatives include 1. Health food is the umbrella term for all foods marketed as "good for you." The Federal Trade Commission has declared that this term is misleading in connection with advertising—because foods cannot promise better health.

## The Additive and Dye Debates

As any health food fiend will happily tell you, a major characteristic of natural food is an absence of the additives and dyes that permeate most of the food on our supermarket shelves. Approximately four million pounds of dyes certified as safe by the Food and Drug Administration (FDA) end up in processed food every year. Additives do everything from increasing the nutritional value of a food to enhancing its aroma. Each year Americans reportedly digest an average of nine pounds of additives per person.

Dr. Ben Feingold, chief *emeritus* at the Kaiser-Permanente Medical Center in San Francisco, conducted in-depth studies on the use of food additives. His findings indicate that "additives can cause illness and death and trigger a plethora of reactions ranging from allergies and skin problems to hyperactivity and learning disabilities in children."

The answering argument is that the FDA sets "acceptable" levels of additives that are low enough to prevent humans from experiencing any ill effects. Moreover, additives are necessary to preserve the quality of foods that may sit on supermarket shelves for weeks before being consumed. As Harvard University's Dr. Elizabeth M. Whelan points out, the FDA tests all additives to prove they are both safe and necessary. The agency periodically re-examines all 2,100 additives on its Generally Regarded as Safe (GRAS) list. However, it is worthwhile to note that cyclamates, saccharin, and DES (a hormone in livestock feed that has been shown to cause cancer) were all on that list at one time.

Through the miracles of modern food chemistry, you can now buy preformed meat patties with painted charbroil-like stripes that give them a barbecued look, while candy and cereal come in all colors of the rainbow. Most of these colors are synthetic—usually byproducts of coal tar. The reason for the use of colors is that consumers presumably won't accept products if they are not certain familiar colors. However, an experiment in Washington, D.C., supermarkets, during which people bought maraschino cherries even though they were an undyed yellow, indicated that this may be a myth.

Since 1919, 12 artificial colors have been banned after tests showed they caused cancer or organ damage in lab animals. Red #2, prohibited in 1976, was the most recent to go. Others are still under investigation, and the additive-dye debate remains unresolved.



## The Super Foods

Each season seems to bring a new health-food craze to the fore, with claims of preventing cancer, magically inducing weight loss, or eliminating wrinkles. Here are some facts about the major fads:

- **Fiber.** In 1970, two British doctors reported on an African tribe whose diet contained a large amount of fiber. These people had a very low incidence of cancer or heart disease. In America, on the other hand, fiber was fast disappearing from the average diet. Our consumption of fresh fruits and vegetables declined with the proliferation of convenience foods, canned goods, and fast-food restaurants—while the rate of deaths from cancer and heart disease increased. When this fact was uncovered, high-fiber products began to hit the food market.

There is no doubt fiber is important. The tough fiber cell is not broken down until the final phase of digestion in the large intestine or colon. Here, the moisture that is released aids in the easy elimination of solid wastes, preventing constipation and the accumulation of toxic wastes in the colon. Says an overenthusiastic salesman at the Talking Food Company of Salem, Massachusetts, "Fiber is the fad whose time has come, and the toilet habits of the Western world will never be the same."

To put it mildly, he's overstating the case for fiber. One to two ounces of whole bran should suit your daily needs. A whole-bran cereal is a fine source of fiber, as are all leafy and root vegetables and fresh fruits. Beware the high-fiber claims featured on many cereal boxes and bread wrappers, however. Some of these products contain wood cellulose, a substance that loses all laxative properties on the way down. Read labels carefully.

- **Alternative Proteins.** Steak and potatoes—they're practically part of being a red-blooded American. But in addition to leading the world in per capita consumption of meat, we also blaze a trail in the incidences of cancer, heart disease, obesity, and high blood pressure. The Seventh Day Adventists, who do not eat meat, suffer 40 percent fewer coronary deaths than the rest of the U.S. population. Americans have been brought up to believe that no food contains as complete a complement of proteins as red meat. Yet most of the people on this planet get the majority of their proteins from beans and grains. The key is to eat the right combination of protein foods.

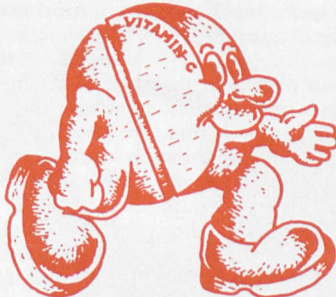
Protein is composed of amino acids, eight of which are essential to the body. Food from animal sources—meat, milk, eggs, cheese, and fish—are complete in all eight. Other forms of protein can be grouped to provide the amino-acid structure your body needs.

In a vegetarian regimen, it's important to complement different foods to get a complete set of proteins. For example, a peanut butter sandwich on whole wheat bread provides a complete array of necessary proteins. In her book *Diet for a Small*

*Planet* (Ballantine, \$1.95), Frances Moore Lappé includes calculation tables to help you combine different foods into meals that include complete protein needs. Some of the most popular alternatives to red-meat protein sources are fish and poultry; soy, lentil, mung and lima beans; chickpeas; and sunflower seeds.

- **Natural Sugars.** It's a term of endearment, what little girls are supposed to be made of, and what most of us are addicted to from an early age. Sugar is now a major ingredient in most processed foods because it absorbs moisture, enhances flavor, and preserves food. Manufacturers claim to use so much sugar because consumers demand it. Yet, they frequently conceal the actual amount of sugar by listing slightly different types of sugars separately on food labels. Corn syrup, dextrose, lactose, maltose, and fructose are some other names for what is essentially sugar.

There is no definitive evidence linking excess sugar in the diet to heart disease or diabetes, but it is most certainly a major cause of tooth decay and obesity. Sugar contains neither proteins nor nutrients; it offers only empty calories.



Many natural-food stores are stocked with "alternative" sugars—honeys of every hue, molasses, brown sugar, and turbinado sugar—which are often touted as healthier and filled with more nutrients. The truth is honey has only traces of vitamin B, calcium, and iron. You'd have to eat 200 tablespoons of honey each day to get the recommended daily allowance of calcium. The late Adelle Davis, an early leader in the natural-food movement, wrote: "Despite the fact honey is a natural sweet, it contains only traces of nutrients and appears to cause tooth decay as quickly as does refined sugar. Persons who are convinced honey is good for them often eat large amounts, gain unwanted pounds, and spoil their appetites for more nutritious foods."

Brown sugar is merely sugar crystals coated with molasses syrup. Raw sugar is banned in the U.S. When partially refined to meet sanitary standards, it's sold as turbinado sugar. While brown and turbinado sugars look healthier because of their color and texture, there are no nutritional differences. The best way to avoid excess sugar is to cut back altogether on refined sugar and satisfy your sweet tooth with fresh fruit.

- **Yogurt.** It's centuries old—mentioned by Hippocrates in his writings, enjoyed by Genghis Khan, and kept in the saddlebags of Cossacks. Only in the '60s did yogurt

win popular appeal in this country as a natural, healthful, and cheap product. Yogurt is a protein-rich, fermented milk food.

However, it is not the complete and perfect food it is often labeled. Researchers at Johns Hopkins gave lab rats only yogurt, which the little fellows avidly lapped up. After six months, the rats developed cataracts, indicating man should not live by yogurt alone. Moreover, fruited yogurt has about 100 more calories than plain yogurt, and sugar is the culprit.

Yogurt is not always the cheapest source of milk proteins, either. Cottage cheese has the same nutrients and partially skimmed milk has more—often at a lower price per ounce of protein. Also, with the glut of yogurts on the market, you need to make sure you're buying a legitimate yogurt (made from live yogurt cultures) and not a puddinglike processed food.

- **Wheat germ.** For those of us reared to beware of germs on drinking glasses, water fountains, and someone else's lollipop, it's strange to find a germ that's good for you. The wheat germ is the kernel or embryo of the grain. It has a complete structure of amino acids so it's a high-protein food, albeit somewhat high in calories. The problem with raw wheat germ, though, is its tendency to go rancid very quickly. Good wheat germ tastes sweet, not harsh or burning, and it must be refrigerated. It's a good topping for yogurt, cottage cheese, fresh fruit, or ice cream.

- **Sea Salt.** It's an established medical fact that too much salt can lead to high blood pressure, glandular problems, and hypertension. More often, nutritionists recommend seasoning food with spices alone and urge keeping salt use to a minimum. Sea salt is almost identical to sodium chloride, or ordinary table salt. It contains traces of some minerals found in the ocean but is no more nutritious.

## Who Really Needs Vitamins?

Vitamins are a major source of controversy between the FDA and vitamin manufacturers. The FDA holds that there are sufficient vitamins present in a balanced diet to render supplements unnecessary. Dr. Paavo Airola, a leading advocate of natural foods, concedes that supplements should not be needed unless one suffers a vitamin deficiency. But Dr. Airola is quick to point out that the food we eat is devitalized by early harvesting and processing. According to Dr. Airola, "The prime purpose of food supplements is to fill in the nutritional gaps produced by faulty eating habits and nutritionally inferior food."

Vitamin companies often aim their ads at maternal guilt, telling mom she'd better give her loved ones vitamins if she *really* loves them. It works. In 1978, Americans spent millions of dollars on vitamin tablets.

The closing line on the vitamin question is that old cliché: It might not help, but a tablet or two every day couldn't hurt. ■

*Jacqueline Kaufman is an editorial assistant for 13-30 Corporation.*



# CHUCK MANGIONE

was born in Rochester, New York, on November 29, 1940. Chuck certainly was not born into a "musical" family: his father ran a grocery store that was attached to the house. Hence, Chuck's formal introduction to music had to wait until he began piano lessons at age eight. Two years later, after scoring well on the Sea Shore musical aptitude test, Chuck was asked to begin playing a band instrument. That week Chuck saw the film, *Young Man With a Horn*, and as a result began trumpet lessons. Although the film has not been the sole influence on his playing, it is interesting to note that Chuck's mellow, laid-back style now on flugelhorn is not unlike that of the film's "star," Bix Biederbecke.

During Chuck's early years, a major influence on his life, and certainly on his music, was the love and warmth of his parents. Chuck explains that his father was "totally committed to us, to his kids." Furthermore, he allowed his sons "to truly be themselves. He never tried to force them into artificial roles of middle-class respectability."

The commitment of Chuck's father proved to be the catalyst for some amazing experiences. Since his sons were interested in music, Chuck's dad would take them to many concerts at a local club.

*And we would go hear somebody like Dizzy Gillespie. Father would walk up to them like he knew them all his life, and he'd say, "Hi, Dizzy! My name is Frank Mangione, these are my kids, they play." And before you'd know it, my father would be talking with this guy, and would invite them over for spaghetti and wine, and we'd wind up having a jam session in the living room.*

A compiled list of those who ate spaghetti and played in the Mangione living room reads like a who's who of jazz in the Fifties: Art Blakey, Kai Winding, Jimmy Cobb, Sam Jones, Junior Mance, Cannonball Adderley, Ronnie Zito, and Ron Carter. During these weekly (and sometimes nightly!) sessions, Chuck's mother, "an inexhaustible natural resource of warmth, love, and giving," would cook for all. One of Chuck's favorite stories tells of a time when he telephoned home saying, "Mom, I'm bringing home 35 orchestra players for dinner in ten minutes." "Fine," she replied, and when they arrived dinner was ready. The love and warmth of Chuck's parents has been an important influence on his music. His album, *Bellavia* (on A&M), is dedicated to his parents.

Of all the musicians to play at the Mangione home, certainly the most influential was Gillespie. Chuck states "I regard him as being my musical father." For when Chuck was only 15-years-old, Dizzy was so impressed with Chuck's playing that he sent him one of his unswept horns. Chuck has high regard for Dizzy's approach: "I admired the fact that he was having a good time with his music. He didn't compromise what he was playing...." This also represents Chuck's musical philosophy. Chuck finds additional parallels in their musical approach: to him Dizzy's music is timeless and unique, both have worked with small, intimate groups as well as larger bands, and Chuck attributes the "African/Latin" flavor in some of his music directly to Dizzy, whom he has always considered a total musician.

By the time Chuck reached high school, he was continuing his studies of trumpet and music theory at the Preparatory Department of the Eastman School of Music, and he was starting to play professionally. "Every kid in high school had a big band instead of a rock band...." But because Chuck was "definitely more into the small group thing," he and his brother, pianist Gap formed a quintet known as the Jazz Brothers in 1958, Chuck's senior year in high school. The Jazz Brothers stayed together until 1964, playing "neo-bebop," according to Gap. Personnel originally included Sal Nistico and Roy McCurdy. Jimmy Garrison, Steve Davis, and Ron Carter also played with the Brothers. The group recorded three albums on the Riverside label: *The Jazz Brothers*, *Hey Baby!*, and *Spring Fever*. In 1962, Chuck cut an album on his own, *Recuerdo*, for Jazzland Records.

From 1958 to 1963, Chuck attended the Eastman School of Music and received a Bachelor of Music degree. Chuck talks of the total absence of jazz at Eastman: "There wasn't anything. There

were a bunch of guys who got together, but there wasn't anything being taught or offered as a course."

Chuck, however, wishes that he had taken more advantage of Eastman. At age 18, he thought he had his life all planned out, and now he keeps "trying to tell young people to stay open to everything." As he entered Eastman, Chuck held the following belief:

*I was gonna be a bebop player in a jazz club. I would have committed anybody to an insane asylum who walked up to me and said, "Pretty soon you're gonna have a chance to conduct the Rochester Philharmonic Orchestra."*

Although his years as an Eastman student were constrained by close-mindedness and a discontent with the lack of a jazz program, many influential events took place at the Rochester conservatory.

Chuck first began playing flugelhorn at Eastman. "They needed somebody to play it, and I decided that it suited my personality; it was darker and mellower than the trumpet." Ever since that time, Chuck has continued to play the flugelhorn.

Also while at Eastman, a classmate asked Chuck to compose a jazz-oriented orchestra piece for his graduation recital. And thus, "Feel of a Vision" was written for one of Chuck's trumpet-playing classmates, Lew Soloff. "Feel of a Vision" is an important piece as it marks Chuck's early experimentation with strings and swing. Equally important is Chuck's contact with Lew, who went on to play trumpet with the original Blood, Sweat & Tears. Lew can be heard playing lead trumpet on *Bellavia*.

After graduation, Chuck taught music for a year in Rochester. In 1965 he decided to move to New York City and freelance, "just to see what could happen." After being nurtured by many jazz greats, Chuck wanted to see if he could make it alone. And he did. Until the end of 1965, Chuck worked with the big-bands of Maynard Ferguson and Kai Winding.

At the end of 1965, Chuck's dream came true. While still in New York City, he was offered the trumpet spot with his "boyhood idol," drummer Art Blakey and the Jazz Messengers. Blakey's sextet, including Freddie Hubbard, Curtis Fuller, and Wayne Shorter, had just broken up and Blakey formed a new quintet featuring Chuck, Keith Jarrett, and (later) Chick Corea. For the next two-and-a-half years, Chuck stayed with the Jazz Messengers and recorded with Blakey on Limelight Records. Chuck speaks glowingly of Art and the experience with the Messengers. The influence of Blakey's "hard-bop," with its African and Latin rhythmic qualities and accessible melodies, can be seen clearly in much of Chuck's music today.

In 1968 Chuck returned to Rochester and, for a while, wrote for the Outsiders, a Cleveland-based Capitol Records rock group. When the group disbanded, Chuck returned to teaching at the Hochstein School of Music in Rochester. Striving to build up jazz education, he set up all-city and all-county high school jazz ensembles and improvisation courses. Chuck brought this same vigor to Eastman, where he returned as a faculty member and directed the Eastman Jazz Ensemble.

*When I arrived, there was only one jazz ensemble. When I left, there was a studio orchestra, a film-writing course, an improvisation course, and three jazz ensembles.*

Strangely enough, this second stay at Rochester was much like the first—somewhat disappointing. Chuck admits that he was narrow-minded as a student:

*But when I came back I realized that the school was thinking in one direction, too. They were cranking out music education majors and would-be symphony players, but teaching jobs are hard to get, and symphony jobs are almost impossible to find.*

Furthermore, the jazz ensemble "didn't have the stature of the school symphony or wind ensemble." Nevertheless, many great events were in store for Chuck during his several years on the Eastman faculty.

As Chuck began to direct the Jazz Ensemble in 1968, he began to think about a quartet. His quartet got its start in 1969 by playing in a Rochester singles bar. Chuck, for the first time, played piano as well as flugelhorn at performances.



Later in 1969, Chuck had the desire to "hear" some music that he had written. Like "Feel of a Vision," the music was scored for orchestra and soloists. So, Chuck personally hired fifty musicians and put on a concert called "Kaleidoscope." The concert was a musical success, a financial fiasco. But "Kaleidoscope" proved to be the biggest break ever for Chuck's career. On the basis of the concert, Tom Iannaccone, manager of the Rochester Philharmonic Orchestra, invited Chuck to guest-conduct the Philharmonic in a concert of Mangione music. The May 9, 1970, concert called "Friends and Love," sold out at the Eastman Theater. The show was videotaped by WXXI, the local educational television station, and has been aired nationally on the Public Broadcasting System.

After the concert, Chuck was astonished by the high quality of the 4-track recording. "I couldn't believe that nobody else was ever going to hear this music!" Unfortunately, the best recording of the concert was made by a four-track, 18-mike tape recorder backing up the WXXI videotape. Nevertheless, Chuck borrowed money from the bank, paid the orchestra, and independently released a two-record set. "The album was never meant to be an album." Record sales boomed in Western New York, and Mercury Records released it and album sales soared. The album came to mean a contract, a 1971 Grammy nomination (Best Instrumental) for "Hill Where the Lord Hides," and a business manager—Tom Iannaccone. Tom continues to serve in this capacity.

For some 20 years, Chuck's musical balloon had been slowly inflating. With *Friends and Love*, the balloon burst wide open. The years from 1970 to 1976 were overflowing with Grammy nominations, successful recordings and concert appearances.

Shortly after *Friends and Love* came two more concepts: "Freddie's Walking" and "Together." The latter concert, as *Friends and Love*, was recorded live with the Rochester Philharmonic Orchestra, videotaped, and shown nationally on PBS. Later, the first quartet album, *The Chuck Mangione Quartet*, was honored with a Grammy nomination for Best Jazz Performance by a Small Group.

The summer of 1972 found the quartet with an invitation to the Montreux International Jazz Festival followed by three weeks of nightly concerts at Ronnie Scott's, a prestigious London jazz spot. The Quartet returned from Europe and immediately released *Alive* in August of 1972. *Alive* was the second solo effort by the Quartet.

The year 1973 produced another live album—*Land of Make Believe*—this time with a jazz ensemble and the Hamilton Philharmonic Orchestra. The album received Grammy nominations for Best Big Band Performance and Best Instrumental Arrangement Accompanying a Vocalist (for the title cut). Chuck's first network television appearance came about as a result of this album. In December, 1974, Merv Griffin asked Chuck to appear on his show. The show was a first in the history of the Griffin show. For Chuck conducted and played the entire version of "Land of Make Believe"—12 minutes of uninterrupted music. Following the Griffin show, Chuck appeared on *The Mike Douglas Show*, *Don Kirshner's Rock Concert*, and *The Howard Cosell Live Show*.

Early in 1975, Chuck released his first A&M album, *Chase The Clouds Away*. Two 1975 Grammy nominations went to this album. The title cut was played as background music during the telecasts of the 1976 Olympic Games. *Record World* named Chuck Mangione 1975's Most Promising Male Jazz Artist.

With the release of Chuck's album *Main Squeeze* in 1976, the stage was set for an even broader scope of personal television appearances including multiple guest shots on *The Tonight Show*, *The Mike Douglas Show*, *The Dinah Shore Show*, *Don Kirshner's Rock Concert*, and *The Merv Griffin Show*. He appeared on *Dick Clark's 25th Anniversary Special* (Chuck played in the Super Band along with the best instrumentalists of our time), the Sugar Bowl halftime ceremonies on New Year's Day 1977 (he conducted and performed with the University of Pittsburgh Marching Band), *The Black Athletes Hall of Fame Awards*, the *Easter Seal Telethon*, the *Las Vegas Entertainment Awards*, an NBC Big Event, and the *Howard Cosell Show*. He's also appeared on three PBS Network shows: *Friends and Love*, *Together*, and *A Day in the Garden*.

To add to his television exposure, Chuck's music was heard on the following programs: *The Dorothy Hamill Special* (theme music), *ABC Super Stars*, *ABC's Wild World of Sports*, *CBS Skiing*, *NBC Tomorrow Show*, and *World Championship Tennis* on WPIX-TV in New York. His work was also featured as background music for the Olympic Telecasts.

All of which led to the *real* winner's circle in music: Chuck won his *first* Grammy Award. Honored at the annual recording industry festivities in Hollywood, Chuck received the Grammy for Best Instrumental Composition for "Bellavia," the title tune from his second A&M album. After seven Grammy nominations it was an especially gratifying experience to win against such talented competition as Stevie Wonder, Earth, Wind & Fire, Chick Corea, Quincy Jones and Henry Mancini.

Chuck insists the key to his hugely successful, platinum-plus album, *Feels So Good*, was in the title. "It was the first recording with my new quartet. There's a looseness to the music, it's not as structured as some of the things we've done in the past, we just let it happen, and I think as a result there's a very positive, very happy number happening in the music." *Feels So Good* consists of six original Chuck Mangione compositions: the chart-topping title cut, "Maui-Waui," "Last Dance," "XIth Commandment," "Hide & Seek (Ready or Not Here I Come)," and "Theme from 'Side Street,'" the new theme he wrote for the CBC-TV series.

To the surpassing joy of longtime Chuck Mangione enthusiasts and to his new legion of fans as well, *Feels So Good*, released in October 1977, was certified as Chuck's *first* gold album in February 1978. By April, the album had been certified platinum and is currently approaching double-platinum status.





# WHO'S WHO IN SGA!



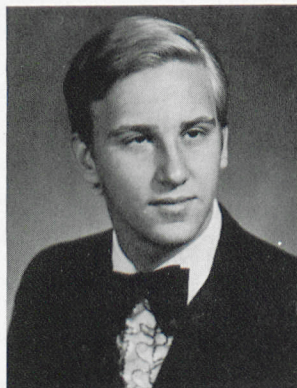
**Rose Aquino**  
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**James Copertino**  
Kent Campus  
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Phone 387-8169

## THE STUDENT GOVERNMENT ASSOCIATION AT FJC

The Student Government Association (SGA) at FJC provides an experience in leadership development. SGA members serve on campus councils, the appeals committee and are charged with the responsibility for making recommendations in order that the college may better serve their fellow students. Two elections are held each academic year. In the fall the Vice President, one of two Campus Council Senators, and apportioned representatives are elected to each campus. In the spring the President, the other Campus Council Senator are elected as well as the apportioned representatives. To qualify students must be enrolled in the college credit division on a fulltime basis (12 hours or more) with a 2.0 G.P.A. The G.P.A. is waived for new students. The deadline to apply for a spring elected position is Wednesday, March 5 at 12:00 Noon. Contact your campus SGA President or Student Activities Director for election guidelines.



**David Ferrari**  
South Campus  
Room N-126  
Phone 646-2284



**Karen Lewis**  
North Campus  
Room C-119  
Phone 757-6465



# WHO'S WHO IN STUDENT ACTIVITIES!

**Collegewide & Kent Campus**  
**Milton A. Russos**  
 District Director, Student Activities  
 Room D-104  
 Phone 387-8373

**North Campus**  
**Jonathan H. Hill**  
 Director, Student Activities  
 Room D-120  
 Phone 757-6486

**Downtown Campus**  
**Bill W. McFarland**  
 Director, Student Activities  
 Room 1056  
 Phone 633-8210

**South Campus**  
**Dorothy M. Preuss**  
 Director, Student Activities  
 Room N-124  
 Phone 646-2272

FORMATION OF  
 A CAMPUS CLUB  
 Contact the Student  
 Activities Director  
 on your campus

## INTERCOLLEGIATE ATHLETICS

Athletic Director Collegewide	Milton A. Russos	KC	387-8373
Athletic Coordinator North	Jonathan Hill	NC	757-6486
Athletic Coordinator South	Lyndle McCurley	SC	646-2274
Baseball — Men	Howard Roey	NC	757-6486
Basketball — Men	Lyndle McCurley	SC	646-2274
	Buster Harvey, Assistant		
Cross Country	Larry Monts	NC	757-6486
Golf — Men	Lyndle McCurley	SC	646-2274
Softball — Women	Doug Cordier	NC	757-6486
Tennis — Men	Doug Eskridge	KC	387-8307
Tennis — Women	Charles Jenks	KC	387-8185
Track & Field — Men & Women	Larry Monts	NC	757-6486
Volleyball — Women	Jessie Stoner	SC	646-2165

## FORENSICS

Advisor	Ozzie Banicki	SC	646-2308
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## PHI THETA KAPPA

Advisor	Henry Moreland	KC	387-8140
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## LITERARY MAGAZINE — The Experience

Advisor	Marilyn DeSimone	KC	387-8196
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## PERFORMING ARTS

Student Activities Division Coordinator	Dorothy Preuss	SC	646-2272
Academic Division Coordinator	Duane Dumbleton	SC	646-2150

## Drama

FJC Players	Sue Moore	SC	646-2224
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## Music — Instrumental

Symphonic Band	Dale Blackwell	SC	646-2010
Jazz-Rock Ensemble	Dale Blackwell	SC	646-2010
Wind Ensemble	Dale Blackwell	SC	646-2010
Community Orchestra	Jon White	SC	646-2010
Brass & Percussion Ensemble	Jon White	SC	646-2010
Trombone Choir	Jon White	SC	646-2010

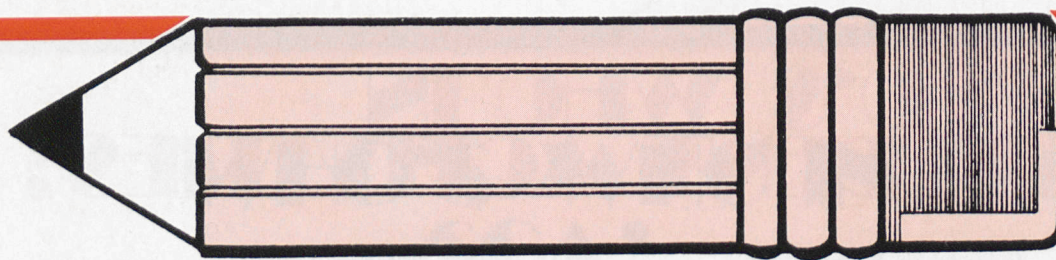
## Music — Vocal

Barbershop Quartet	Don Thompson	SC	646-2027
FJC Chorale	Don Thompson	SC	646-2027
Heritage Singers	Karen Armel	SC	646-2027
Jacksonville Concert Chorale	Karen Armel	SC	646-2027
Jazz Show Choir	Don Thompson	SC	646-2027
Madrigal Singers	Joe Burt	SC	646-2027

## SPECIAL PROJECTS

Artist Series	Milton Russos	KC	
Christmas Dance	Bill McFarland	DC	
Film Series	Jonathan Hill	NC	
Miss FJC Pageant	Dorothy Preuss	SC	
Recreation Discounts	Milton Russos	KC	
Spring Frolics	Bill McFarland	DC	
Talent Variety Show	Jonathan Hill	NC	





# NOTES