

FLORIDA JUNIOR COLLEGE AT JACKSONVILLE

1982 Student Activities Calendar

A guide to campus and college-wide activities
including the FJC Artist Series

Complete listing of home athletic games and matches

Catch a **free film!** — 48 films with 117 showtimes.

FEATURE ARTICLES

The Wary Consumer's Guide To Buying A Stereo

College Stress — A Person Could Develop a Cold...



Winter • Spring • Summer

DIRECTORY

STUDENT ACTIVITIES

Collegewide & Kent Campus

Milton A. Russos
Director of
Student Activities
Room D-104
Phone 387-8373

Downtown Campus

Bill W. McFarland
Director of
Campus Student Activities
Room 1056
Phone 633-8210

North Campus

Jonathan H. Hill
Director of
Campus Student Activities
Room D-120
Phone 757-6486

South Campus

Dorothy M. Preuss
Director of
Campus Student Activities
Room N-124
Phone 646-2272

STUDENT ACTIVITIES CENTER GAME ROOM and/or DISCOUNT TICKET SALES

Mattie Stripling	DC—Ticket Booth	633-8210
Joyce Ruch	KC—D239	387-8184
Michael Harrell	NC—C123	757-6460
Lou Wilmot	SC—N125	646-2272

MUSIC

FJC Chorale	Don Thompson	SC	646-2027
Jax Concert Chorale	Wayne Bailey	SC	646-2027
Jazz-Rock Ensemble	Dale Blackwell	SC	646-2010
Jazz Show Choir	Don Thompson	SC	646-2027
Madrigal Singers	Don Thompson	SC	646-2027
Symphonic Band	Dale Blackwell	SC	646-2010

DRAMA

FJC Players—South	Sue Moore	SC	646-2224
Drama—Kent	Marilyn DeSimone	KC	387-8196

INTRAMURAL—RECREATION

TBA	DC—Rm. 1056	633-8210
Irene Kehrt	KC—Rm. D239d	387-8201
Howard Roey	NC—Rm. D119	757-6486
Mike Gainer	SC—Rm. E101	646-2424

FORENSICS

Coach	Sam Jackson	SC	646-2370
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LITERARY MAGAZINE—The Experience

Advisor	Marilyn DeSimone	KC	387-8196
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PHI THETA KAPPA

Advisor	Henry Moreland	KC	387-8140
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SGA PRESIDENTS

Linda Groover
President
Downtown Campus
Rm. 1054, Ph. 633-8277

Robert Webb
President
North Campus
Rm. C-119, Ph. 757-6465

Renee Biggert
President
Kent Campus
Rm. D239B, Ph. 387-8190

Ken Harris
President
South Campus
Rm. N-126, Ph. 646-2284

ATHLETICS

Collegewide
Merritt B. Romine
Director of Athletics
633-8280

Baseball—Men	Howard Roey	NC	757-6486
Basketball—Men	Lyndle McCurley	SC	646-2202
	Buster Harvey, Assistant		
Cross Country	Larry Monts	NC	757-6374
Golf—Men	Lyndle McCurley	SC	646-2202
Softball—Women	Patsy Page	NC	757-6486
Tennis—Men	Mike Commons	SC	646-2272
Tennis—Women	Charles Jenks	KC	387-8185
Track & Field—Men & Women	Larry Monts	NC	757-6486
Volleyball—Women	Jessie Stoner	SC	646-2165

FLORIDA JUNIOR COLLEGE AT JACKSONVILLE

1982 Student Activities Calendar

INTRODUCTION

The twenty-third edition of the FJC Student Activities Calendar contains a lot of information that will help make your stay at FJC enjoyable.

A complete month by month calendar of most activities that you can see free or at a sizeable discount, the deadlines you need to stay academically abreast, and plenty of room for your own notes, deadlines and happenings.

In addition, there is a complete list of discounts to area movie theatres, bowling lanes, and golf courses.

If you enjoy live theatre and concerts, check out the FJC Artist Series Broadway Season. These events plus other Artist Series attractions supplemented by tickets to the Jacksonville Symphony and other performing arts groups provide you with the best season of entertainment of any college in Jacksonville.

Do you have a talent? Opportunities exist in intercollegiate athletics, the performing arts, intramurals, and student organization leadership roles.

You can get involved simply by stopping by your campus Student Activities Office.

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Winter·Spring·Summer

FANTASTIC DISCOUNTS

MOVIES

EASTERN FEDERAL THEATRES \$ 2.00

*Cedar Hills I & II	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.
Fox I & II	777 Normandy Blvd.
Midway I & II	8808 Beach Blvd.

*Each \$2.00 ticket good for two admissions at these theatres.

GENERAL CINEMA THEATRES \$ 2.15

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

PLITT SOUTHEASTERN THEATRES \$ 2.00

Center	36 West Adams
Edgewood	1199 Edgewood Avenue
Kingsley I & II	Kingsley Sq. Shopping Ctr.
Regency I & II	Regency Square

Price to increase to \$2.25 when current inventory is depleted.

BOWLING

DISCOUNTS TO 8 SUPER LANES

3 GAMES AND SHOES \$ 1.50

Brunswick-Ramona	6527 Ramona Blvd.
Bowlarama	4073 Phillips Highway
Classic	1838 Cassat Avenue
Gator	4316 Brentwood Avenue
Jax	8550 Arlington Expressway
Plaza	6825 Arlington Expressway

1 GAME AND SHOES \$.70

Bowlamerica	11141 Beach Blvd.
Bowlamerica	
—Mandarin	10333 San Jose Blvd.

PUTT-PUTT

Two Games \$ 1.50
8200 Beach Blvd. or 4825 Blanding Blvd.

From your Student Activities office
43 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. You may purchase a maximum of 10 tickets of each company at any one time.

TICKET OFFICE LOCATIONS:

Downtown: Ticket Booth
Kent: 2nd Floor Student Center Recreation Room, D239
North: Student Lounge Ticket Window, Room C-123
South: Student Activities Office, C-124.

GOLF

DISCOUNTS TO 18-HOLE COURSES AND DRIVING RANGES

18 HOLES 4.00

Dunes
11751 McCormick Road
Hyde Park
6439 Hyde Grove Avenue
Jax Beach
South Penman Road
West Meadows
11400 West Meadows Drive

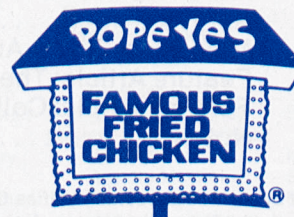
DRIVING RANGE \$ 1.00

Akel's Professional
13301 Beach Blvd.

SKATING

Skate Arena 11000 Beach Blvd. \$1.25

FRIED CHICKEN



FREE large coke with chicken purchase.
Pick up coupons at your
campus Student Activities Office.

Prices subject to change without notice.

MORE FANTASTIC 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 tickets available at public prices.	
	Other FJC students	\$2.50		
	Public	\$5.50		
B	All FJC students	\$2.50		
	Public	\$5.50		
C	All FJC students	\$3.50		
	Public	\$7.50		
D	All FJC students	\$7.50	\$6.50	
	Public	\$9.50	\$8.50	
E	All FJC students	\$ 7.50	\$ 6.50	\$5.50
	Public	\$13.50	\$11.50	\$9.50
F	All FJC students	\$ 7.50	\$ 6.50	\$ 5.50
	Public	\$15.50	\$13.50	\$11.50

Fulltime FJC employees receive same prices as fulltime college credit students

Dates	Events	Event Code
January 9	Children of a Lesser God	F
January 23	Gus Giordano Jazz Dance Chicago	B
February 5	Howard Hanger Jazz Fantasy	A
February 6	Ramsey Lewis	B
February 15	On Golden Pond	C
February 16	Ferrante and Teicher	E
March 12	Ballet West—Billy the Kid	E
March 13	Ballet West—Graduation Ball	E
April 15	The Pirates of Penzance	C
April 16	The Pirates of Penzance	C

Symphony Series

Tickets \$2.50 — Jacksonville Symphony Orchestra

January 18-19 Winner, Van Cliburn International Piano Competition

February 22-23 Judith Blegen, Soprano

March 22-23 The Romeros, Classical Guitar Quartet

Members of FJC Advisory Committees and the FJC Foundation Board of Governors are eligible for reduced price tickets to the FJC Artist Series & Discount Movie Tickets ONLY. Tickets purchased by these two groups are available only from the Director of Student Activities, Kent Campus, Rm. D104, ph. 387-8373.

FILM INSTITUTE



The FJC Student Activities Program *in cooperation with* The Film Institute of Jacksonville *presents*

CINEMA '82

The FJC Student Activities Program in its second year of cooperation with the Film Institute of Jacksonville is proud to present another outstanding season of internationally recognized films, many award winners and many first run films never shown before in Jacksonville.

FJC students plus one guest admitted free with current registration I.D. Fulltime FJC employees plus one guest admitted free with valid I.D.

Public admissions available only from the Film Institute of Jacksonville, phone 743-5531, in a variety of season packages. No single film admissions available for the public.

Kent Campus Auditorium—Tuesdays—7:30 P.M.

January 26—THE LAST METRO—Francois Truffaut (French). A renowned Jewish stage director is forced to hide in the cellar of his theater during the Nazi occupation of France. He is aided by his actress wife (Catherine Deneuve) who must also cope with the advances of a pro-Nazi drama critic. (1980)

February 2—A SMALL CIRCLE OF FRIENDS—Rob Cohen. The upheaval and chaos of the 60s provide the background for three Harvard students who find in each other a lasting relationship of love and friendship amidst the turmoil that surrounds them on campus. Stars Brad Davis (*Midnight Express*) and Karen Allen (*Raiders of the Lost Ark*). (1980)

February 9—PEPPERMINT SODA—Diane Kurys (French). The biggest grossing film in France and winner of that country's Best Film award, the story follows the adventures and misadventures of a French-Jewish schoolgirl from summer to summer in 1963. (1978)

February 16—A DREAM OF PASSION—Jules Dassin. Melina Mercouri and Ellen Burstyn give stunning performances in this contemporary reworking of *Medea*. (1978)

February 23—MOUCHETTE—Robert Bresson (French). An exquisite, deeply-felt tribute to the human spirit. The story of a sensitive young peasant girl brutalized by her environment, the film uses a unique blend of music and image to detail her exaltation and liberation. (1966)

March 2—BLACK MOON—Louis Malle (English and various unknown languages). A surreal trip from the director of *Atlantic City* and *Murmur of the Heart* into a dream world combining elements of *Lolita* and *Alice in Wonderland* with guerilla warfare and talking unicorns. A magic carpet ride. (1975)

March 9—ERASERHEAD—David Lynch. Set in a nightmare landscape, the story concerns a pointy-headed young man with an odd hairdo whose life changes dramatically when his girlfriend gives birth to a premature chicken-baby. A macabre cult classic from the director of *The Elephant Man*. (1977)

March 16—IF...—Lindsay Anderson. Malcolm McDowell stars as a rebellious student in this funny and sometimes shocking portrait of life in an English boarding school. (1969)

March 23—McCABE AND MRS. MILLER—Robert Altman. This compelling, authentic portrait of a mining town in the old West recreates the primitive violence of the times with pure sensual beauty. Warren Beatty is the small-time gambler and Julie Christie is the town madam. (1971)

March 30—PRETTY BABY—Louis Malle. Brooke Shields,

Keith Carradine, and Susan Sarandon star in this tale of love and prostitution in New Orleans' fabled red-light district, Storyville. (1978)

April 6—MON ONCLE D'AMERIQUE—Alain Resnais (French). Winner of the New York Film Critics Award, the film is a very funny comedy about three highly motivated, extremely mixed-up persons. Their dilemmas reveal that human behavior isn't quite as mysterious as we like to pretend it is nor as inevitably controlled by forces other than ourselves. (1980)

April 13—WOMEN IN LOVE—Ken Russell. An absolutely superb translation to the screen of D. H. Lawrence's magnificent novel, the film explores the tense relationships between two sisters and the men who love them. (1969)

April 20—LANCELOT OF THE LAKE—Robert Bresson (French). Set in the last days of the quest for the Holy Grail, Bresson's masterful color photography depicts the bright surfaces of pageantry surrounded by dark, treacherous forests and the twilight tones of a dying age. Winner of the International Critics Prize at Cannes. (1974)

April 27—HAIR—Milos Forman. Forman ably demonstrates that the Age of Aquarius lives on and that the sun still shines in. A follicking, exuberant and joyous film experience. (1979)

May 4—CITY LIGHTS—Charles Chaplin. Considered by many to be Chaplin's masterpiece, *City Lights* is the last of the great silent movies, a perfect blend of drama and comedy. The pathos of the Little Tramp is unrivaled, and the final closeup of Chaplin is one of the most memorable moments in all of film. (1931)

May 11—RETURN OF THE SECAUCUS SEVEN—John Sayles. The film relates the reunion of seven rather disparate people who nevertheless have shared important moments in their lives. A lot of heartache and joy, and it comes with the sincerely-felt warmth of a whole generation—where it has been and where it is going. (1980)

May 18—WILLIE AND PHIL—Paul Mazursky. A light-hearted but revealing look at the lives of two men in love with the same woman (Margot Kidder) and the effect of this relationship on their lives over a period of years. (1980)

May 25—THE HORSE'S MOUTH—Ronald Neame. Alec Guinness adapted the screenplay from Joyce Cary's comic novel and also stars as Gulley Jimson, a somewhat disreputable English artist who is fighting for his slightly tattered soul. (1958)

(Continued on page 7)

FJC FILM SERIES

Twenty-one (21) contemporary films to be shown for a total of ninety (90) screenings. There is no admission charged.



DOWNTOWN CAMPUS
Tuesday & Wednesday
1:00 PM & 5:00 PM

KENT CAMPUS
Wednesday 12:30 PM & 7:30 PM
Thursday 12:30 PM

NORTH CAMPUS
Tuesday & Wednesday
10:00 AM & 12 Noon

SOUTH CAMPUS
Monday & Tuesday
12:30 PM & 7:30 PM

Date	Film	Campus
January 11-12	The Buddy Holly Story	South
12-13	Halloween	Downtown
19-20	Ordinary People	North
20-21	The Jerk	Kent
25-26	Fahrenheit 451	South
26-27	Airplane	Downtown
February 2-3	The Elephant Man	North
3-4	The Deep	Kent
8-9	The Autobiography of Miss Jane Pittman	South
9-10	Mahogany	Downtown
16-17	Foul Play	North
17-18	Blazing Saddles	Kent
22-23	Green Berets	South
23-24	The Elephant Man	Downtown
March 2-3	Escape from Alcatraz	North
3-4	Blues Brothers	Kent
8-9	Sorcerer	South
9-10	The Hunter	Downtown
16-17	Airplane	North
17-18	Gilda Live!	Kent
22-23	Five Easy Pieces	South
23-24	Meatballs	Downtown
30-31	Halloween	North
31-Apr. 1	Psycho	Kent

Film Institute *(Continued from page 6)*

June 1—GAL YOUNG UN—Victor Nunez. Set in the backwoods country of 1920 Florida, it's the unusual tale of an unusual marriage between a no-good womanizing scamp and a woman of property who is old enough to be his mother. (1979)

June 8—EVEN DWARFS STARTED SMALL—Werner Herzog (German). Often compared to Tod Browning's **Freaks**, Herzog's film, cast entirely with dwarfs and midgets, is more uncompromising and relentless, yet funny. Set in a reformatory during an inmate revolt, the film creates a comic, scathing metaphor for our political age. (1968)

June 15—CITY OF WOMEN—Federico Fellini (Italian). Marchello Mastroianni is a dreamer, contemplating his lifelong search for the ideal woman, a creature who, when found, is something of a dilemma. Is she a reward or a punishment? (1981)

June 22—LACOMBE, LUCIEN—Louis Malle (French). This depiction of the amorality of power chronicles a peasant boy's period of adolescence in Nazi-occupied France and his attempts to balance collaboration and patriotism. (1974)

June 29—THE CONVERSATION—Francis Ford Coppola. This small masterpiece boasts and extraordinary per-

formance by Gene Hackman as Harry Caul, a middle-aged surveillance wizard who, in the course of a routine job, stumbles on a murder plot. He then has his conscience and hell to pay. (1974)

July 6—THE KING OF MARVIN GARDENS—Bob Rafelson. From the director of **Five Easy Pieces** and **The Postman Always Rings Twice**, the story of two brothers (Jack Nicholson and Bruce Dern), each seeking the elusive American dream. (1972)

July 13—BUTLEY—Harold Pinter. The famous British playwright directs Alan Bates in this wickedly funny tale of a besotted English professor who finds it impossible to relate intellectually, spiritually, or sexually to anyone, most notably his students. (1975)

July 20—THE MAGIC FLUTE—Ingmar Bergman (Swedish). Bergman's film version of Mozart's famous opera is a beautiful, sunny masterpiece that is the most important popularization of opera yet seen in any medium. (1975)

July 27—LOVES OF A BLONDE—Milos Forman (Czechoslovakian). A funny, touching film about the awkwardness and pathos of post-adolescent love as a beautiful but inexperienced young girl falls in love with a very experienced young musician. (1965)

JANUARY

Gus Giordano Jazz Dance Chicago

Saturday, January 23
Ticket price code B



GET AN EARLY START ON
JAZZ FESTIVAL '82
The Howard Hanger Jazz Fantasy
is the first of 2 great evenings of Jazz
Friday, February 5
Ticket price code A



Saturday, January 9
Ticket price code F

JANUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	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						

FREE MOVIES THIS MONTH

fahrenheit 451



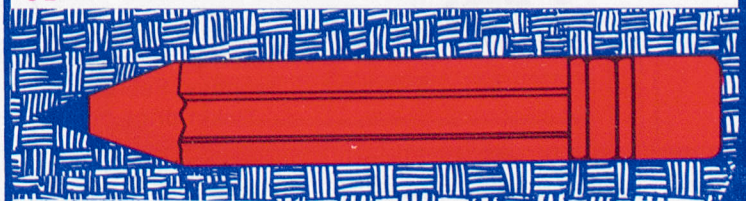
**STEVE
MARTIN** in
The JERK

KENT GALLERY EXHIBIT

"THREADS & REEDS"

The Weaver's Guild
January 11 - 29, 1982

1	
2	
3	
4	
5	
6	Classes begin
7	
8	Intramurals: SC Men's & Women's Basketball Entry deadline Intramurals: NC Basketball Tournament begins
9	Saturday classes begin ARTIST SERIES: Children of a Lesser God, CA, 8:15 P.M. Basketball: FJC vs Valencia CC, SC Gym, 7:30 P.M.
10	
11	Intramurals: SC Men's & Women's Basketball Tournament begins SC Free Movie: The Buddy Holly Story, Aud, 12:30 & 7 PM
12	SC Free Movie: The Buddy Holly Story, Aud, 12:30 & 7 PM DC Free Movie: Halloween, Aud, 1 & 5 PM DC Free Movie: Halloween, Aud, 1 & 5 PM DEADLINE for dropping courses, 7 PM Basketball: FJC vs Santa Fe CC, SC Gym, 7:30 PM Intramurals: DC Free Bowling Tournament, entry deadline Intramurals: DC Basketball (Shop) Three-On-Three Entry deadline
13	
14	
15	Special Event: Martin Luther King Day Program, Rev. C. B. Dailey, Speaker, 10:10 AM, NC Aud.
16	
17	Intramurals: DC Free Bowling Tournament begins
18	Intramurals: DC Basketball (Shop) Three-On-Three begins Intramurals: SC Bowling Tournament, sign up through Jan. 20th. Jacksonville Symphony, CA, 7:30 PM
19	NC Free Movie: Ordinary People, Aud., 12:30 & 7:30 PM Jacksonville Symphony, CA, 8:30 PM
20	KC Free Movie: The Jerk, Aud., 12:30 & 7:30 PM NC Free Movie: Ordinary People, Aud., 12:30 & 7:30 PM Basketball: FJC vs Daytona Beach CC, SC Gym, 7:30 PM
21	KC Free Movie: The Jerk, Aud, 12:30 PM
22	Intramurals: KC Table Tennis entry deadline Intramurals: KC 3-Player Basketball entry deadline Intramurals: KC Tennis Doubles entry deadline
23	ARTIST SERIES: Gus Giordano Jazz Dance Co., CAT, 8:15 PM Basketball, FJC vs St. Johns River Jr. College, SC Gym, 7:30 PM
24	Basketball: FJC vs Lake City CC, SC Gym, 7:30 PM SC Free Movie: Fahrenheit 451, Aud., 12:30 & 7 PM Intramurals: KC 3-Player Basketball begins Intramurals: NC Billiards Tournament begins, 12 Noon Intramurals: NC Chess Tournament begins, Student Lounge Intramurals: SC Bowling Tournament begins Intramurals: KC Table Tennis begins Intramurals: KC Tennis Doubles begins
25	
26	SC Free Movie: Fahrenheit 451, Aud, 12:30 & 7 PM DC Free Movie: Airplane, Aud, 1 & 5 PM Film Institute: The Last Metro, KC Aud., 7:30 PM
27	DC Free Movie: Airplane, Aud., 1 & 5 PM
28	
29	Special Event: Elaine Silver concert, NC Aud., 11:30 AM Basketball: FJC vs Central Fla. CC, SC Gym, 7:30 PM Women's Tennis: FJC vs University of West Fla. SC, Noon Men's Tennis: FJC vs University of West Fla.
30	
31	



Code: CA - Civic Auditorium; CAT - Civic Auditorium Theatre; Col. - Coliseum;
DC - Downtown Campus; KC - Kent Campus; NC - North Campus,
SC - South Campus

FEBRUARY



FERRANTE & TEICHER

Tuesday, February 16
Ticket price code E



ON GOLDEN POND

Monday, February 15
Ticket price code C

Jazz Festival '82



RAMSEY LEWIS

with the
FJC Jazz-Rock
Ensemble,
Dale Blackwell,
Director

Saturday,
February 6
Ticket price
code B



"HATS"

A tribute to Harriett Tubman

Saundra Dunson Franks
portrays
Harriett Tubman
as part of FJC's
Black History Month Celebration

Thursday, February 11
Admission Free

FEBRUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

FREE MOVIES THIS MONTH



Paramount Pictures presents

Diana Ross
in
Mahogany

Goldie Hawn
Chevy Chase

Foul Play



A PARAMOUNT PICTURE



KENT GALLERY EXHIBIT

"AFRICAN SCULPTURE"

Museum of Arts & Sciences

February 9 - 26, 1982

- 1** Intramurals: DC Electronics Games Tournament entry deadline
- 2** NC Free Movie: Elephant Man, Aud., 10 AM & 12 Noon
Intramurals: NC Co-ed Free Throw begins 12 Noon, Patio
Film Institute: A Small Circle of Friends, KC Aud., 7:30 PM
- 3** NC Free Movie: Elephant Man, Aud., 10 AM & 12 Noon
KC Free Movie: The Deep, Aud., 12:30 & 7:30 PM
- 4** KC Free Movie: The Deep, Aud., 12:30 PM
Special Event: American Chamber Trio, SC Aud., 8:15 PM
Women's Tennis: FJC vs Valdosta State, SC, Noon
Men's Tennis: FJC vs Valdosta State
- 5** ARTIST SERIES: Howard Hanger Jazz Fantasy, CAT, 8:15 PM
Intramurals: KC Bowling Tournament entry deadline
Intramurals: KC Doubles Table Tennis entry deadline
Intramurals: KC Tennis Singles, entry deadline
Intramurals: DC Electronics Games Tournament begins
- 6** ARTIST SERIES: Ramsey Lewis, CA, 8:15 PM
Intramurals: NC Free Bowling begins, Gator Lanes
Basketball: FJC vs Seminole CC, SC Gym, 7:30 PM

7

SC Free Movie: Autobiography of Miss Jane Pittman, Aud., 12:30 & 7 PM
Intramurals: SC Billiard Tournament, sign up through Feb. 12th
Intramurals: NC Shape Up Times, begins 1 PM, Fitness Trail
Intramurals: NC Acey Ducey Tournament begins, Student Lounge
Intramurals: NC Bowling Tournament begins
Intramurals: KC Doubles Table Tennis begins
Intramurals: KC Tennis Singles begins

8

SPECIAL EVENT: Gary Wolf, pianist, SC Aud., 8:15 PM
Saundra Dunson Franks residency, Campus TBA
SC Free Movie: Autobiography of Miss Jane Pittman, Aud., 12:30 & 7 PM

9

DC Free Movie: Mahogany, Aud., 1 & 5 PM
Film Institute: Peppermit Soda, KC Aud., 7:30 PM
Men's Tennis: FJC vs Valencia CC

10

Piano workshop with Gary Wolf, SC Aud., 9:15 AM - 1 PM
DC Free Movie: Mahogany, Aud., 1 & 5 PM
Intramurals: NC Volleyball Tournament begins 12 Noon, patio
Intramurals: DC Free Bowling Tournament entry deadline
Saundra Dunson Franks residency, Campus TBA

11

Saundra Dunson Franks residency, Campus TBA
Saundra Dunson Franks in "A Tribute to Harriett Tubman," KC Aud., 8:15 PM
Ski Trip, Boone, N.C. through Feb. 14th.
Men's Tennis: FJC vs JU

12

Intramurals: KC Chess Tournament entry deadline
Intramurals: KC Billiards Tournament begins
Intramurals: KC Backgammon Tournament begins
Intramurals: KC Checkers Tournament entry deadline
Intramurals: KC Horseshoes Tournament entry deadline

13

14

Intramurals: DC Free Bowling Tournament begins
Intramurals: DC Table Tennis Tournament, entry deadline
Intramurals: DC Backgammon Tournament, entry deadline
Intramurals: KC Chess Tournament begins
Intramurals: KC Billiards Tournament begins
Intramurals: KC Backgammon Tournament begins
Intramurals: KC Checkers Tournament begins
Intramurals: KC Horseshoes Tournament begins
ARTIST SERIES: On Golden Pond, CAT, 8:15 PM

15

ARTIST SERIES: Ferrante & Teicher, CA, 8:15 PM
NC Free Movie: Foul Play, Aud., 10 AM & 12 Noon

16

Baseball: FJC vs Santa Fe CC
Film Institute: A Dream of Passion, KC Aud., 7:30 PM

17

Special Event: Fla. A & M University Stage Band & Vocal Ensemble, NC Aud., 11 AM
NC Free Movie: Foul Play, Aud., 10 AM & 12 Noon
KC Free Movie: Blazing Saddles, Aud., 12:30 & 7:30 PM
Intramurals: SC Billiards Tournament begins

18

KC Free Movie: Blazing Saddles, Aud., 12:30 PM
Intramurals: DC Backgammon Tournament begins
Special Event: Wintergreen, SC, 12:30 PM

19

FJC Players in "Four In A Garden," SC Aud., 8:30 PM
Intramurals: KC Foosball Tournament, entry deadline
Intramurals: DC Table Tennis Tournament begins

20

FJC Players in "Four In A Garden," SC Aud., 8:30 PM

21

Intramurals: KC Foosball Tournament begins
Intramurals: DC Checkers Tournament entry deadline
Intramurals: SC Chess Tournament sign up through Feb. 26th
SC Free Movie: Green Berets, Aud., 12:30 & 7 PM
Jacksonville Symphony, CA, 7:30 PM

22

Baseball: FJC vs St. Johns River Jr. College
Intramurals: KC Bowling Tournament score deadline
SC Free Movie: Green Berets, Aud., 12:30 & 7 PM
DC Free Movie: Elephant Man, Aud., 1 & 5 PM
Film Institute: Mouchette, KC Aud., 7:30 PM
Jacksonville Symphony, CA, 8:30 PM

23

DC Free Movie: Elephant Man, Aud., 1 & 5 PM
Men's Tennis: FJC vs FAMU
Blood Bank: SC, 9 AM - 2 PM

24

FJC Players in "Four In A Garden," SC Aud., 8:30 PM
Intramurals: DC Checkers Tournament begins
Men's Tennis: FJC vs Seminole CC

25

FJC Players in "Four In A Garden," SC Aud., 8:30 PM
Intramurals: NC Free Skating Party begins, Roller Drome

26

FJC Players in "Four In A Garden," SC Aud., 8:30 PM
Baseball: FJC vs Ohio Northern University
Softball: FJC vs Fletcher high School

27

28

Baseball: FJC vs Vincennes University

Code: CA - Civic Auditorium; CAT - Civic Auditorium Theatre; Col. - Coliseum;
DC - Downtown Campus; KC - Kent Campus; NC - North Campus,
SC - South Campus

MARCH



Bruce Marks, Artistic Director
TWO DIFFERENT PERFORMANCES

Friday, March 12
features

Billy the Kid

Ticket price code B



Ballet West



Saturday, March 13
features

Graduation Ball

Ticket price code B

SGA ELECTIONS

March 10 Application Deadline 5 p.m.

March 15, 16, 17 Elections

Miss FJC Pageant

with Miss Dean Herman
Miss Florida, 1981 as
Mistress of Ceremonies
Saturday, April 3
Admission Free



MARCH

S	M	T	W	T	F	S
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21	22	23	24	25	26	27
28	29	30	31			

FREE MOVIES THIS MONTH

JACK NICHOLSON
FIVE EASY PIECES

MEATBALLS

GILDA
live

KENT GALLERY EXHIBIT

Artist: Ken Creamer

Award Show — Crown Craftsmen

March 8 - April 2, 1982

- 1** Baseball: FJC vs Ohio Northern University
Softball: FJC vs Central Florida
Intramurals: SC Chess Tournament begins
- 2** NC Free Movie: Escape From Alcatraz, Aud., 10 AM & 12 Noon
Film Institute: Black Moon, KC Aud., 7:30 PM
Women's Tennis: FJC vs Central Fla. CC, SC, 1:30 PM
Baseball: FJC vs Liberty Baptist College
Softball: FJC vs Valencia CC
Men's Tennis: FJC vs Central Fla.
- 3** NC Free Movie: Escape From Alcatraz, Aud., 10 AM & 12 Noon
KC Free Movie: Blues Brothers, Aud., 12:30 & 7:30 PM
Chumbley & Irek, Piano Duo, Lecture/Demonstration, SC, 10:30 & 11 AM
Chumbley & Irek, Piano Duo, concert, SC Aud., 8:15 PM
KC Free Movie: Blues Brothers, Aud., 12:30 PM
Men's Tennis: FJC vs Campbell University
- 4** Intramurals: KC Softball - 2 Pitch, entry deadline
Baseball: FJC vs University of SC at Aiken
Men's Tennis: FJC vs Appalachian State University
- 5** Baseball: FJC vs Seminole CC
Men's Tennis: FJC vs Guilford College
- 7** Baseball: FJC vs Walsh College
- 8** SC Free Movie: Sorcerer, Aud., 12:30 & 7 PM
Intramurals: KC Softball - 2 Pitch begins
Baseball: FJC vs Marianna College
- 9** SC Free Movie: Sorcerer, Aud., 12:30 & 7 PM
DC Free Movie: The Hunter, Aud., 1 & 5 PM
Intramurals: DC Bass Tournament entry deadline
Film Institute: Eraserhead, KC Aud., 7:30 PM
Women's Tennis: FJC vs Santa Fe CC, SC, 2 PM
Baseball: FJC vs St. Johns River Jr. College
Softball: FJC vs Lake City CC
Men's Tennis: FJC vs Santa Fe CC

- 10** DC Free Movie: The Hunter, Aud., 1 & 5 PM
Baseball: FJC vs Lakeland College
- 11** Men's Tennis: FJC vs Daytona Beach CC
DEADLINE for applying for graduation for the current term, 5 PM
ARTIST SERIES: Ballet West, CA, 8:15 PM
- 12** Intramurals: KC Golf Tournament, entry deadline
Women's Tennis: FJC vs Armstrong State, SC, 2 PM
Baseball: FJC vs S.E. Illinois CC
- 13** ARTIST SERIES: Ballet West, CA, 8:15 PM
- 14** Baseball: FJC vs Long Island University
Intramurals: SC Par 3 Golf Tournament, sign up through March 18
Intramurals: DC Jax Winter Open Chess Tournament entry deadline
- 15** Intramurals: KC Golf Tournament begins
Softball: FJC vs Seminole CC
- 16** NC Free Movie: Airplane, Aud., 10 AM & 12 Noon
Film Institute: If... KC Aud., 7:30 PM
Women's Tennis: FJC vs Valencia CC, SC, 1 PM
Baseball: FJC vs Valencia CC
- 17** Intramurals: DC Free Bowling Tournament entry deadline
NC Free Movie: Airplane, Aud., 10 AM & 12 Noon
Intramurals: NC St. Patrick's Day Run begins
KC Free Movie: Gilda Live, Aud., 12:30 & 7:30 PM
Baseball: FJC vs Earlham College
FJC Symphonic Band Concert, TBA
- 18** KC Free Movie: Gilda Live, Aud., 7:30 PM
Women's Tennis: FJC vs Seminole CC, SC, 1:30 PM
- 19** Kent Drama Production: "The Clumsy Custard Horror Show & Ice Cream Clone Review," KC Aud., 8:15 PM
Baseball: FJC vs Wooster
- 20** Kent Drama Production: "The Clumsy Custard Horror Show & Ice Cream Clone Review," KC Aud., 8:15 PM
Men's Tennis: FJC vs Bowling Green State University
- 21** Intramurals: DC Free Bowling Tournament begins
Kent Drama Production: "The Clumsy Custard Horror Show & Ice Cream Clone Review," KC Aud., 2:30 PM
Baseball: FJC vs Long Island University
- 22** SC Free Movie: Five Easy Pieces, Aud., 12:30 & 7 PM
Intramurals: SC Par 3 Golf Tournament begins through March 26th
Intramurals: NC Scrabble Tournament begins, Student Lounge
Women's Tennis: FJC vs Ga. State University, SC, 2 PM
Baseball: FJC vs Ohio Wesleyan University
Softball: FJC vs JU
Jacksonville Symphony, CA, 7:30 PM
- 23** SC Free Movie: Five Easy Pieces, Aud., 12:30 & 7 PM
DC Free Movie: Meatballs, Aud., 1 & 5 PM
Intramurals: NC Hamburger Eating Contest begins 12 Noon, Patio
Film Institute: McCabe and Mrs. Miller, KC Aud., 7:30 PM
Baseball: FJC vs Santa Fe CC
Jacksonville Symphony, CA, 8:30 PM
- 24** DC Free Movie: Meatballs, Aud., 1 & 5 PM
Intramurals: KC Frisbee Frolics
Baseball: FJC vs IUPUI
Men's Tennis: FJC vs Baker University
- 25** Kent Drama Production: "The Clumsy Custard Horror Show & Ice Cream Clone Review," KC Aud., 8:15 PM
Baseball: FJC vs Central Fla. CC
- 26** Kent Drama Production: "The Clumsy Custard Horror Show & Ice Cream Clone Review," KC Aud., 8:15 PM
DEADLINE for paying \$10 graduation fee for current term, 5 PM
Intramurals: DC Jax Winter Open Chess Tournament begins through March 28th
Special Event: John Kraft, "Economic Forecasting," NC
Women's Tennis: FJC vs Brevard CC, SC, 1:30 PM
Baseball: FJC vs Wilmington CC
- 27** Kent Drama Production: "The Clumsy Custard Horror Show & Ice Cream Clone Review," KC Aud., 8:15 PM
Women's Tennis: FJC vs St. Leo College, SC, 10 AM
Women's Tennis: FJC vs Hillsborough CC, SC, 2:30 PM
- 28** Baseball: FJC vs Univ. of Akron
- 29** Intramurals: DC Golf Tournament entry deadline
Softball: FJC vs Ed Waters College
Women's Tennis: FJC vs Daytona Beach CC, SC, 2 PM
- 30** NC Free Movie: Halloween, Aud., 10 AM & 12 Noon
Intramurals: KC Golf Tournament score deadline
Film Institute: Pretty Baby, KC Aud., 7:30 PM
Women's Tennis: FJC vs St. Johns River CC., SC, 1:30 PM
Baseball: FJC vs Seminole CC
- 31** KC Free Movie: Psycho, Aud., 12:30 & 7:30 PM
NC Free Movie: Halloween, Aud., 10 AM & 12 Noon
Intramurals: NC Softball tournament begins
Women's Tennis: FJC vs JU, SC, 2 PM

Code: CA - Civic Auditorium; CAT - Civic Auditorium Theatre; Col. - Coliseum;
DC - Downtown Campus; KC - Kent Campus; NC - North Campus,
SC - South Campus

APRIL

The PIRATES Of PENZANCE



featuring England's
Savoyard Appreciation Society
in an evening of Gilbert & Sullivan
Two Smash Performances
Thursday, April 15
Friday, April 16
Ticket price code C

The Chorale

Don Thompson, Director
In Concert
Saturday, April 24
Free Admission

Spring Dance



Saturday, May 1
Ticket price code, TBA



APRIL 19 to 30
South Campus

ART ANNUAL

Internationally Famous
Billiard Champion
Jack White

Exhibitions:
April 20, 21 & 22

APRIL						
S	M	T	W	T	F	S
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11	12	13	14	15	16	17
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FREE MOVIES THIS MONTH

HITCHCOCK'S PSYCHO

KENT GALLERY EXHIBITS

"EARTH AWARENESS"

Wilding Garden Club
April 12 - 30, 1982

"AVIATION"

FJC Transportation Department
May 10 - June 14, 1982

"ANNUAL EVERY MEMBER SHOW"

Crown Craftsmen
June 14 - July 28, 1982

- 1 KC Free Movie: Psycho, Aud., 12:30 PM
Intramurals: NC Spring Frolics begins, Athletic Field
Women's Tennis: FJC vs Calvin College, SC, 2 PM
Baseball: FJC vs St. Johns River Jr. College
Softball: FJC vs Santa Fe CC
- 2
- 3 Intramurals: NC Run For the Stars begins
Intramurals: DC Golf Tournament begins
Miss FJC Pageant, CAT, 8:15 PM
Men's Tennis: FJC vs Brevard CC
- 4 Baseball: FJC vs Cuyahoga CC
- 5 Spring Break. Classes do not meet; Faculty does not report;
College offices open.
Men's Tennis: FJC vs Grove City College
- 6 Spring Break. Classes do not meet; Faculty does not report;
College offices open
Film Institute: Mon Oncle D'Amerique, KC Aud., 7:30 PM
Men's Tennis: FJC vs Abraham Baldwin College
- 7 Spring Break. Classes do not meet; Faculty does not report;
College offices open.
- 8 Spring Break. Classes do not meet; Faculty does not report;
College offices open.
- 9 Good Friday, College holiday. All offices closed.
- 10 College Holiday. All offices closed. No Classes.
- 11 Easter Sunday
- 12 Intramurals: NC Tennis Tournament begins
- 13 Film Institute: Women In Love, KC Aud., 7:30 PM
Intramurals: KC Finals Warm Up contest begins
- 14 Softball: FJC vs Flagler
- 15 ARTIST SERIES: The Pirates of Penzance, CAT, 8:15 PM
- 16 ARTIST SERIES: The Pirates of Penzance, CAT, 8:15 PM
FJC Players: "Whose Life is it Anyway," SC Aud., 8:30 PM
- 17 FJC Players: "Whose Life is it Anyway," SC Aud., 8:30 PM
H.S. Forensics Tournament, Duval County, SC
- 18
- 19 Art Annual, SC Learning Resources area, 3rd Flr. through April 30
- 20 Film Institute: Lancelot of the Lake, KC Aud., 7:30 PM
- 21
- 22 SC Awards Day, 12:30 PM, SC Aud.
- 23 FJC Players: "Whose Life is it Anyway," SC Aud., 8:30 PM
Intramurals: NC Canoe Trip, 8 AM, Suwannee River
The Chorale, KC Aud., 8:15 PM
FJC Players: "Whose Life is it Anyway," SC Aud., 8:30 PM
- 24
- 25
- 26 Film Institute: Hair, KC Aud., 7:30 PM
Last time for withdrawing from a course and receiving a
grade of "W", 5 PM
Final Examinations
- 27
- 28 Final Examinations
- 29 Final Examinations
- 30 Final Examinations

Code: CA - Civic Auditorium; CAT - Civic Auditorium Theatre; Col. - Coliseum;
DC - Downtown Campus; KC - Kent Campus; NC - North Campus,
SC - South Campus

MAY

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JUNE

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1	Final Examinations Spring Dance, Sheraton at St. Johns Place, 9 PM - 1 AM
2	Final Examinations End of term for all college classes DEADLINE for removing incomplete grade received in corresponding term of academic year 1980/81, 5 PM Final grades due into campus administrator Film Institute: City Lights, KC Aud., 7:30 PM
4	Reporting date Faculty, 8 AM Graduation and Convocation, 8 PM
5	Classes begin
6	Saturday classes begin
8	DEADLINE for dropping courses, 7 PM Film Institute: Return of the Secaucus Seven, KC Aud., 7:30 PM
11	Cross term classes, deadline from dropping courses, 7 PM
13	Film Institute: Willie & Phil, KC Aud., 7:30 PM
18	DEADLINE for applying for graduation for the current term, 5 PM
21	Film Institute: The Horse's Mouth, KC Aud., 7:30 PM
25	

1	Film Institute: Gal Young Un, KC Aud., 7:30 PM
4	DEADLINE for paying \$10 graduation fee for current term, 5 PM
8	Film Institute: Even Dwarfs Started Small, KC Aud, 7:30 PM
15	Film Institute: City of Women, KC Aud, 7:30 PM
16	Last time for withdrawing from a course and receiving a grade of "W", 5 PM
17	Final Examinations - evening classes
18	Final Examinations - day classes End of term for all college classes. DEADLINE for removing incomplete grade received in corresponding term of academic year 1980/81, 5 PM Final grades due in to Campus Administrator
21	Film Institute: Lacombe Lucien, KC Aud., 7:30 PM Reporting date Faculty
22	Classes begin
23	DEADLINE for dropping courses, 5 PM
25	Film Institute: The Conversation, KC Aud., 7:30 PM
29	

JULY

S	M	T	W	T	F	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST

S	M	T	W	T	F	S
1	2	3	4	5	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				

5	College Holiday
6	Film Institute: The King of Marvin Gardens, KC Aud, 7:30 PM
9	DEADLINE for applying for graduation for the current term, 5 PM
13	Film Institute: Butley, KC Aud., 7:30 PM
20	Film Institute: The Magic Flute, KC Aud., 7:30 PM
23	DEADLINE for paying \$10 graduation fee for current term, 5 PM
27	Film Institute: Loves of a Blonde, KC Aud., 7:30 PM

4	Last time for withdrawing from a course and receiving a grade of "W", 5 PM Final Examinations
5	Final Examinations End of Term for all college classes DEADLINE for removing incomplete grade received in corresponding term of academic year 1980/81, 5 PM Final grades due in to Campus Administrator
6	

Code: CA - Civic Auditorium; CAT - Civic Auditorium Theatre; Col. - Coliseum;
DC - Downtown Campus; KC - Kent Campus; NC - North Campus,
SC - South Campus

The Wary Consumer's Guide to Buying Stereo

Good deals abound if you know what to look for and how to bargain for it. From a former stereo salesman, some tips on making a sound investment.

Buying a stereo is one of life's great adventures. At current prices, it can also be one of life's great investments.

For most people under 23, a stereo system is the second-largest purchase they make, topped only by a car. It's not unusual to spend \$1,000 or more to fulfill your musical needs. And while no one would think of buying a car without shopping around, many stereo buyers don't look past the first store they enter. Most people know very little about audio equipment, and the thought of choosing a system is overwhelming.

Like all great tasks, buying a stereo that you can love and afford requires patience and persistence. By applying a few consumer techniques, you can be assured of getting exactly the equipment you need, and you can save from \$100 to \$300 in the bargain.

NARROWING THE FIELD

Even a quick glance around a stereo store shows that today's audio market offers a bewildering array of components. They come in a huge assortment of sizes, powers, specifications, and even design styles. While it's tempting to rely on a friend's opinion or a salesperson's recommendation, this type of shopping-in-the-dark invites disappointment. Your friend may have chosen his system because of its woodgrain vinyl turntable base; a salesclerk may try to sell you obsolete or house-brand equipment.

Your first step toward enlightened consumerism is to determine the kind of equipment you need, and the price range you can afford. Don't think that because you have only a few hundred dollars to spend, you won't be able to get true high fidelity. Modern audio equipment is so sophisticated that even less expensive products offer sound quality unavailable at any price just six or seven years ago. Spending extra money may get you more power and more features without dramatically increasing the beauty of the music you hear.

A component system—separate speakers, receiver, and turntable—is the most popular stereo purchase. But don't rule out the compact, or all-in-one, systems; they've come a long way in the past couple of years, and some of them now offer true high fidelity in a small package, often with a tape deck included.

One important factor to consider is how

you will use your new system. If you like soft background music while you study, disco monitor speakers probably won't be suitable. On the other hand, if street parties are your style, a low-powered system will leave you unhappy.

Where you intend to use your equipment makes a difference, too. Smaller rooms need



less powerful systems, and you can find minisized components for cramped spaces like dorms and tiny apartments.

Identifying your specific sound needs and establishing a firm price range are critical steps toward narrowing the field of products to consider. You'll avoid buying something unsuitable for your use, and you won't be persuaded to buy more equipment than you can afford.

MAKING THE CHOICE

The next step is to decide on specific equipment, and research is essential to a wise decision. With a small investment or a trip to the library, you can get detailed explanations of equipment functions and comparative ratings of different manufacturers' models.

One of the top guides for choosing among models is the *Consumer Reports Buying Guide Issue*. *Consumer Reports* tests and rates many products, including stereo components. Another helpful book is *The Complete Guide to Stereo Equipment*, from the publishers of *Consumers Guide*. This book explains each component's function, trans-

lates technical specifications for the layman, and provides test results for stereo equipment. The same company also publishes a *Stereo Buying Guide*, which lists 30 recommended systems, graded according to price. (See page 20 for details).

You can choose a turntable and receiver by comparing technical specifications and ratings posted in the various buying guides. You'll want to take special features into consideration here, since many receivers produce much the same sound, and having a different turntable may not make a great deal of difference in what you hear.

Each brand of speaker, however, delivers a different sound. You should visit several retailers' listening rooms with your favorite records in hand to compare the recommended speakers—preferably in conjunction with the receiver and turntable you favor. Careful listening will help you identify a speaker that's right for your musical taste.

PAYING UP

Now that you've found the system of your dreams, your struggle is only half over. You still need to buy it.

When reading through the buying guides, you may have seen statements like "You can save approximately 20 percent off of list price by asking for a discount." But haggling for a discount is neither simple nor attractive.

Besides, what's list price? Some salespeople may quote "system prices" and assure you that they're great deals. But sometimes the "system" is the commission system, whereby the salesclerk earns a paycheck by overcharging naive customers. Of course, not all retail stores operate this way, but it's impossible to tell the difference at first glance.

The best way to avoid the discount hassle is not to take part in it at all. If you already know what components you want, you don't need "system deals." And there's a convenient way to get great prices while staying out of the bazaar.

Every audio magazine has mail-order stereo store advertisements. They list only a few prices and ask the reader to "call for a quote." These are not places to shop for suggestions, but if you know what you want, they can save you a lot of money.

Retail stores, with overhead, commissions, and ad campaigns, cannot match mail-order prices. Markups on retail equipment may be

SOUND

as much as 35 percent to 50 percent. Mail-order margins on some items are as little as 6 percent to 12 percent. The possibility for saving is obvious, and buying through the mails can be convenient if you don't live in a big city, where most large retail stores are located.

Of course, there are some disadvantages to mail-order shopping. You have to wait from 10 days to two weeks for the equipment to arrive, and you also have to pay shipping cost. Mail-order houses don't finance, although if you have a major credit card, they may ship the same day you order. But all equipment comes with full warranty, and you can insure the shipping to guarantee that your system arrives in good shape.

If you decide not to shop through the mails, you can use mail-order phone quotes to check the prices offered by retailers. Stereo stores often have discontinued sell-offs or "blowout" sales to lure customers, and these sale prices can be even lower than those offered by mail. Once you know what equipment is available, and what prices you can get, haggling with the salespeople can be fun. It's amazing what kind of deals the offer of "cash, right now" will elicit.

STEREO SOURCES

The key to choosing a sound system is pre-shopping-trip research. Here are a few

publications that can help you speak the language and ask the right questions.

The Complete Guide to Stereo Equipment, Consumer Guide, Publications International Ltd., 3841 W. Oakton, Skokie, Ill. 60076, 1979, \$7.95. Organized into 11 chapters; discusses the functions of each part of a stereo system; tests and rates audio products.

Stereo Buying Guide, Consumer Guide, Publications International Ltd., 3841 W. Oakton, Skokie, Ill. 60076, 1981, \$2.95. Lists 30 recommended systems, graded according to price. Also lists mail-order houses which the publishers of *Consumer Guide* deem trustworthy.

Consumer Reports' Buying Guide Issue, Consumers Union, 256 Washington St., Mount Vernon, N.Y. 10550, 1980, \$3.50. Tests and ranks components, and gives price range for each piece. (Some of the equipment listed may now be discontinued, as this book is a reprint from their magazine. Note also that the lowest price listed for a particular piece may not be the lowest price you can get.)

Guide to Discount Buying, Consumers Digest Inc., 6316 N. Lincoln Ave., Chicago, Ill. 60659, 1980, \$3.95. An up-to-date listing of components, with brief descriptions. (Again, the lowest discount price may not be the lowest price you can get.)

All Sound and No Frills by Clement Meadmore, Pantheon Books, 201 E. 50th St., New York, N.Y. 10022, 1978, \$3.95. An excellent introduction to stereo gear with no-nonsense talk about what makes a system sound good. Includes a chapter on "21 Ways To Improve Sound Quality for Little or No Money"—a must for buyers on a budget.

Several audio magazines also publish yearly buying guides, usually in October. They list major manufacturers' products and specifications, but no explanation is provided, so you must know what the specs mean. Only list price is provided, though most of the mail-order houses' ads can be found in the monthly issues. Among the major publications:

Stereo Review's 1981 Stereo Directory and Buying Guide, Ziff-Davis Publishing Company, 1 Park Ave., New York, N.Y. 10016, \$3.50.

High Fidelity's Buying Guide to Stereo, State Rd., Great Barrington, Mass. 01230, \$3.95.

Audio, CBS Publications, 1515 Broadway, New York, N.Y. 10036, \$1.95. ■

Bernard Golden, a San Francisco-based freelance writer, is a former stereo salesman.

Submit Articles Now!

THE EXPERIENCE

FJC's Literary Magazine

Do you have a special talent for writing? Your work could be selected for publication in FJC's Literary Magazine. The magazine will accept prose, poetry, and short stories for possible publication. Deadline for the Winter Term edition is March 30. Send materials to Marilyn DeSimone, c/o Student Activities Office, Kent Campus, Jacksonville, Florida 32205.

Coming This Spring!

America

THE STUDENT TRAVEL GUIDE

This exciting travel magazine will be available free of charge during the Spring Term at all Student Activities offices. It includes fascinating articles about places you can visit and tips for planning that summer vacation. Make sure you pick one up at the beginning of the Spring Term.

COLLEGE STRESS A Person Could Develop a Cold . . .

by Gina Pera

"I don't get sick very often," says one young woman, "but if I do, it's usually at the end of the quarter. I'm scrambling to finish papers and study for tests, and then I get the flu."

Hmmmm. A neat, albeit uncomfortable, escape, perhaps? Don't bet your Pepto-Bismol on it. The link between stress and the killer diseases, particularly cardiovascular illnesses, has been established and widely reported in recent years. What comes as a surprise to some of us is that those everyday, annoying illnesses—the flu, colds, and viruses—may also be stress-related.

To understand the effect stress has on your health, let's examine what happens to the body under stress. (Keep this in mind: Anything that has a strong effect on you, either positively or negatively, mentally or physically, can trigger a "stress response.")

When the brain senses a sudden or severe threat, it sends out a red alert. Increasing levels of adrenal hormones rush to the scene, and certain chemicals are called into action, mustering up defenses throughout the body. Among other reactions: you breathe faster, the heartbeat accelerates, senses sharpen, and muscles tense—all highly useful responses in the face of imminent danger.

For the caveman encountering a woolly

beast, this "alarm reaction" was a downright necessity. If the odds seemed good, his energies were rallied to take on the creature. If not, he was also energized to get lost. Pronto. That's why psychologists call this stress reaction the "fight or flight" response.

Problem is, this doesn't fit so neatly into modern man's lifestyle. Many of our anxiety-inducers are not nearly so tangible as a saber-toothed tiger—and the caveman's options are rarely open to us. If the perceived stressor is a professor rattling off an endless stream of seemingly impossible assignments, you don't really have the choice of either pelting him with your slingshot or running away. Yet, biochemically, you're prepared for either.

The human system can usually adapt to a certain amount of stress. But if that stress is repeated or prolonged, your body works overtime, eventually showing signs of wear and tear. "If kept inside," explains one physician, "stress just keeps bouncing around."

One important function impaired by the ravages of distress is the immune system which, in a normal state, promptly attacks and devours foreign invaders. But as Dr. Milton Viederman, professor of clinical psychiatry at Cornell University Medical College-New York Hospital, explains,

"The hormones released under stress can alter the healthy functioning of our immune system, leaving us more susceptible to viruses and bacteria."

That might explain why you occasionally succumb to those hostile microbes that you normally resist. But why do some of us favor one type of ailment over another? The answer is not so tidy.

It seems that everyone has a weak spot, a target organ for stress. "In the body, as in a chain, the weakest link breaks down under stress although all parts are equally exposed to it," writes stress researcher Dr. Hans Selye in his book, *Stress Without Distress*.

Your personal weak spot depends on a complicated intertwining of genetics, age, personality conditioning, and external factors. Your family may have a history of ulcers, for example, but it's the way you react to life that may give you one. A reaction to stress can also be learned unconsciously; those attention-getting grade school stomachaches may carry over into adulthood.

Obviously, other factors, like health, also contribute. Most important, however, an excessive change in your life can increase your chances of getting a stress-related disorder in the next two years. To find out how, see the life-stress scale below.

Measuring Your Stressors

How likely are you to get hit with a stress-related illness? This scale, which ranks life changes in order of the amount of stress they can cause, offers some clues.

On the list below, check off the events which have occurred in your life during the last year, then add up the total number of units. A score of less than 600 suggests a low degree of life change and a relatively small possibility of illness in the coming year. A score of 600 to 1,000 points represents a medium change, while anything exceeding 1,000 is high. (The scale is based on the scores of a sample group of freshmen at the University of Kentucky in 1972. Their average score was 891, while the highest total was 3,890.)

A score in the upper ranges doesn't mean you necessarily will get sick. But it does mean that in a large sample of people like yourself, a substantial percentage will. If you know that you've had a high degree of life change, you can help deter illness by taking extra health precautions.

EVENT	SCALE OF IMPACT	EVENT	SCALE OF IMPACT
Death of spouse	100	Changing participation in courses, seminars	38
Divorce (yours or parents')	73	Death of a close friend	37
Pregnancy (or causing pregnancy)	68	Change to a different line of work	36
Marital separation	65	Change in number of arguments with mate	35
Jail term	63	Trouble with in-laws	29
Death of close family member	63	Outstanding personal achievement	28
Broken engagement	60	Mate begins or stops work	26
Engagement	55	Begin or end school	26
Personal injury or illness	53	Change in living conditions	25
Marriage	50	Revision of personal habits	24
Entering college	50	Trouble with boss	23
Varying independence or responsibility	50	Change in work hours or conditions	20
Conflict or change in values	50	Change in residence	20
Drug use	49	Change in schools	20
Fired at work	47	Change in recreation	19
Change in alcohol use	47	Change in church activities	19
Reconciliation with mate	45	Change in social activities	18
Trouble with school administration	45	Going into debt	17
Change in health of family member	44	Change in sleeping habits	16
Working while attending school	42	Change in frequency of family gatherings	15
Changing course of study	40	Change in eating habits	15
Sexual difficulties	39	Vacation	13
Changing dating habits	39	Christmas	12
Gaining new family member	39	Minor violations of the law	11
Business readjustments	39		
Change in financial state	38		

Source: M.B. Marx, T.F. Garrity, and F.R. Bowers, "The Influence of Recent Life Experience on the Health of College Freshmen," *Journal of Psychosomatic Research*, Vol. 19, 1975, pp. 87-98.

NOTES

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