Dr. Ross Views Fall Semester

by Catherine Amann
Associate Editor

As the Fall semester draws to an end, Dr. Donald Ross, Provost of CBR, summarizes these past three and a half months and shares his feelings with us.

"I think the college has developed a real sense of academic seriousness in our student body. I am amazed at the number of students sitting in the library night and day, and in the cafeteria with books open intensely studying. The quiet and in talking to the

With us.

President of CBR, summarizes months and shares his feelings they find themselves inundated with book work and more term papers - I feel that it is a very healthy striving toward academic excellence, and we are one of the finest two year institutions in the South." All in all, he is impressed with the student body. They are friendly, yet serious. "They're not here just for fun in the sun.

Winterim will be combined with Central Methodist College from Faith Missouri, and West Virginia Wesleyan. Both of these colleges have constructed a busy schedule to provide activities for their own students, and Central Methodist College is bringing their whole jazz orchestra with them to South Florida to fill our campus with music! Sana Quadir, who is in charge of coordinating the Winterim activities for all three institutions during their stay on our campus, said that he is working on having a dance during the first week of arrival as a sort of social ice-breaker for the students to help them settle down before the studying begins. Another dance is being planned in the Rathskellar before the Winterim period ends.

The activities planned for the CBR students include the a place to mingle with the new students. Some intramural games between the three colleges are being planned. Both colleges have sent questionnaires to their students to find out where their interests lie, and which sports and games they would be willing to participate in. Sana is ready to help coordinate any equipment and setting up necessary once the questionnaires show a definite interest and participation. He is aware of the Winterim period is very short and that most of the students from the other colleges are crazy about the beach, therefore bus arrangements have been made to transport the students to and from the sand and surf! Many outdoor activities will be planned to utilize the beautiful weather to the fullest.

Our students are most welcome to participate in any activity planned by any of the colleges. A newsletter will be

Activities Over Winterim

by Catherine Amann
Associate Editor

In this month's edition of The Pulse, our staff decided to do a feature article on one member of the faculty who has greatly contributed to the quality of teaching in our school. We decided that Mr. John Pickering would be the choice, not only because he is an excellent teacher of history, and practical approach to teaching, but also because he has enhanced that same, concentration in the thematic and practical approach to teaching, students. We decided that Mr. John Pickering would be the choice, not only because he is an excellent teacher of history, but because he has enhanced that same, concentration in the thematic and practical approach to teaching, students.

Dr. Pickering is not just your ordinary, everyday history teacher. He received his B.A. from Stetson University in Liberal Arts, concentrating in history. After this, he earned foreign countries and from 40 states, we have a truly international student body, and Dr. Ross went on to say that he means to carry that into the Winterim period as well.

Sometimes Dr. Ross is invited to visit other institutions, and other college representatives likewise are invited to visit us. Dr. Ross says that whenever we have visitors, and they stroll around the campus grounds, they are impressed with the many friendly smiles and the generally friendly attitude of the students on this campus, more so than other institutions. Dr. Ross is proud of this attitude and of our students and feels that it is this attitude that makes his job so enjoyable. "It is a real pleasure to be president of a really great place!"

"While I recognize that the students are devoting more time to studies, there is more to life than that - there should be student activities. The students need an outlet, but they have been focused on the wrong outlets - the Crown and off-campus activities. They need to be directed toward the programs that the college offers which they will find in the end more fulfilling." They simply have to give them a try.

The Man Behind the Pipe

by Susan Price
Associate Editor

Florida State. Dr. Pickering has taught at various schools, such as Miami Dade Community College and the University of Denver, as well as the College of Boca Raton. In addition, during a job crunch, he once worked "out of field", as a speech writer or a political aid, manager in Britts, where his easy going manner helped him deal with customers' complaints.

Dr. Pickering says that when he started teaching, 12 years ago, he liked to bring out the romanticism and escapism in history, but the longer he taught, the more he tried to interpret on the local past, and also get to know each other. He

Dr. Pickering gave me his own views on the youth of today. "I think students today are more practical and have a realistic outlook on the future," he explained. '"But,' he continued, "I think that there's a sense of apathy among students. There should be some things taught in class, about our past, that should bring about justifiable anger, an anger which is always a necessary response to an understanding of our past." If anyone can give us an understanding of our past, it's our own history professor.
**PULSE**

**DECEMBER 1978**

**Read This If You Care**

by Catherine Amann

Associate Editor

Usually this space is filled with an editorialized pro and con discussion of a national or local issue that may not affect the student body on this campus. However, this week I have come upon an issue that is not debatable. No one wishes to disagree with me, to take a stand and debate another student — and that is sad, because the topic is student apathy on the CBR campus.

The students of CBR have to be the most apathetic lot I have ever met. The majority will not get involved, nothing seems to motivate them, they foster an "I don't care" attitude toward this campus, its activities, its function. They seem to think that if free beer is offered along with an activity — people won't go to it. I, myself, was a CBR student and in my opinion, I have been involved in more activities on this campus than two-thirds of the entire on-campus residents. At present, there are three day students with editorial responsibility for the production of the paper you are reading right now. Out of the 56 members of the Drama Club, six are day students and some are from the high school. In the last issue of the Pulse, it was mentioned that Circle K had 12 members, six active. You may say that is a lot of people — but considering that there are over 600 students at present on our campus — that makes the Circle K membership a little more than 2%. Resident director Shirley Rembert worked hard at organizing a student art exhibit which I myself wished to enter — however, due to lack of student response, the exhibit could not be funded and Ms. Rembert's enthusiasm was considerably dampened.

It is not as if there weren't enough activities to become involved in on campus. At the last student body meeting in October, a sheet of campus activities was handed out which included: softball, disco dancing, bowling, Circle K, Yearbook, swim club, International Club, Women's Center, volleyball, archery, and the list goes on. I feel that there is anything anyone can do to motivate the majority. In fact, many probably didn't care enough to read to the end of this article or even to get mad at what I am saying about them.

No one wants to debate me on this issue, no one who can stand up for the other side is you, the student. I would be very happy to read anyone of yours in protest and I will print everyone of them in the Pulse. I will try to be as polite as I can possibly be to the people who attended the event, if — in so, I'm sure the staff and student services would be happy — and that is if anyone cares at all.

— by Rick Alworth

**"No" To Core Curriculum**

I feel that the idea of a core curriculum, a body of required courses in general areas in colleges and universities is not beneficial to one's mind. A college education is said to be one of the most valuable assets of one's life. Most of the knowledge gained will be used in the business world everyday.

Yet I feel that the core course 20-45 credits of required courses is excessive. Sure, most of the courses are needed, but given the chance, most students would select "core type" classes anyway when taking a college course of study, but a little more freedom would be appreciated.

Also, the core curriculum takes away from the opportun- ity to enter areas of intense concentration. In some colleges the liberal arts and business courses suit the needs of students by making courses which were at one time general courses, into courses pertaining to that specific major.

Being a business major, I have found it unnecessary to have had to take so many "general" courses. I have no reference to the business concentration. Sure, we should have a variety of courses but let's make the choice our own. The colleges and universities of our country are in need of money and students. One way, I feel, to help would be to make education more of a choice than the existing core allows it to be.

— by Cathy Amann

**"Yes" To Core Curriculum**

A core curriculum is not only necessary to success in a career, it can also be relevant to your leisure time, giving you a good base for even how to invent something. The core helps develop your mind, so that you can make your own mind up and can develop your own values. Finally, by learning the basics in school you can learn to find answers to even larger questions.

People fight a core course, because they often think it's too hard for them to handle, and the fact is that given a free choice, one may often pick an easier course. But think about your future, wouldn't you rather have a well-rounded education when you get out in the world? In today's world you have to be a well educated in order to overcome the many difficulties and meet the many challenges you will encounter.

— by Susan Price

**Associate Editor**

Many of you out there are probably wondering why you have to take history and philosophy if you're majoring in Business or Fashion Merchandising. Or maybe math and biology aren't your two favorite subjects, so you're just not interested in studying these subjects.

It may be true that students need a program of studies that is career-oriented, but students also need to learn the basics of every facet of social living in order to advance anywhere. In an age of technology and specialization, colleges need a core curriculum, a body of courses in general studies more than ever. If Johnny can't read or write a simple composition, or compute an elementary Algebra problem, is he going to be able to balance his checkbook, or read a job application?

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FACULTY ADVISOR — Ms. Wershoven

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— by Susan Price
by Catherine Amann

One cannot review the movie one can rather review the phenomenon that the movie has caused. In this age of cults, the Rocky Horror Picture Show is very close to creating one of its own. Let me relate my experience to you:

It is 12:00 Saturday night at the Dolphin Theater in Lake Worth where the RHPS is playing for a period of 100 and some weeks. We walk in and the movie is just beginning. We pick an aisle and slide in to have the people behind us say warningly, "I wouldn't sit there..." They hold up bags of rice and unpopped popcorn. So we move to another row... "I wouldn't sit there..." Why? We innocently asked mentioning it was our first time. "Oh! Then here, some rice!" and we found ourselves sitting with handfuls of rice. So the movie came on. Then came the wedding scene and we were showered from above with rice and popcorn and whatever. The frequent patrons knew all the lines and dialogue and would yell out appropriate phrases and direct questions at the movie. Of course those that dressed for the occasion in vintage RHPS attire sang along with the songs. Of course then came the rainny night drive down a dark road - and it was suddenly raining in the theater. (The people behind us had water guns!) So by this time I have rice in my underwear and am...
Bahamas Trip Success

by Nicole Goodhart

This past Thanksgiving was celebrated in various ways and in many different places. However, there is a group of about 20 people, including myself, whose vacation was well out of the ordinary, it was a trip to Freeport, Bahamas, and the memories we have of it will undoubtedly stay with us always.

Perhaps one of the first unforgettable events was the journey over there. Besides the fact that we had to leave at 6:30 a.m., the three-hour hydrofoil ride itself was a real "no-no" for many. It did not take long before I started to feel sick, and faces were turning every shade of green imaginable.

Once arrived, however, all of this was forgotten, and the ride to the Celebration Hotel (on the left side of the street) convinced us that we were definitely going to enjoy ourselves. And we did.

Naturally, the primary place that everyone went to was the beach. Florida, I am sorry to say, that your beaches just do not even come close compared to this.

Many people went snorkeling along the near reefs, and as well as seeing more varieties of fish than was thought possible, a few of us had the pleasure of witnessing a shark feeding. Needless to say, we did not relish it for too long, though! The beach also provided various other means of entertainment, such as a Bahamas Band, a woman selling fresh cut pineapple and other fruits, a small market, or sailing away on someone's speed sailboat, which was a lot of fun.

During the day, you could also spend your time "pool hopping" from one hotel to the next, or go to the International Bazaar, which was right next to the Celebration Hotel, to try your skill at bargaining for everything from straw hats to tortoise's teeth.

It was the evening escapades that were to finish most of us off, however both financially and otherwise.

Thanks to Disco-Chris Gilton, we were able to get into several clubs without having to pay the $8.00 cover charge (they came as a welcome change from the usual CBR hang-outs).

The real crutch, however, came from the place of celebration, treasure and tears — alias "of Casino"! At the beginning of the vacation, most of us were doing relatively well, a prime example being Mr. Black Jack himself, Todd Frest. (Of course there were also a few who in 30 minutes would win, and then lose everything including their tail, in 5 - Mike Lowenthal, I hope you are reading this!) However, after Saturday night, the majority of gamblers could really say that "they paid for it." (Resolution No. 9 just got several more opponents by the end of that experience.)

The return journey was a completely different story, for even though the waves averaged six to seven feet, everyone enjoyed the "rollercoaster ride."

The hydrofoil was to bring a tanned, broke, drunk, lonely, exhausted group of people back to school, but there is no doubt that everyone of us would love to do it all over again.

A special thanks should be extended to Kelly Goodwin, her father, and Mike Wilson for making this wonderful trip possible (and for putting up with us) . . . well, Mr. Wilson, what have you got planned for Spring break?

Christmas Across the Seas

by Catherine Amann

Associate Editor

Have you ever wondered how people of different cultures celebrate Christmas? Or if they celebrate it at all? Well, since CBR has such a great number of foreign students on campus it wasn't hard to find many interesting customs, and some of the students shared their family traditions with me:

Fariha Ebrahim

and

Esmail Rahmatabadi

are both from Persia, known today as Iran. They do not celebrate Christmas but have a holiday known as Nowruz which occurs each year around March 21st and celebrates the Persian New Year.

The day on which they honor the new year has a three-month period. During this period, the family joins together, makes a small plate in which grass is knotted into a blade of grass and throw it away. It is said to have something to do with trying to have a better year. The nine items are fish, smelts, Beluga, eggs, honeycomb, a pear, a husk of rice, a banana leaf, and a cooked tortilla.

On the 13th day they go home and get ready to go to the streets to end the day. The streets are blocked off, however, and then dancing all night long. People go from house to house making wishes for the New Year. Everyone has a small bag and while they are dancing and singing "I come for my Guava berry" they place seven items beginning with the letter "S." One of the items beginning with an "S" included on the tablecloth is a small place in which grass is grown especially for the holiday. On the 13th day they knot a blade of grass and throw it up in the air for good luck. That night, presents are given out and they visit the houses of friends and relatives. There is no Santa Claus but a man in a red costume with a black face and a clown dance together in the streets to the end of the celebration.

Irene Berry is from St. Thomas, Virgin Islands, and says that they celebrate Christmas and New Year's for two weeks each year. During the week of Christmas celebration, the people go from house to house singing "I come for my Guava berry wine." Guava berry is a tropical fruit that is kept for five years and then made into a wine for the holiday. They make it every year. On Christmas eve all go to Midnight Mass and then dance all night long until 9 or 10 in the morning. No one sleeps at all, they simply go home and get ready to go to more parties. It begins to slow down until New Year's every year.

Two Japanese students, Atsuko Inoue and Tetruo Gondai, told me that they have no real "Christmas" in Japan, due to their different religious backgrounds. However, they do celebrate Christmas on Jan. 2nd or 3rd by eating special food and giving cash as a present. A forwards the family goes to a shrine to make their wishes for the New Year. I myself come from a family of part Polish origin and on Christmas eve we have a special dinner called Wileja (village) which consists of nine coarse foods representing the Last Supper that Christ ate.

The nine items are fish, smelts, shrimp, peas, stewed tomatoes, stewed prunes, sauerkraut with caraway seeds, mushroom rooms, and spaghetti. One must eat at least a little of each of the nine items. Before the dinner, a square communion wafer has been blessed called Opwatek is broken by each member of the family in succession, from oldest to youngest. After opening presents we have Kishibai at midnight. On Christmas day, we spend the traditional American meal at dinner time.

There are so many fascinating Christmas customs that is impossible to fit them all on one page, but I'm sure if you go up to a foreign student on campus and ask him about his traditions, he would be more than happy to tell you all about them. So Merry Christmas to all our friends across the world!

The "Cove"

by Susan Price

Associate Editor

If noisy, overcrowded restaurants have got you staying home lately then the Cove Restaurant and Lounge may prove to be just the place to get you going out again.

Right when you walk in, you feel relaxed and ready to have an enjoyable evening. The decor is very casual, with plants and ferns hanging from the ceiling, and tables scattered spaciously around the room, and on a circular patio outside, overlooking the intercostal.

The cocktail menu is small, but offers a variety of exotic drinks, such as a "plato's punch, Navy Grog, and Mai Tai's, to name only a few. Along with the exotic drinks, the Cove also offers a variety of seafood specialties like steamed clams and a shrimp cocktail, all complete with a homemade soup, and salad.

To top off a great dining experience, there's good entertainment added to your feeling of relaxation. There is usually a singer, or a duo of singers. During the day, "handy" Wilson plays the piano while "Jimmy Buffet's "Margaritaville" to the Beatles' "Michelle" — all of which brought pleasure.

Although the prices aren't the cheapest, an evening out at The Cove is worth more than a trip to a warehouse store at a week to a noisy, overcrowded restaurant. So, if you've been mulling over ideas for this season, why not spend an evening to the Cove and experience a memorable evening!
What's Chic? '78 For Sure

Could it be a passing fad? Very doubtful. It's more like an epidemic that had been sweeping the country. But what is this new disease? I tend to think it's called the disco craze.

The symptoms are very obvious: a narcissistic attitude combined with touchless of curiosity, topped with a high boogie fever. But it seems only the place for this chic disease is New York's incomparable Studio 54.

Located on West 54th in New York between Broadway and 8th Avenue (closer to 8th), is sweeping the country. But turned an empty York between Broadway and 54. Owner Steve Rubell has turned an empty CBS television studio into a goldmine and a mecca for society's creme de la creme.

Unfortunately one does not just go to 54. Mass preparation is almost always needed. To start, make sure your attitude is right. If mingling with names like Lisa, Mick and Bianca, Calvin, Giorgio, Halston, and Andy (occasion­ally Liz) will turn you into a star-created autograph, then don't go. Be prepared for anything, including five or six leather clad men dancing together in the corner. Next is your outfit. All that can be said is, you'd better be dressed. Yet, simple levis and kaki shirt have worked for me a number of times.

Once one's outfit is determined, the only problem getting in is you. 54 is a private club and even members get turned away. Steve Rubell's goal is to mix a diversified group of people together to gain the perfect extravaganza. As a result, the crowd in front sometimes numbers up to three or four thousand, all waiting to gain entrance.

To gain entrance, I have found one should act as sluggish as everyone else. "You are someone," I said to myself as I pushed through the crowd. Only first visit to 54 I made it to the front of the line and there, in front of me was Steve Rubell himself. People called out his name, yet he paid no attention. He looked toward my direction, pointed, and said, "O.K." I only entered, took the front room, and felt like I had just landed on some far off planet. I paid the $10 cover charge and started down the long baroque hall that leads to the center of the action.

Once inside, the energy level is somewhere high above the crowd. The music is flawless and the crowd bizarre. Barboys dressed in light shorts and tank tops take drink orders, and the bartenders, dressed in levis and ties, mix the drinks to perfection. They should— they cost $2.50 a clip. The tights and special effects somehow make the famous faces in the crowd.

Strobes and revolving police­type lights set off the long narrow stripes and decoration columns, let us forget the neon rainbow and the volcano that erupts to the music.

Two highlights of the night are the snow machine, by which, suddenly, the floor is covered with a thick snow and the old man moon, who once a night is lowered over the audience.

The crowd goes totally wild and the music plays louder as night progresses. At 4:00 or 4:30 the crowd thins out, but the party goes on until about dawn. It is truly an experience.

Music Poll

A poll was taken recently to determine which record everything said was the best of the last 20 years. Some gave quick responses while others hemmed and hawed. Here are some of the responses:

Billy Joel

The STRANGER

1 like the way he sings . . . it's slow. (Alexandra Guazzini)

Donna Summer

LIVE AND MORE

It's good music. Has a good feeling. (Mary Altieri)

Eddie Arnold's

GREATEST HITS

I like his voices. (Karen Habove)

Foreign

DOUBLE VISION

Because it's hard to follow their first album. (Steve Murray)

And here's how the Top 10 were rated:

1. SATURDAY NIGHT FEVER
2. GREASE
3. DOUBLE VISION
4. SOME GIRLS
5. AJA
6. NEWS OF THE WORLD
7. STRANGER IN TOWN
8. BLOW HAND
9. LIVE AND MORE

Donna Summer Concert

by Catherine Amann

Donna Summer has been declared the uncontested queen of Disco, and at 11:00 Saturday night, she proved worthy of her crown. Ms. Summer gave one a woman show that brought her audience through a full metamorphosis, from a sedate crowd of individual disco ladies and disco gents, into one solid mass of moving clapping excitement in which not one person was seated.

And it was Donna and Donna alone that made it all happen. A woman whose talent has many faces and many moods, Donna displayed them all like a peacock fans its’ feathers, and one had the sensation of watching different acts featuring a different performer—a different Donna—played by Donna.

She accomplished this feat of diversity by changing outfits as often as songs, and not one leaving the stage to do it. She came out from behind the orchestra in a golden foil-like shimmering caftan that reflected the light off of her and onto the audience to bathe them in a golden glow as she sang her version of "Could It Be Magic?" Then, removing the caftan she was in a semi-long strapless blue chiffon dress that moved with the beat as Donna sang with the beat as Donna sang "Once Upon A Time" and "Fairy Tale High" and then went into the pounding "Rumour has It." From there she put on a blue jacket and top and sang, "Feel Like I Need," ending with "I Remember Yesterday" and leading into a medley of campy Gerwens hits that she put across with the haughtiness of Pearl Bailey.

The music broke for a little comedy relief with her three sisters who comprise her backup group "Shine." In it Ms. Summer got down on her knees and reverted back to her childhood before transforming herself into the sexy woman she is today.

There was a 15-minute inter­mission and when she came back onstage, she wore a beauti­ful white bell shaped gown in which she sang "The Way We Were" before changing into a multicolored chiffon scarlet dress to sing "I Love You." It was at this time that the audience became aware that they were witnessing the Donna Summer that they loved so much. As she held out those strong notes while her sisters repeated over and over "I love you—I love you—I love you" the audience was silent in awe. Ms. Summer was now adored in sequined strips that clung provocatively to her, and she sang the lights, singing the songs that made her famous, "Love To Love You, Baby," and "I Feel Love," while moving with all the fluidness of a snake-turning-woman.

Finally, when she introduced "Last Dance," the audience came to its feet and crowded there while she left the stage, but we all knew it wasn't over, even as hundreds of matches began to light throughout the auditorium in the dark. And then, the band played the first bars of "MacArthur Park" and Donna appeared once again out of the top of the orchestra—clothed in a long white Cleopatra gown—and sang the words that packed the entire audience in a frenzy. And then, she was gone, and the lights came on and it was all over—at least until next year.

One thing I would especially like to point out is that one of the factors that made her performance so breathtaking was the exceptional lighting. And the person responsible for the spectacular light show is former CBR student Rusty Pouch. An example of Rusty's effectiveness in creating a most desired and memorable impression that the audience won't soon forget, was when Ms. Summer sang her "Winter In New York." She was dressed in white chinchilla fur coat as she stood in the middle of the stage. Around her feet the dry ice was now adorned in sequined lighting, she sang the songs while moving with all the fluidness of a snake-turning-woman.

MOVIE REVIEW

by David Richard Allen

Donna Summer

LIVE AND MORE

It was barely three years ago when Miss Summer jumped into the bed of disco with her first smash recording of "Love To Love You, Baby." From that time, disco was never the same. In it she had the perfect combination of music, style and sophisticated singing. As a matter of fact, Side 4 is nothing but "MacArthur's Park." Yes, a 20-minute version of it is yours to hear. On Side 2 you have "Once Upon A Time, "I Love You," and others. On Side 3 you got a nice disco version of "The Way We Were." On Side 4 you have her classics like "I Feel Love" and "Last Dance," and of course, "Love To Love You Baby." She is considered to be the "Queen of Disco." As far as I'm concerned, she'll never lose her title.

MOVIE REVIEW

by Catherine Amann

Do you want to be terrified? Are scary movies your bag? See "Halloween." This movie has proven to be the surprise of the film industry. The critics thought it would be a B-rated movie, and the public thought it would be a spin-off of movies like "Carrie," but all comes "Halloween" and we find out it has merit of its own. It has suspense, tension, and the audience is not allowed to relax throughout the movie. The plot does not resort to visual slayings or gore, but rather successfully plays with our senses. The lead part of the young high school girl is played by Jamie Leigh-Curtis, Tony Curtis and Janet Leigh's daughter, and she plays her part very well. But watch out for the ending—it leaves you in a very unsettling frame of mind.

SOME RESPONSES:

4. AJA
5. NEWS OF THE WORLD
6. STRANGER IN TOWN
7. BLOW HAND
8. LIVE AND MORE

PULSE

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DECEMBER 1978
by John Wilkerson

This spring CBR plans to expand its sports program so more students can get involved. Intercollegiate sports will include tennis, golf, and possibly this school's first soccer team. Also beginning this spring will be a full scale intramural program encompassing many sports.

The student body is urged to take advantage of this opportunity and participate as much as possible. After all, on an average day you see students playing softball, tennis, golf and soccer in their spare time. Many complaints from students stem from the problems of boredom. Sports can only serve to help us mentally and physically. The desire to compete has become part of the American way of life but who wins and loses is not important.

The success of the new program is only possible with your cooperation. Instead of saying, we are bored with television, homework, the stereo and life in general, let's do something about that boredom. This campus has the potential to have some talented teams represent us, while not ignoring the average student through a more vigorous intramural program. Let's give it a chance next spring, for the benefit of all.

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by Evelyn Kokinas

Apples — their very names evoke their high esteem. Delicious, Northern Spy, McIntosh, and Spartan. Did you know that apples are a member of the rose family and are the official fruit of New York State? Apples are rich in vitamin C, excellent for the digestion (especially after a CBR cafeteria meal), and are natural mouth and teeth fresheners. Apples are adaptable to most uses, but some are better suited to specific methods of cooking than others.

Apples should be firm, have a good color for their type, and be free from soft spots. Store apples in a cool, dark, dry place or in the refrigerator. An apple contains from 78 to 100 calories, depending on size.

Some great uses for apples are listed below:

(1) Serve apples with Stilton and Port.
(2) Offer a bowl of shining apples, a board of cheese and bottle of good red wine. Add a crusty loaf and sweet butter for an excellent lunch.
(3) Bake whole, cored apples and serve them with a pitcher of creme fraiche.

(4) Peel, core and slice apples on the thin side. Sauté in a skillet with a little butter and sprinkle sugar and a grating of lemon. Serve them as they are, or use them to fill crepes. You may be able to bribe a teacher or keep the doctor away, but really, apples should be kept for the best use — that is by eating them yourself. Bite into a succulent red devil and feel the sensual juice trickle on your mouth and enjoy, enjoy, enjoy.

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December Doings

by Bernadette O'Grady

Associate Editor

For those of you who will be staying down here for Christmas, you will be happy to learn that Florida does not exactly close up. Instead, it begins its most active time of year. For example, right now at the Parker Playhouse and for the next three weeks, The Gin Game will be playing. If you don't know it already, The Gin Game is a big Broadway hit (it is still playing there).

Those of you who prefer music to theatre, The Sunrise has got one terrific line-up. Frank Sinatra comes in at the end of December and rings in the New Year. He is followed by Mitzi Garnier, Paul Anka, Sammi Davis, Jr., Don Rickles and many more. Bob Dylan is also coming to do a concert but I'm not sure where or when; most likely it will be announced on the radio quite frequently, so listen (the answer will be blowin' in the wind).

And finally, for the popcorn addicts who like to watch movies, there are at least three good new movies opening at Christmas. One is Superman, with Marlon Brando and Christopher Reeve in the lead. And someone has gone and made a remake of The Inn of The Body Snatchers. It stars Donald Sutherland and Leonard Nimoy and will open December 22. And, finally, we will have a movie called Bloodbrothers, which is said to star a young man who will depose Robert Redford as the number one matinee idol. This one I've got to watch for.

So there you are, a pretty full vacation, not including parties, it is altogether possible that you will lose weight after running around this season. Merry Christmas!