By Barbara Braithwaite

During the fall semester, the College of Boca Raton has offered a program of non-credit courses in the field of microcomputers. The program provides students with a comprehensive understanding of microcomputer systems, technology, and applications. The program's main objectives are to expose students to the fundamentals of computer hardware and software, application-oriented programming, and microcomputer systems. The program is designed to give students a solid foundation in computer technology and prepare them for future careers in the field.

The program is open to all students, regardless of their background in technology. It is particularly suitable for people who are interested in learning about computers but do not have prior experience with them. The program is also ideal for people who are already working with computers and want to deepen their understanding of the technology and its applications.

The program consists of a series of courses that cover a wide range of topics, including computer fundamentals, computer hardware, computer software, and computer applications. Each course is designed to be self-contained and can be taken individually or as part of a sequence.

The program is offered in a flexible format, with courses available in the morning, afternoon, and evening. This allows students to choose the times that work best for them. The program is also offered in a distance-learning format, with courses available online.

The program is led by experienced instructors who are experts in the field of computer technology. The instructors have a wealth of knowledge and experience that they can share with students in the classroom.

By completing the program, students will gain a solid foundation in computer technology and be well-prepared for future careers in the field.

For more information about the program, please contact the program coordinator at 561-392-2000.
Letter to the Editor

By Mona Wargo, Executive Editor

Several weeks ago, I wrote to the Armed Forces Mail Call asking them to send me detailed information on the procedure for sending Christmas cards to young servicemen and women here and abroad.

Below is detailed information for those of you who would like to participate in this worthwhile effort.

Dear Friend:

THANK YOU! We very much appreciate your interest in the military overseas mail program. An army of well-wishers of volunteers are serving our country at bases and posts across the U.S. and around the world.

Following are step-by-step instructions for participation in the 8th Annual Christmas Mail Call:

1. A PERSONAL NOTE INSIDE SEVERAL CHRISTMAS CARDS (Also encourage your friends and neighbors to do the same.) Tell about yourself, your family, hobbies, home town, interests, etc. Report some cheerful news. Christmas mail should contain personal messages rather than printed or duplicated literature.

2. INCLUDE YOUR NAME AND COMPLETE Mailing ADDRESS INSIDE EACH CARD AND ON THE OUTSIDE OF EACH ENVELOPE (at some locations the cards may be posted on bulletin boards and become separated from the envelopes). The person receiving your card may write a note of thanks but be unable to do so for lack of your address. When writing a letter inside the Christmas card, request a reply if you wish. Not everyone receiving mail will respond, but some will.

3. PLEASE DO NOT—repeat NOT—PLACE POSTAGE STAMPS ON THE INDIVIDUAL CARDS. Such postage is wasted. Mail Call does not use stamps on the envelopes. Your Christmas mail will be combined with that received from numerous other participants and forwarded in air mail parcels to participants in the U.S. and around the world.

4. WE ARE NOT ALLOWED TO FORWARD FOOD OR MERCHANDISE ITEMS. When an individual has requested that many of our students, should be aware of. We have established a visitation hour reforms committee, a food committee, and have laid out the procedures for the ratification of the revised S.G.A. Constitution. We are trying to extend the visitation hours on weekends by two hours so you can visit longer with your friends. The food committee is looking into the cycle of the food so that there is more variety in the meals. We are trying to upgrade the quality of the food as a whole.

The ratification of the revised S.G.A. Constitution is essential. As pointed out in the newsletter before Thanksgiving, the only way we can have it ratified is by a student vote, which will be on Wednesday, December 8th, 1987. I urge you to take a look at it; it's in the library. We need you the students to be involved with us because the Constitution is what we use as our guidelines to insure that you are given proper representation.

Our meetings are every Thursday in the Library Lecture room. If you are interested in what the S.G.A. is doing, please come and join us.

Mona Wargo

College Ball '82

By Mona Wargo

On November 20th of this year, the second annual college ball was held. It was given in honor of those who have given generously to the college, with the proceeds going to the Scholarship Fund. According to Mr. Cervile, Vice President of the College and one of the attendees at the ball, it is because of this special fund that many of our students are able to pursue their education.

The ball itself was held in the Lynn Student Center with the theme being that of a Japanese Fantasy. Japanese students in the college dressed in traditional Oriental attire and greeted guests as they entered to find brightly colored lanterns, fans, and Japanese pajamas adding to the festivity. Also, there was a menu of Japanese foods including Steak Teriyaki, Fried Rice, Shrimp Tempura, and even Sake.

One of the highlights of the evening was the special Boca Raton Award given to an individual each year for their outstanding service and dedication to the community. This year's award went to Mr. Charles E. Schmidt for his dedication and involvement to the development of our college as well as to the city of Boca Raton.

All totaled, 500 guests attended for an evening of favors, flavors, and fantasy.

Fellow Students

By Peter Mintz

S.G.A. President

Fellow Students:

During the last month I've been asked several times, "What has the S.G.A. accomplished this semester, and what are they doing?"

The S.G.A. is presently in the process of establishing three committees that you, the students, should be aware of. We have established a visitation hour reforms committee, a food committee, and have laid out the procedures for the ratification of the revised S.G.A. Constitution. We are trying to extend the visitation hours on weekends by two hours so you can visit longer with your friends. The food committee is looking into the variety of the food so that there is more variety in the meals. We are trying to upgrade the quality of the food as a whole.

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Mona Wargo

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...
Self-Study Enters Final Stages

By Carol Wershoven
Chairman, Committee

Self-Study enters Final Stages

While students enjoy a well-deserved break from classes and exams, the self-study report will be emerging in its final form.

Over the Thanksgiving holiday, revision of the final draft was completed, and now the final copy is being typed and duplicated. This preparation of the final report will continue through December and January, so that the report will be available to the entire college community at the beginning of the second semester.

Then, in April, the work of two years will culminate in a visit from a team of educators appointed by the Southern Association of Colleges and Schools, for the purpose of self-assessment and program development.

The Steering Committee would like to thank all faculty, students, administration— who have worked so hard to make the Self-Study process a period of growth and development for the institution. The best gift we can bestow on ourselves, at this holiday season, is the promise of a future we have so carefully and conscientiously planned.

We at the Pulse wish these and all the members of the faculty, Happy Holidays and Best Wishes for a prosperous New Year. Have a cool Yule everybody!

24 Days Before Christmas

Solution Elsewhere

Try this tough poetic puzzle involving five elves, dressed in five different colors, who made five different types of toys. Can you decipher who made what?

1. Old Santa’s sack held 30 toys
2. Made by his elf crew
3. The elf who made the rest
4. Each elf made more than two
5. The elf made one more toy than the elf who dressed in reds, greens, yellows and blues.
6. The elf who dressed in reds, greens, yellows and blues.
7. Then the elf who made the rest.
8. Used Johny C’s made racing cars.
9. Five toys were made by June.
10. Eight of the elves were playing cards.
11. The elf who dressed in yellow made the rest.
12. The elf who made the rest
13. The elf who always played with Mr. Saxon was sick.
14. Made the most toys of those who made five.
15. Chist Marcia Elf with dressed in orange.
16. Then one elf dressed in blue.
17. The elf that helped the others
18. Made the most toys of those who made five.
19. Another elf, wearing reds.
20. Made each elf 15 toys.
21. Old Santa’s sack held 35 gifts.
22. All the elf—gold for elf.
23. From the clue that you’ve been given.

A Day at Busch Gardens

By Rossana Vence, Claudia Bodewig, Maria Cecilia Ulloa

On October 23rd, a group of students got up in the wee hours of the morning to go for a day’s adventure to Busch Gardens in Tampa, Florida.

After a four-and-a-half hour drive, they arrived at 10:30 a.m. Everyone was ready to enjoy the day. Unfortunately, as they arrived, it started to rain.

Although they were all wet, they fully enjoyed the rides and attractions such as the Rollercoaster, Python, and Scorpion.

The African Queen boat ride was very impressive; however, the most fascinating ride was the Congo Cedar Rapids. After this ride, everyone looked as if they were just coming out of a shower and they had to buy sweat shirts to keep warm.

They visited Nairobi, the place where the animals are kept. They watched all kinds of shows including the Dolphins, belly dancers, and a lady dancing with a snake.

There was a rumor that Jorge P. was seen holding hands with somebody.?

Eric and Tarquino disappeared when everybody was going to the Rollercoasters. Can you guess what was going on with them?

Rossana spent most of her time trying to play a bottle game, not because she wanted to win the Teddy bear, but because...?

There were good looking guys working there.

Maria Cecilia was terrified when she saw the wild animals; however, on the Rollercoaster you couldn’t even hear her scream.

Claudia spent much of her time playing Pac-man and probably dreaming she was in the Rathskeller. She was daydreaming so much that when we left, she forgot her Teddy bear.

Dennis and Joan were enjoying the day even though they were soaking wet. One of the vans was almost wrecked. Was it because Rita was practicing her belly dancing?

Fred Wesemann led the way to all the rides since he had already been to Busch Gardens. Maria Fonza and Nadika Ukwaite enjoyed the day so much that we hardly saw them.

The trip to Busch Gardens was tiring, but it was certainly worth it!

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TREKKIES UNITE

By Rich Vineburg

Last month the Starship Enterprise landed right here in Boca Raton. The landing field was the Florida Atlantic University auditorium. The Commander of the show was Mr. Gene Roddenberry, creator of the "Star Trek" television series and creative consultant for the "Star Trek" movies.

A small group of students from CBR attended the program. The group was led by Mr. Rex King, who was listening very carefully for ideas for the school's Fall Drama Production of "The Starring of Prince Shakti," which has been patterned after "Star Trek."

The program Mr. Roddenberry brought was quite good. He began the evening with a 20 minute video showing cuts taken from the television series. It was so easy to see how much enthusiasm Mr. Spock brought to the show, from his yells of excitement, to the many laughs he shared.

There was a rumor that Mr. Roddenberry said that he had just been told, there will definitely be a third film. He would not answer, though, the question that everyone was asking, Will Mr. Spock return? He did say, though, that he will try to get back as many of the original costars as possible.

If you are a fan of "Star Trek," then I recommend that you check out the school play at CHK. "The Starring of Prince Shakti," will be presented Dec. 9, 10, and 11.

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The trip to Busch Gardens was tiring, but it was certainly worth it!
By Gregg McBride

Valerie Don't look for STAYING ALIVE (after the Bee Gees song from the last movie), John Travolta will star, but hopefully someone will let the producers know that disco isn't that easy.

Richard Gere is currently wooing women in AN OFFICER AND A GENTLEMAN, which is wooing millions. His next film will be CALLED BREATHLESS, and will also star model-actress, Valerie Kaprisky. She plays a young American girl who is attracted to Gere, an American Car Thief.

Producers say this isn't exactly a remake of the 1961 classic of the same name.

Summer 1983 will see the release of NATIONAL LAMPOON'S VACATION, which is based on a story written by Lampooner John Hughes. The movie will star Chevy Chase and Beverly D'Angelo and concerns the plot of Charlie's two week summer vacation. Supermodel Christie Brinkley co-stars in this, which makes this her film debut.

Check and Chang and a cast of stars will star in an upcoming ORION picture called YELLOWBEARDS, which will be about, says one source, 'a saga of the horniest group of pirates that ever sailed the seven seas.'

MUSIC NOTES

Rick Springfield, the top-pop star who plays a doctor on General Hospital, announced that he has a movie in the works. It's a police-story called TANGO PALACE. According to rumors, Diana Ross may get involved with the project.

ON THE TUBE

Rigid rules have kept advertisements for television a no-no. But recently officials have taken a new rule. The networks may now show their own standards and thus now will not let cigarette ads be shown. You may not only see cigarette ads in print but on the tube as well.

By Gregg McBride

MOVIE REVIEWS

CREEPSHOW

Apparently, Stephen King fans were inspired by his novel THE SHINING turned out, that King vowed to get even and write the screenplay of his next movie. CREEPSHOW is that work, and it was directed by George Romero, who grossed us out with MARTIN. This LIVING DEAD, this movie is seen just like a Comic Book, the scary kind that we all used to get our thrills from as children. The animation and technical work are very good, as we actually flip from story to story, at times move from frame to frame, and even are confronted by cartoon people with word-filled bubbles coming from their mouths. King tried to make the screenplay read just like the comic books that we call silly now. The movie, too, is silly. The sarcasm that King wrote into the plot, comes out as humor and the director takes the fear. Some of it is humorous, but it gets old after awhile.

The movie consists of five stories. King, himself, appeared in one of them. He should stick to writing. As the best of the rest, one was "Father's Day" a tale of a father who's risen from the grave to claim the cake his daughter promised him before she killed him. He gets it — and gets even with a few unfaithful relatives along the way. The other is called "They're Creeping Up On You," the story of a man, so hung up with hygiene that one night the bugs decide to get even for him killing off their kind. The story ends with the man emerging from his corpse in a chilling and gross scene — the kind that director Romero is famous for. Calling the film mildly amusing — about sums it up. On a scale of 1-10, the movie rates a 4.80.

MONSIGNOR

Still trying to shake his Superman image, in this film Christopher Reeve portrays a priest who is not above sinning. This film provides some insights into corruption of priests, but it spends too much time drawing out worthless scenes.

Reeve is all too casual as the priest, and doesn't show any real attempt at acting until "several years later" when he portrays an older man. As the young priest, he should have spent more time studying his role.

Genevieve Bujold also stars in this movie, but her talents are wasted as she portrays a young postulant who falls victim to Reeve's love, but she does excell in acting out her final scene, and later in the movie it would have been nice to bring her back. Don't get this review wrong, MONSIGNOR does have some positive traits. But the producers, crew, and actors should have taken more time in making the movie. It would have made the movie better. What they hoped it would be. Like the scenery outside the window, at first view it seems nice but later you realize it is (like the movie) is simply made of cardboard. The movie rates a 3.5.

DON'T MISS:

THE TOY — When Jackie Gleason looks for the perfect gift for his son, he decides to be original and buy him a poor man (Richard Pryor). Laughs and more laughs make this movie quite enlightening!

MY FAVORITE YEAR — Peter O'Toole is excellent in this movie set in the 30's about a washed up actor trying to stay sober long enough to appear on television and to make amends with his daughter. Very Entertaining!

THE DARK CRYSTAL — Don't look for stars in this movie. Instead look for strange and imaginative characters created by Jim Henson & Co. —- the creators of the nightmarish fantasy adventure is absolutely imaginative. See it!

DON'T BOTHER:

Q — Anyone attended a movie at Town Center recently? Then you've undoubtedly seen this ridiculous preview. The movie is MOVEMBER, which was made for the cause of the men's society. Yuck! Unleash this thing on the film, please!

HEIDI'S SONG — This is Hanna-Barbera's attempt at the big time. They entertained us with the FLINTSTONES, but can't quite pull it off on the big screen. This cartoon is definitely for kids and under.

REMEMBER: Monday nights are $2 at Boco 6 Theaters at the Boco Mall; and Tuesday Nights are $1 at the Movies at Town Center Mall. Be thrifty!
Dear Sabrina:

Can you please tell me what I can give my boyfriend for Christmas?

A Desperate Giver:

There are many gifts you can give your boyfriend for Christmas. You can try to impress him, buy a Porsche. If he already has one, Cartier cologne for men is an excellent choice. Actually it is not the gift, but the thought and love behind the gift.

Sabrina

Dear Desperate Giver:

I have this problem — I have just recently broken up with my girlfriend back home. My problem is that I have forgotten how to ask girls out. What is the proper way? We do not have phones to call that are personal enough to ask someone out. So what do I do just ask them out when placing them on the sidewalk? Help!

Sincerely, The Fearful Stud:

I am sorry your romance with your previous girlfriend did not work out. Do not fear though, I am sure you are attractive and can soon find another girl. You should not just approach a pretty girl and ask her for a date. Go to social gatherings and strike up a conversation with someone you are attracted to. If calling is a problem, maybe you can go to a secluded phone booth and talk privately to her on the phone. However, if all fails you can resort to the best-selling novel, "How To Pick Up Girls". Good luck Stud!

Sabrina

Dear Sabrina:

My biggest problem right now is coping with college. No matter how hard I try to get involved I always seem to be trying to find a way of escape. I know escaping is out of pure insecurity, but I do not know what else to do.

Confused

Are you sure your romance with your previous girlfriend did not work out? Do not fear though, I am sure you are attractive and can soon find another girl. You should not just approach a pretty girl and ask her for a date. Go to social gatherings and strike up a conversation with someone you are attracted to. If calling is a problem, maybe you can go to a secluded phone booth and talk privately to her on the phone. However, if all falls you can resort to the best-selling novel, "How To Pick Up Girls". Good luck Stud!

Confused

Dear Confused:

This is a very unusual case. Some girls would consider you very lucky, but I do think he has a slight problem. Maybe this boy is too green or extremely shy. You should make the first move in this case so as to relieve him of the pressure. Once he gets over this initial fear, your love life will be spicy and romantic.

Signed, "What am I doing Wrong"

Dear "Wrong":

This is a very unusual case. Some girls would consider you very lucky, but I do think he has a slight problem. Maybe this boy is too green or extremely shy. You should make the first move in this case so as to relieve him of the pressure. Once he gets over this initial fear, your love life will be spicy and romantic.

Confused

Dear Confused:

I don't know what is wrong with me. I have been seeing this guy for over two months now and he hasn't even kissed me! When he takes me home after our dates, he walks me to the door and shakes my hand. Should I attack him? Should I dump him?

Confused

Dear "Wrong":

It is a very unusual case. Some girls would consider you very lucky, but I do think he has a slight problem. Maybe this boy is too green or extremely shy. You should make the first move in this case so as to relieve him of the pressure. Once he gets over this initial fear, your love life will be spicy and romantic.

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Confused

Dear Readers: Sorry I could not answer everyone's letter. I will, however, include them in the next issue. Sabrina

Candy cane for Christmas

ALBUM REVIEWS

By Mike Sawer

"THE DREAMING"

Kate Bush is the bestselling female vocalist in Britain today, yet in America she remains an underground cult figure, much like Lennie Lovich, Toyah and Nina Hagen. Part of the reason for this is Kate's unique song delivery, consisting of wailing high-pitched vocals set against medieval and contemporary instruments. This is an elusive figure; a stunning brunette draped in silky layers of folklore, mystique and the supernatural. Hopefully this new album will give her more exposure in the USA. Her last #1 hit in Europe, "Wuthering Heights," was subsequently recorded and raved about by Pat Benatar on her "Precious Time" LP, so Kate certainly deserves some credit now.

High points of the album include the opener "Sat In Your Year Lea," featuring Peter Gabriel's instrumentation and Kate Bush intertwining the hordes of Western youths who voyage to India in search of peace and enlightenment. "The Dreaming" involves the mystical spiritual world of the Australian Aborigines. "Night of the Swallow" conjures up the image of swarms of these birds lighting up the midnight sky and finally "Houdini" deals with a romantic interlude involving the late famous escape-artist. This LP is an album for fans of Kate Bush, new wave or the underground.

"THE BEAT"

It's certainly not very often that I would ever stoop so low as to recommend a K-Tel album, but it's not very often that a good new wave LP is available. For shelling out seven dollars at any drugstore across the country, you can get some of the finest new wave music ever released on "The Beat." How's that, you say? Well, this album features such talented artists as A Flock Of Seagulls, Kim Wilde, Haircut 100, Bow Wow Wow, Duran Duran, Split Enz, Billy Idol and many more.

NIGHT & DAY

This album is something of a departure for Joe Jackson, following the new wave implications of "I'm The Man," "Look Sharp" and the Big Band fiasco of "Jumpin' Jive." "Night & Day" is more subtle and effervescent, especially the smash hit "Steppin' Out," currently a winner on radio and dance floors across the nation. "Another World" is a charming, dreamy excursion into another dimension, "Chintzow" is haunting and suggests harsh urban reality. "A Slow Song" is precisely that, moving and poignant. "Real Men," a bestselling single overseas, still definitely raises a few eyebrows here as it involves homosexuality and questions male sexual identity. In the meantime, "Steppin' Out" should satisfy the disco devotees and the rest of the album change the pop listeners.

Religious Retreat

By Thomas Drybrough

A Religious Retreat was organized by Father Deveaux on the weekend of December 5-4. Only one student attended the retreat from CBR, and that was Tom Drybrough. The Retreat was held in Miami and included relaxation and study from College in the South Florida area. The weekend's activities included Group Discussion, Bible Study, Group Games, and concluded with Mass on Sunday.

Upon returning, Mr. Drybrough's comments about the retreat were as follows: "It was great finding a new spirit in me, because of the new beginning of the church (Advent), it is also a new beginning with me for my relationship with God."

Mr. Drybrough is so enthusiastic about this past retreat, that he and Father Deveaux hope to organize another retreat for next semester, and hope to get a lot more participation from the CBR student body.

Rolling Along

By Kelly Slimak

The Rolling Stones are among the biggest of today's musical institutions. The Stones have been a driving force in the world of rock and roll since the early 1960s. They have turned out a consistent string of hit records, with the exception of a few critically panned albums in the late-seventies. Critics have alternately raved about and condemned the Stones' musical efforts since their formation by Brian Jones, Mick Jagger, and Keith Richards.

The band got its start in London with the meeting of Brian Jones, an already established slide guitarist, and two awestruck teenagers, Mick and Keith. They were joined by Bill Wyman on the bass and Charlie Watts on the drums. This lineup stayed the same until the death of Brian Jones, July 2, 1969. Brian was a heavy drug user, a brilliant but tortured man. But even with his downfalls, the Stones continued well-strapped to find a replacement for a musician of such magnitude. They replaced Brian with Mick Taylor, a 29-year-old veteran of John Mayall's Bluesbreakers. Taylor lasted five years with the band; he found that he simply couldn't handle the pressure of being a leader of the "New Revolution" going on around him. He was replaced in 1975 by Ronnie Wood, formerly of Rod Stewart's Faces.

The look of the band has changed over the years, as has its music. Once testing revolution and fighting in the streets, they now tell of the hardships of being rich and famous. Their power to influence the attitudes of today's youth hasn't waned, and we can expect more from them in years to come. One could conclude from this that we're "never to old to rock and roll."
Getting to know Shada

By Amy Felter

"It was one icy cold day in Tennessee that I decided to come to Florida," said Shada Overton, Athletic Director here at the College of Boca Raton. "I was impressed personally and professionally because of all the hopes and expectations for this school."

Miss Overton was born and raised most of her life in New Jersey, then went on to Maryville College in Tennessee where she received a BA degree in Physical Education, the tennis team and played competitive racquetball. "I enjoy competitive individual sports but also enjoy team sports because I'm able to be with other people,"

After her college graduation, Miss Overton went to Wilmington, Delaware, where she was the women's varsity coach for volleyball, basketball, men's and women's tennis and women's softball teams as well as being an RA at Brandywine College for seven years.

Miss Overton returned to Tennessee in 1979 to work as assistant volleyball coach and was an RA at the college from which she graduated. In the fall of 1986, she received her Master's Degree from the University of Tennessee at Knoxville in College Student Personnel with emphasis in Administration. "I love college people and I like to think I'm able to relate well to them," stated Miss Overton. "My biggest frustration is not being able to reach more of the students here." Miss Overton wishes she could spend more time with them. However, she feels that sometimes the students don't feel comfortable around her and in turn she feels that she is doing something wrong. "In the past I was always able to sit down and talk with other students at other schools."

When asked what she liked to do during her spare time, Miss Overton said that she enjoys art and crafts as well as singing. "But at night during my quiet time, I like to reflect on each day and see what can make each day better."

A healthy Holiday

Proteins are found in fresh, dairy products. They are responsible for building and repairing body tissues. They also satisfy hunger. Carbohydrates provide energy for physical and mental exertions. They assist in the assimilation and metabolism of other food products. A deficiency could lead to a low energy level, poor health and mental depression.

PERSONAL ADS

Prettyboy: You are a very special person and I'll always cherish the times we've shared together. Remember, "Whatever's meant to be...will be." Take care of yourself.

Always, Snapper

Solution!

To "Santa's Pack Held 30 Toys"

Each elf made at least three toys (line 4). One elf made three times as many as another (15-14), and three elves made consecutive amounts (5-4). If you eliminate duplicate amounts (3), two possible number combinations total 30: 15/6/4/0 or 9/7/8/5/.

With either solution, Sue made the most (15-16). And we know that she made tops (17-28). She was not dressed in green (18-24), red (24-0), or yellow (12-32), so she must be the elf in blue.

The two elves who made the least must be dressed in green (18-24) and red (24-0), so elf who made the least cannot be Marcia (16). It also cannot be Sue (0-5) or Jane (0-5), so Connie must have made the least. And he made cars (11).

The elf who made the second most was Jane (10) or Cher (8), and it was not Sue, Connie, or Marcia. Marcia dressed in orange (8-5), and elves making socks with have not made the blue ones. Therefore, the elf who made the least must be Sue, and Marcia must have made the socks. Marcia and Sue are in the same color group, so the elf in blue is male, and the person we are trying to figure out smallest amount of toys is red (3).

By observation, Johnny is in green, and there is in red and pink. Since the elf in green made three toys, Sue must have made toys (15-18), so one amount at tops must be 15.

Hopes and concepts:

 elf (13-14) made 8 balls.
 Johnny (green) made 6 balls.
 Johnny (green) made 5 balls.
 Johnny (red) made 4 balls.
 Johnny (blue) made 3 balls.

Revenge With Water Balloon

By Nikkie Okuwa

NUTRITIOUS FOODS

Good nutrition reflects the way we feel and look. Therefore, we should eat nutritious food in order to be healthy and fit individuals.

Wholesome, fresh, and uncontaminated food is the best way to get the essential vitamins and minerals. Many times we eat foods that please the eyes and taste, but not the stomach. Most of them lack nourishment and are full of all types of added synthetic things.

The highest proportion of the student's diet should be fruits and vegetables. They supply all the necessary vitamins and minerals and their skins are the best part. Red meat is the fiber is also important for the working of the body. Lack of fiber is now thought to be related to high incidence of colorectal cancer.

WHAT IS MATURITY?

Anonymous

Maturity is many things. First, it's the ability to base a judgment on the Big Picture — the Long Haul. It means being able to pass up the fun-for-the-minute and select the course of action that will pay off later. One of the characteristics of infancy is the I-want-it-now approach. Grown up people are able to wait.

Maturity is the ability to stick with a project or a situation until it is finished. The person who is constantly changing jobs, changing friends, and changing mates is immature. Everything seems to turn sour after awhile.

Maturity is the ability to face unpleasantness, frustration and discomfort and defeat without complaint or collapse. The mature person knows he can't have everything his own way. Nobody wins 'em all. He is able to defer circumstances, to other people — and to time.

Maturity means doing what is expected of you, and this means being dependable. It means keeping your word. Bound within dependability is personal integrity. Do you mean what you say — and say what you mean?

The world is filled with people who can't be counted on. They break promises and substitute alibis for performance. They show up late — or not at all. Their lives are a maze of unfinished business. Such behavior suggests the lack of self-discipline, an ingredient which is a large part of maturity.

Maturity is the ability to make a decision and stick with it, riding out the storms that may follow. This requires clear thinking. And the courage to stand by your position once you've taken it.

Immature people spend a lifetime exploring possibilities and then doing nothing. Action requires courage, and courage means maturity.

Maturity is the ability to harness your abilities and your energies and do more than is expected. The mature person refuses to settle for mediocrity. He would rather aim high and miss the mark than aim low — and make it.

THE GLADES APOTHECARY

2200 West Glades Road, Suite 107
Boca Raton, FL 33431
341-0414

Thomas J. Kenny R.Ph.

Healthy Holiday

Proteins are found in fresh, dairy products. They are responsible for building and repairing body tissues. They also satisfy hunger. Carbohydrates provide energy for physical and mental exertions. They assist in the assimilation and metabolism of other food products. A deficiency could lead to a low energy level, poor health and mental depression.

FRESH FOODS

Proteins: cauliflower, celery, spinach, lettuce.
Root vegetables: onions, radishes, potatoes, beetroot, carrots.
Fruit vegetables: tomatoes, peppers, cucumbers, pumpkins.

Fruits: Citrus: lemons, oranges, grapefruit, tangerines.
Orchard: apples, pears, plums, apricots, cherries, nectarines.
Berry: raspberries, cranberries, gooseberries.
Nuts and seeds: almonds, sunflower seeds, pumpkin seeds.
Herbs: basil, thyme, oregano, rosemary.
Dairy Products: milk, buttermilk, sour cream, cheese.
Nuts: almonds, cashews, peanuts.
Vegetables: Asparagus, artichokes, broccoli, cabbage, cauliflower, celery, spinach, lettuce.
Ripe tomatoes: contain calcium and iron.

A healthy Holiday

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By Herb Milgrien

Hello sports fans! Did you know that the College of Boca Raton has a tennis team? Well, we do. In fact, we have two, men's and women's. But let's just talk about the men's team for now.

First of all, it is coached by Shada Overton, a hard driving individual whose main stress point is on conditioning and self-discipline.

Practice is usually held three to four times a week at 4:00 p.m. The practice is kicked off with four laps around the tennis courts and then a series of various types of wind sprints which Shada calls zig zags, and the ever popular suicides. The suicides are timed and as an incentive, the loser has to do another one. After that, the team stretches out in order to prepare for a number of drills designed to improve accuracy. Then there is a little bit of competitive playing among team members. To top it all off, we usually end practice with a few suicides.

Below him, but only for the moment, we have a traditional baseline from New Jersey. He is a natural lefty whose game consists of one part topspin and one part iron will. He is Herb.

Although neither one of these athletes has been beaten by any member of the team, I feel that the team is so equal that a member could be upset by another on any given day. All in all, the team practices hard and shows a lot of enthusiasm for the sport.

Herb Milgrien

And The Final Whistle Blow

They ran; they kicked, they sweated and they swore — with one common goal, to be victorious — and that they were, the first Intercollegiate Soccer Team for the College of Boca Raton.

They started slow, Mid-August six players, one coach full of anticipation, one Athletic Director full of enthusiasm and an Administration full of hope began Soccer 1982. Then school began and more players took to the field. By the first game, against Biscayne College, the team was "on a roll." Carrying a squad of twenty one, coach and crew, the team went off to Miami. Bringing home a decisive defeat, coach et al now could regroup their forces and go into battle more realistically.

Under the coaching of Roy Wiggemans and supervising of Athletic Director Shada Overton, the team throughout the season played against some of the best schools in South Florida. It is most fair to say that playing schools such as Florida International University (FIU) in Miami on their beautiful field, who practice against the strikers, is an experience.

However, the road to the end of this season was not all rough. Although Broward Community College (BCC) beat us easily on their field, we have two, men's and women's. But let's just talk about the men's team for now.

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The team doesn't start playing matches until February, but Shada believes by practicing now, we should all be in top shape for the upcoming season.

The team boasts a lot of talent from all over the world. One of our best players is from Mexico. He is an aggressive, aggressive player whose tactics are, hit hard and don't miss, by the name of L. Gonzales.

I, myself, am looking forward to a winning season and a lot of good clean fun. Lately the team has been working out on campus, but our home matches are scheduled to be played at Boca West Resort.

Tennis is fun to play, but when it is played right it is also fun to watch. On behalf of the tennis team, we would appreciate the support of the students and faculty. Feel free to come to any and all of our matches.

Herb Milgrien

FOR BUSINESS MAJORS:
To take Charge of Advertising. Department. IT WILL LOOK GOOD ON YOUR RESUME for Graduate School. See Executive Editor Mona Wargo or Mrs. Bloche, Advisor-to-Pulse

The PULSE welcomes letters to the Editor on topics of interest to the College of Boca Raton. Letters must be signed and will be published if considered of interest to the CBR community by
Christmas Joy

NO GREATER GIFT IS THERE THAN LOVE

By Nickkie Okuno

People making lists
Buying special gifts, pretending to be kind to one and all.

It’s the time of year
And You’d wish you could give more
Than just presents from a store
Why don’t you give love on Christmas day?

Oh, even the man who has everything Would be so happy if you would bring Him love on Christmas —
No greater gift is there than love.

People you don’t know
Smile and nod hello
Everywhere there is an air of Christmas joy.
Is that once a year
When the world is sincere
And you’d like to find a way
To show the things that words cannot say
— Why don’t you give love on Christmas day —
No greater gift is there than love.

Oh, the man on the street
And the couple upstairs
All need to know that someone cares —
Give love on Christmas day —
No greater gift is there than love.

What the world needs is love
Yes, the world needs your love
Why don’t you give love on Christmas day —
No greater gift is there than love.

Winter Fun in the Sun

By Stella Greenberg

There are a variety of cultural happenings that are available to anyone in the Palm Beach County area.

As students at the College of Boca Raton, we can take the opportunity to partake in exciting events going on. They run the gamut from art exhibits to the ballet.

The nature of these events is so diverse that they have been summarized here.


Lannan Foundation Museum — 832-6006. A continuous showing of private collections of contemporary art.

At the Boca Raton Center for the Arts — 395-2500. Dec. 8-31. "Professional Artists Guild Exhibition."


Sunrise at CBR