

FSU JAZZ BAND

by Edwin DeVaughn

On the morning of April 2nd, the Jazz Band will be leaving FSU to begin a week long tour. This tour has been brought about by hard work and much practice. The band has been together going on two years this semester. We have played for many different kinds of affairs to get a start. For example, basketball games, talent shows and even for the dedication of the city courthouse. The band began as a small eight piece combo and has grown to a big band.

On the morning of April 2nd, the band will make its first stop at Hampton Institute. Hampton is the Alma Mater of our Director, Dianne Lyle. From there we go to I.C. Norcomb High School in Virginia. On Wednesday, we will play at Maggie Walker High School and Armstrong in Richmond, Virginia.

Thursday the bus will stop in Philadelphia for a very important concert in West Philadelphia High School. I guess you wonder why West

Philadelphia is so important. The reason is seven members of the band attended West Philadelphia from 72-77. These members are: Edwin DeVaughn, Bob Hayes, John Smith, Ralph Floyd, William Wright, George Twyman and Silver White. These members are also founders of the Jazz Band. The next stop is across the bridge to Camden, New Jersey. Camden High also has alumni in the band... Ryan Bates. Then we go back to Philadelphia to play at University High. Saturday, we are on our way to Shaw University to play in their Annual Jazz Festival. Many other schools will attend this festival. After this week of travel we will head back to FSU where we'll give our Spring Concert. We would like all students to come out and hear and see what this tour has done for us.

I want to thank a few people for the help we needed to take this tour. First I would like to thank Mr. James Evans, Dr. Hatcher and



THE JAZZ BAND

Chancellor Lyons. Most of all I must thank Dianne Lyle for pushing us to a higher level of performance and education. Dianne is in her second year of teaching at FSU. Dianne received her Masters in Music

from Bowling Green and is a native of St. Louis. I could go on and on about her achievements but action speaks louder than words. Keep up the good work in the name of FSU Dianne.

BOOK REVIEW

Pulling Your Own Strings. Dr. Wayne W. Dyer. New York, Thomas Y. Crowell Company, 1978. 262pp. \$8.95.

How many times have you asked yourself, "Why can't I do what I feel rather than always feeling as if I'm being manipulated by others? Why can't I stop being a victim?" Dr. Dyer in *Pulling Your Own Strings* has some honest answers for you and offers suggestions that will perhaps enable you to be your own person, free from catering to the whims and manipulations of others. This book is complete with case histories which support the effectiveness of Dr. Dyer's method. Also included are tests that will help you determine the precision of your "string power."

Chapters deal with specific subject matters such

as "Declaring Yourself as a Non-Victim" and conclude with "Victim or Victor? Your Present Victim-Profile Based on 100 Typical Situations." By the time you've reached the latter chapter, you should be well on your way to liberation and operation free of constant manipulation. Chapter 4 I recommend especially to all students. Called "Avoiding the Comparison Trap," Dyer notes at the beginning, "In a world of individuals, comparison is a senseless activity."

Dyer has addressed the question of victimization in a well executed and provocative manner. Techniques employed throughout the book should encourage all readers never to be victims again.

Lillie Booth

Campus Paperback Bestsellers

1. **My Mother/Myself**, by Nancy Friday. (Dell, \$2.50.) The daughter's search for identity.
2. **The Women's Room**, by Marilyn French. (Jove/HBJ, \$2.50.) Perspective on women's role in society: fiction.
3. **The Silmarillion**, by J.R.R. Tolkien. (Ballantine, \$2.95.) Earliest times of Middle-earth fantasy world: fiction.
4. **Bloodline**, by Sidney Sheldon. (Warner, \$2.75.) Thriller about heiress who inherits power and intrigue: fiction.
5. **Final Payments**, by Mary Gordon. (Ballantine, \$2.50.) New Yorker's problems in rebuilding life after her father's death: fiction.
6. **Coming into the Country**, by John McPhee. (Bantam, \$2.75.) Voyage of spirit and mind into Alaskan wilderness.
7. **The Insiders**, by Rosemary Rogers. (Avon, \$2.50.) Life and loves of beautiful TV anchorwoman: fiction.
8. **How to Flatten Your Stomach**, by Jim Everroad. (Price/Stern/Sloan, \$1.75.) Rationale and exercises.
9. **Backstairs at the White House**, by Gwen Bagni & Paul Dubov. (Bantam, \$2.50.) "Downstairs" view of 8 administrations: fiction.
10. **Gnomes**, by Wil Huygen. (Peacock, \$10.95.) Fanciful portrayal of gnomes, color illustrations: fiction.

This list was compiled by *The Chronicle of Higher Education* from information supplied by college stores throughout the country. March 26, 1979.

Vaginitis: Few Women Escape It

Every year over five million women develop a vaginal infection which brings them to a physician. Vaginitis may occur at any time from childhood to old age, but it is most common in women of childbearing age. An abnormal discharge is the major symptom this is often accompanied by intense itching and a burning sensation.

There is more than one type of vaginitis and the infection can usually be traced to a type of bacteria or fungal infection, or in older women to hormonal changes. In recent years an allergy to vaginal sprays and wearing of overly-tight underwear made of synthetic materials have been reported to contribute to irritation and infection.

Unfortunately, there is no way to eliminate the possibility of developing vaginitis completely. However, some preventive measures are possible and the following suggestions have proven effective: +Bathe daily, gently cleansing the vaginal area with a soft, clean washcloth. Avoid strong detergent wash products. +Adhere to directions for douching. If your preference is for a disposable douche, consider one that holds a full 12 ounces of fluid. This is the amount recommended by many gynecologists and other physicians as a minimum for thorough cleansing. Trichotone is one that contains

no perfumes and is reported to relieve itching and odor. Because it is disposable, the possibility of reinfection from a previously used nozzle is eliminated. +Keep the area clean and dry. For excessive perspiration, talcum powder is frequently helpful. +Pantyhose, panties, panty girdles and jeans are known to contribute to vaginitis when worn too tight. For a persistent problem, try looser garments, preferably of cotton which allows air to circulate. +Avoid wearing damp bathing suits for prolonged periods. +Maintain good toilet habits, in particular wiping from front to back or away from the vagina. +Avoid bubble baths, feminine hygiene sprays, perfumed tampons and other such substances that may be irritating or provoke an allergic reaction. +Thoroughly cleanse disphragms, contraceptive foam applicators, and other such items that may become contaminated.

A small amount of vaginal discharge is usually present in any woman and is a part of being normal. The time for concern is when there is a sudden change of odor, color or amount of discharge, or if there are other accompanying symptoms.

Few women escape having vaginitis and most experience it more than once in their lifetime.

ASK US

Q. What office should I contact with regard to setting up an open forum on campus between students and representatives from various offices such as the Business Office, Financial Aid Office, Registrar's Office, etc.

A. You would need to contact the Vice Chancellor for Student Development. He will, in turn, make the necessary preparation for the forum.

Q. What average do I need to make Dean's List?

A. Students who earn a minimum cumulative quality-point average of 3.2 or better while carrying an academic load of at least twelve credit hours are given the distinction of being placed on the Dean's List.

Q. I have completed 60 semester hours of credit. Am I considered a junior?

A. To be classified as a junior, a student must have earned between 61 and 90 semester hours of credit with



IS THIS WHAT YOUR KISSES TASTE LIKE?

If you smoke cigarettes, you taste like one.

Your clothes and hair can smell stale and unpleasant, too.

You don't notice it, but people close to you do. Especially if they don't smoke.

And non-smokers are the best people to love. They live longer.

AMERICAN CANCER SOCIETY

This space contributed by the publisher as a public service.

Inflation Is Nation's Major Concern

by Ralph W. DeAngelis
Campus Digest News Service



According to a recent poll conducted by the Harris Polling Co., most of the nation's worries are a result of inflation.

People are feeling the pinch in their pocketbooks and are reported willing to settle for some drastic changes to bring prices under control. The Harris survey reports that some individuals would be willing to settle for smaller increases in their salaries if they would also receive some hope that prices would not increase as quickly.

Lou Harris said that this attitude surprises him because it is a turn from the previously materialistic goals of most Americans. Part of this can probably be attributed to the behavior of American big business. The same poll showed that only 12 percent of Americans felt that business would do the right thing if left unregulated. This shows that perhaps Americans are reordering their priorities toward the profit motive.

The survey also reported that Americans were more willing to tolerate change in society, both on economic and social issues. However, the trust that Americans have in the institutions that bring about these changes, specifically government and big business has fallen to its lowest level in years, the survey concluded.

an equivalent number of quality points. If you completed 60 semester hours of credit with an equivalent number of quality points, you are considered a sophomore.

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