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Global Aviator Visits ERAU For Lecture

Max Conard, world adventurer who was the first civilian to fly to Antarctica, will speak in the U.C. at 6 p.m. this Friday, Feb. 1, in Mr. Conard will be showing slides of his many travels with his swept-wing aircraft. The following is the fly by leap into the wind, by Sally Boppenger, which is the biography of the man whose

Max Conard has lived at the
extension of human experience.
Life is a choral of personal
coverages, against the
elements, loneliness and other
territorial conflicts and, most of all, the will to keep
trying.

Bom in 1903 in a modest
wealth family in Win ne,
nesota, Minnesota, he might easily have
died and died in that
comfortable town on the upper
purposely. Instead, in 1928, he
intended to fly. A little
more than a year later, his
life changed dramatically.

Trying to rescue a girl who
was walking into a spinning propul-
der, he was hit himself, susta-
ning brain damage that affected
his speech, reading, and writing
skills — but not his ability to
fly. Climbing to that skill, he
brought it to a degree of per-
fected that was for him the
distance and endurance record.

He has undoubtedly landed
more times in the air than any
pilot in the history of aviation
more than 30,000 hours — the
equivalent of six years, twenty-four
hours a day, always in flight planes and
usually alone.

In spite of marriage and a
large family, his life has essen-
tially been solitary. Devoted to
his wife and children, he some-
times put an ocean between
them in his effort to support
them in the only way he knew.

In 1954 he flew solo, non-
stop from New York to Paris
during the last meeting
in the history of aviation
more than 100 flight planes across the At-
lantic and at least 30 over the
Pacific. These deliveries in turn
led him to extend his abilities to
incredible limits in a bid
for world records. He once
flew, alone in a single-engine
plane from Culver City in Los
Angeles, staying flight for 51
hours and 58 minutes.

His life became a series of undertakings in which part of
him always remained aware of the
constant peril of sudden
violent death. Spurning conven tional enterprises where
other men have succeeded, he has
struggled where most men would not even dare.
Dear Readers,

Remember how you love to fly and try to overcome this way you have to get set by thinking. I will not get set. I will not get set. Because, I'm not sure if this is the right direction for getting a bit stuck. You might find yourself flying solo for the first time without previous experience.

Dear Wrongway,

My instruction is that I am having a disagreement. FAR PART 91 states on instrument approach may be continued below VCA when the runway environment is in sight. Question. Does Big Daddy's constitute the runway environment for the VOR approach runway 6?

Flying high

Dear F.H.,

The answer to your question depends on the situation. Generally Big Daddy's would constitute the runway environment. However, it is Friday Thursday night when every Riddle instructor knows a 50 cent drink night the answer is yes, if there is room to hard in the parking lot for a drink.

Educa tion

Although the letten...
Stop Crime Program Continues

In recent editions of this AVIGN, several aspects of the security problem on campus have been discussed in detail. But you now have a way of avoiding or quickly recovering expensive and important materials.

The E.A.U. Shield Program involves the use of security equipment, which can be picked up for use in the Security Office. All students are urged to keep their belongings stowed with this equipment.

Such marking is not a 100% guarantee that an item will not be stolen; however, a valve is far less likely to steal a marked item because it is easily identified, and the likelihood of recovery is greatly increased. Those who have their belongings engraved will be issued "free" Stop discs, which clearly state that the item is marked.

Student decisions to participate in the program should contact the Security Office at Ext. 411 or 495. At the time of下列-time contact, the student should provide the security office with a list of items to be marked, and the type of marking desired (painted security marks, student number, driver's license number, or other). An appointment to engrave and register the belongings will then be made.

How Do You Want To Improve University Service?

The office of Marketing and Development has begun a series of projects to gather information about E.A.U. students and how they want the University to become involved in the community.

A questionnaire was placed in on-campus mailboxes last week with a list of five drop boxes around campus. Two students are to return the completed surveys.

According to Davey Secrets, the new Director of Market Research, this survey will give the student an opportunity to tell the University their opinions on student affairs, campus life and how E.A.U. could be a better institution.

With analysis of this first survey complete, the AVIGN will publish the results. Students are urged to return their survey to the drop box shown at the main desk of the U.C., the Library, or the Student Building. In addition, Building or the A.H. Building.

AMT NOTICE

"Attention all student-friends who obtained Airframe and Powerplant licenses at other than E.A.U. If you are enrolled in a bachelor's degree program that requires the A&P license, please see Mr. Olson, AMT Division Chairman, for advanced standing and the equivalent of 36 credit hours.

Thank you, Bob Olson"
By Jan Harris

**AVON News Editor**

On Saturday, Jan. 29, the FAU/AVON Varsity Baseball Team opened its practice season against Florida Tech University. The team faced extremely well by beating the known powerhouse team by a score of 5-2. Riddle's run came about through many walks by the opposing pitchers with courtesy to Jeff Daugherthy also accounted for a single run by putting a fast ball 430 feet over the left field fence. Jeff repeated his act with another Home Run in the second game, though the team didn't do as well that game, he was the hitting hero. Riddle's defense was up to par for this time of the season making only one error during the game. The team was thoughtfully inspired by the pitching performances of two returning stars, Nelson Solos and Steve O'B Sullivan. Solos pitched the first few innings, giving up two runs on four hits and looking extremely well throughout. O'B Sullivan pitched two innings giving up two hits, 0 runs and striking out three of the eight batters he faced, also looking extremely well. As the two games got help from the other pitchers, this year's baseball team will be in excellent shape.

As mentioned earlier, there was a second game. This was a run in using special which gave the non-starting members, and guys trying out for the team a feel to show what they could do. Even with the special, many people still showed that there will be good depth for this Baseball Team this year.

**EAGLES BASEBALL TEAM WINS OVER FTU**

Nelson Solos on the plate. (Photo by Henry)

The sign of defeat... 's singing ten pats." (Photo by Henry)

**E-RAU BOWLING NEWS**

By Trish Westover

Hello guys! My name is Trish Westover and I am your new vice-president. Hopefully my news articles will meet with your approval. Now back to business.

Last Thursday the ladies must have been pretty hot. Several two hundred games were rolled. White Pick Fever's Bill Kumm led the squadron. Little Dove games of 236 and the high series of 693. Good job! Following close behind were Mark Cocin 243, Gary Kowal 236, Jeff Marko 226 and Terry Elaine 207. Keep it up fellows.

On the other end are the girls. Carolyn Cash led all of us with a 135 and 508 series. Let's see if we can't make a 200 this week.

The standings are still close. Fleet place goes to Bar

In the end, both teams were neck and neck, having a total pin. Coming from the man is certainly the best position. Believe me I speak from experience.

Let everyone this Thursday. Same place, same time.

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**FEBRUARY 1, 1973**

**"Uh, Center Would You Believe Lost Comm?"**

By Dick Butler

In the first part of this article, the main topic of how lack of sleep can cause pilots fatigue and how some of these factors can be controlled. This second and final segment will discuss what happens inside your body to cause you to fall asleep.

You system converts refined sugar and starches into glucose, which then rises to a peak and then levels off. When the homeostatic system that balances glucose levels starts to sense the rate and rise, it signals the pancreas to release insulin proportionately. In this case, the rate is abrupt and can only be sustained over the very brief time it takes for your body to convert the refined carbohydrates to glucose. The end result is that too much insulin is triggered to the bloodstream in that your glucose volume is soon driven below the normal, falling level and bingo all the next effects I've already described begin to take effect.

Protein from a more normal breakfast is permitted by the body at a much more steady rate so that appropriate quantities of insulin are extracted out to stabilize glucose levels at the optimum point. Protein reduction and confection continues for several hours and eliminates the peaks and rebounds induced by pure carbohydrate intake. Four Optimum practices will prevent reactive hypoglycemia.

Avoid refined carbohydrates (sugar and all refined starches). Fat-protein-rich meals every four hours, especially when following exercise. Be careful to include snacks for pick-me-ups at odd times. Limit consumption of root vegetables or fruit juice for coffee and soft drinks. And speaking of coffee, I tried to fly with a guy who drank gallons of coffee and never could stay awake. Turned out he suffered from caffeine toxicity, a not uncommon problem that can cause poor sleeping, nervousness, headaches, and lathargy.

Coffee, tea, and cola in moderate amounts, promote quick energy and clear thinking through the stimulant effect of caffeine. Above a certain level, caffeine can be be beneficial and becomes a histamine to normal functioning. One cup of coffee or tea contains about 100 mg. of caffeine. Twelve ounces of cola contain about 50 mg. of caffeine. Some doctors feel that 500 mg. per day is enough and 750 is questionable and 1000 mg. addictive.

Check your caffeine intake and begin to include all the possible sources. Caffeine, tea, and cola are obviously sources, but caffeine is also present in chocolate and in many of the non-prescription headache and cold medications, and over the counter stimulants.

As long as I am lambasting all the good stuff I might as well talk about cigarettes. One smoke raises the carbon monoxide in the blood to a level that equates to a rate of hypoxia at 7,000 feet. Two cigarettes inclined considerably raise the level to 10,000 feet and these levels are further aggravated by actual cabin altitude. Smoking is unquestionably a contributor to blood circulation and can cause a similar effect. But sitting over there is a real reason to keep an eye on him.

When you get down in Flight, try a few exercises, eat something, and try to recall the thrilling circus of this column. If that doesn't keep you awake, nothing will.

Dick
FRATERNITY CORNER

Sigma Chi Delta

By Chris Bskuhatke

With the fourth week of school well under way, the brothers of Sigma Chi Delta are looking forward to another successful semester. Last Friday was the rush weekend, and the brothers of Sigma Chi Delta are proud to have initiated four prospective members this weekend.

Last Friday's Smoker Silks appeared to be a success. The brothers of Sigma Chi Delta are proud to have initiated four prospective members this weekend.

One of the brothers who appeared to be in good spirits was junior Tom Moore. Tom said that he was glad to have met so many interesting people and that he was looking forward to the formal that was to be held later that night. Tom also said that he was looking forward to getting involved in some of the fraternity's activities and that he was excited about the new semester.