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Embry-Riddle Aeronautical University

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Happy Birthday President Hunt !!!!!

14 may 1980
volume 34
issue 1

the avion

the award-winning newspaper of college aviation
embry-riddle aeronautical university



EVERYTHING from homebults to

Energy Saving Program Proposed For Campus

By John Scribner
On October 1, 1979, Fred Willem, Director of Physical Plant, and Mike Nickell, Superintendent of Environmental Services were certified as Energy Auditors by the State of Florida thereby allowing them to conduct an Energy Audit of Embry-Riddle's campus.

University Center is now operating with about half the light than previously used. Many of the four bulb fluorescent fixtures have been replaced with two bulb units. Bulbs have been cleaned throughout the university's classrooms and offices to provide better light.

Embry-Riddle has been striving to cut its energy needs for the past five years. Now, however, with the Energy Audit Program, partial funding in the form of 50% matching funds will be provided by the state allowing a more concentrated effort to trim energy needs.

Right now the solar heating panels on the roof of Dorm 1 are about 38% efficient and are mostly used as a supplement for the conventional system. According to Willem, Riddle is planning to upgrade the solar system to make it the primary power source thus using the conventional system as only a backup.

Many steps have already been initiated in the energy conservation program. Among these are heating and cooling controls for classrooms according to classroom occupancy. This means that instead of turning on the entire cooling or heating system for the entire Academic Complex solely to accommodate three or four 7 a.m. classes, only those classrooms which will be occupied at the time will be turned on.

On a lesser but equally important note, classroom thermostats have been calibrated to provide truer temperatures plus new lock type thermostats are being installed to discourage tampering.

Lighting has been trimmed back wherever possible. The

"Chilled Water Loop", the largest energy saving project is now being planned, according to Willem. The loop will allow the cooling system in the U.C. to run both Dorm 1 and the Academic Complex simultaneously. Presently, each building has its own independent system. The proposed change will not only cut energy costs but will also offer a backup system in case one of the individual building's coolers breaks down or must be shut down.

NTSB Urges Use Of Flight Recorders

For the fifth time in two years, the National Transportation Safety Board has urged the Federal Aviation Administration to require the use of flight recorders on complex general aviation aircraft.

Moines, Iowa, crashed attempting a landing. Witnesses saw the Learjet cross the runway threshold in a normal landing attitude and seconds later roll violently. The Learjet was in a steep right bank when the wing tip fuel tank struck the runway 2,640 feet from the threshold, and the aircraft burst into flames.

The Board repeated this recommendation today as a result of its investigation into the crash of Gates Learjet 25D January 19, 1979, at Detroit's Metropolitan Wayne County Airport, which killed six persons.

The Board determined that the probable cause of the accident was the pilot's loss of aircraft control. The loss of control "may have been caused

The plane, operated by Massey-Ferguson, Inc., Des

Thanks Neighbor

Riddle Celebrates 15th Year In Daytona

By Carlos Roque
Avion Staff Reporter
In the Spring of 1965, classes ended at Embry-Riddle's Miami campus for the last time. In the Fall of that same year, the institute opened its doors for the first time in Daytona Beach. In the 15 years since then, Embry-Riddle has grown in size and student population, and in 1970 was granted university status. In its first year in Daytona Beach some 239 students attended classes; today that number has grown to over 7,200 worldwide, with 4,100 students enrolled at the main campus in Daytona Beach. Embry-Riddle's annual operating budget has grown too, from \$375,000 in 1965 to over

\$27 million today. It's easy to see that the growth Embry-Riddle has enjoyed in the past 15 years has had a positive effect on the surrounding community. The majority of students live off-campus, many have part-time jobs, and most do business with local banks, local stores and businesses, restaurants, nightclubs and lounges also benefit from the large number of students now residing in Daytona Beach and the surrounding community. The majority of students live off-campus, many have part-time jobs and most do business with local banks, local stores and businesses, restaurants, night clubs and lounges also benefit

from the large number of students now residing in Daytona Beach and the surrounding community. The majority of students live off-campus, many have part-time jobs and most do business with local banks, local stores and businesses, restaurants, night clubs and lounges also benefit

tered throughout the campus, and many interested people joined tour groups for a guided tour of displays and campus facilities. A tour would start in the University Center where one could see a wide variety of displays; the university had a display as did several other groups on campus, including some of our international students and the L-5 Aeronautics Society. There were also displays from Anheuser-Busch, Champion spark plugs and many others, but the hit of the show was the Coca-Cola display which was a remote-controlled R2-D2 look-alike. Elsewhere on the campus where a number of civilian (See ANNIVERSARY Pg. 2)

New Flight Restrictions Take Effect

Effective May 1, 1980, the College of Aviation Technology set forth limitations on the number of weeks a student may remain enrolled in a flight course and to establish the maximum number of days a student may remain medically grounded while enrolled in a flight course. These limitations are necessary to allow each student maximum opportunity to succeed in his flight course and to permit others to enroll in flight training as vacancies occur. The College has set these procedures to follow. Every

flight student is allowed 10 weeks to complete a flight course. If at the end of the 10th week the student is not complete, his records will be reviewed by his flight supervisor. If the records show that the student is incomplete through no fault of his own, he will be dropped from the flight course with a grade of "W". If the records show that the student is responsible for his lack of progress, he will be given a grade of "F". In either case, the student will (See GROUNDED Page 2)



F-15's were represented at ERAU's 15th Anniversary Open House Static Display. Among the aircraft represented were three T-37's, an Air Force T-38, two Army helicopters (courtesy of Army ROTC), an Army Mohawk Reconnaissance airplane, and different business aircraft as well as Riddle's own 172's and Mooney Mustang. Beside the static display, many corporations set up extensive displays in the U.C. and various classrooms. (Photos: Homebult, M. Beckwith, F-15: G. Lundberg)

Veteran Instructor Loves Teaching At Riddle

By Cathy Babis
Avion Staff Reporter

How do you describe a man's love for flying? Well, you could start by saying the name Pops Alonzo. Yes, that's right, Pops (Don) Alonzo. He has been flying for the past forty years, and still wakes up every morning to do what he has loved for his entire life: fly!

He started flying in 1939 at LaGuardia Airport. Pops had been working as a machinist's mate for American Airlines for some time before he and another mechanic bought a Travel Air 2000. His friend, Joseph Colombo, began teaching him to fly. "Pops" proved to be such an apt student that at the

end of the year he had earned his Commercial, Certified Flight Instructor and Secondary Instructor's rating.

It is also interesting that he received all those ratings in the same checkride! Alonzo has been instructing at Embry-Riddle since 1966. He truly loves the vocation of flight instruction. Obviously, he is not the typical instructor who is merely using it as a means to build hours. Pops says he experiences a deep sense of self-satisfaction when he creates a competent pilot.

Many of "Pop's" former students still check in occasionally and bring him up-to-date on their careers. He says, "Flying is unique because you take it home in your mind and heart." Flying, particularly instructing, must truly be in his heart as evidenced by the following synopsis of his aviation career.

His first flying job was with Troy Flyers of Troy, New York in 1941. He taught ground courses for the Department of the Navy and functioned as a flight instructor. In 1942, he moved to South Carolina to instruct Army Air Corps Cadets in Steamans. By 1943, The Army Air Corps cadet program had produced enough instructors to meet its own needs, and Pop took an in-

structing job with Republic Aviation Corporation's Field Service Division in Farmingdale, New York.

After World War II ended, he set up an approved flight school and aerial insecticide application service. His outfit also provided oblique and mapping photography services to Fairchild Aerial Services in Long Island City, New York. In 1950 he expanded his operation to Venezuela and helped introduce their agricultural enterprises to the benefits of aerial insecticide applications. He sold this operation in 1953 and began training U.S. Air Force pilots at Stallings Air Force Base, in Kinston, North Carolina.

International Civil Aviation Organization commissioned him to set up a flight school of civil aviation for the Peruvian government in 1957. The school that he started is now used to train airline pilots. Pops really enjoyed instructing in Peru. He personally translated all books and course material into Spanish. The process of translating took him two years.

Many of his students became his good friends. After his contract with ICAO expired in 1964, he became a corporate pilot for a large mining operation in the Peruvian Moun-



"POPS" ALONZO, an instructor at Riddle since 1966, claims he still loves instructing and creating competent pilots. Pops now teaches FA340, the multi-engine course. (Photo: J. Seibman)

(See "POPS" Page 2)

editorial

Being the first Avion of the Summer trimester, I would like to welcome all new freshmen to Embry-Riddle and hope you have an enjoyable stay here.

One thing you new freshmen will soon discover about the university is that there are few extracurricular sports teams to participate in.

The one team at Embry-Riddle that is aviation-orientated is the Flight Team, seems to be a sore spot with the administration. Here a club that can really represent the school's quality of instruction and also can arouse the interest of most of the school, cannot get any funds to get started and show the rest of the country what we really stand for.



letters

EDITORIAL RESPONSE REINSTATING THE TENNIS TEAM- LET'S DO IT!

The Tennis Team at Embry-Riddle Aeronautical University should be reinstated as an extracurricular intercollegiate form of competition.

If proper coaching is given to these groups of people the University would be able to form a tennis team that could be competitive.

Cooperative Education is a learning assignment that offers students practical experience along with academic study and the opportunity to earn while you learn - save for your education while getting valuable career related experience.

JUNK PISTON 'RIPPED OFF' WANT IT BACK

Will the person who removed the 'junk' piston from the Grumman Tiger wreckage beside the Aircraft Maintenance Technology hangar please return it intact to Bob Olson, the AMT Division will exchange another piston for it, no questions asked.

Thank you, Bob Olson, Chairman AMT Div.

klyde morris



Anniversary

(continued from page 1)

and military aircraft on display. On hand were two Army helicopters (a Cobra and a Bell Ranger), an Army OV-1, an Airforce T-38, a T-37, two A-37s, two T-28s, and the crowd favorite, an F-15. Civilian aircraft included a Beechcraft Duthess, a Beech 340, a Cessna 340, a Cessna 440, two ultralights, one of our 172's and one of our Mooney's, and a very unique two engine biplane. There were also parachutes, drops on Saturday and Sunday.

At the end of the Open House on Sunday, the University took the opportunity to thank its neighbors and pay tribute to those who have made the university what it is today. Happy Anniversary, E-RAU!

POPS

(continued from page 1)

tains. His new turbo-charged Halo Super Couriers which were very useful considering that the lowest field elevation of any airport he used was 12,300 mean sea level (MSL).

Returning to the U.S. in 1966, after 16 years of flying in South America, he was employed by East Coast Fly-

Notices

ENTERTAINMENT BRINGS SPEAKER & SLEEPER!

This May brings you two major events to get students' minds off their studying.

First, this Friday, fall off your chair while watching Woody Allen's outrageous jab at the future in his classic movie: "SLEEPER".

The event will be held at 8 p.m. in the University Center and is guaranteed NOT to put you to sleep!

Then, on May 28th at E-RAU, you'll be seeing Engism George Gay, author of "SOLE SURVIVOR" give an illuminating lecture and discussion on survival after a plane crash. DON'T MISS IT.

So get involved and enjoy! Also remember, May 26th is Memorial Day, a holiday for all Embry-Riddle. Enjoy the extended weekend.

Each announcement will be posted soon.

CONSIDER WORKING FOR THE SUMMER MUSIC THEATER AS A STAGE HAND

Behind the scenes, playing an important role, it could be you, a member of our newly formed Stagehands.

Working for the Summer Music Theater, PO Box 1310 in Daytona Beach, FL 32015, you can work in hospitality, publicity, subscription, telephone contacting, ushering, membership refreshments, props, costumes, or becoming an advisory board member.

For further information in getting involved with STAGE hands - just contact the address given and step near the spot lights!

ing Service of Jacksonville, Florida and piloted Beech D-18s in a commuter operation. Later that year, the company gave up their light twin division to concentrate on the more lucrative large aircraft.

Fops also write poetry in this spare time. A sample of his work, entitled "IFR TO E-RAU" covers subjects familiar to most E-RAU aviators.

On the sun splashed shores of Florida, this is how it can be reached

If you fly by Victor Airways, intercepting Victor 3, Fly it south from Yankee country.

Call Fly North, from Ormond VORTAC, dialing one two three point nine.

Heading for Tomoka Beacon, D/G one nine Ocallan.

Out-bound from Tomoka Beacon, set up for procedure turn. Two nine and one one zero. Localizer to discearn.

Once you're on the Localizer, catch the glide-slope, start descent.

Passing o'er Tomoka Beacon, call the Tower and ident.

For those of the E-RAU family who have dealings with the Print Shop - one name usually comes to mind as a person who is special, responsible and a just all-round nice guy to work for and with.

PRINTER GETS SPECIAL AWARD FROM E-RAU

That individual is William Calfee, Director of the Printing Services for E-RAU. Just to confirm the opinion of many staff administrators, students, and faculty about this gentleman, the University awarded "Bill" with the Ethel V. Cornelius Award, for his special contribution to the university. Congratulations, Bill.

ENCYCLOPEDIAS AUCTIONED SOON

The Learning Resources Center will be holding a closed bid auction for two sets of Encyclopedias.

They are 1972 Encyclopaedia Britannica and a 1975 Collier's Encyclopaedia. Each are complete in and good condition.

The encyclopedias will be auctioned separately and bids should be placed in the box marked Encyclopaedia Bids in the Library at the circulation desk.

Bids will be closed the 21st and the highest bid will receive the encyclopedias. Contact Charlotte Minor at Ext. 360 for further information.

Each are complete in and good condition.

Bids will be closed the 21st and the highest bid will receive the encyclopedias.

Contact Charlotte Minor at Ext. 360 for further information.



WCS oleszewski



As you pass the middle marker, rabbit lights will guide the way.

Staff the round-out for the landing on the zero six runway. Once your wheels are on the runway, brake her down or let 'er roll.

At the nearest intersection, turn left, call up Ground Control.

On receiving taxi clearance, east a line of orange-gold Rolls across the north-south runway, bearing left you will behold.

There majestic in her splendor, panoramically unfurled, is Embry-Riddle-Alma Mater-Pilot's Mother-to-the World.

Grounded (continued from page 1) repeat the flight course and progress based on his own demonstrated ability.

Any flight student who is medically grounded for a total of fifteen (15) days during a flight course will be dropped from the course with a grade of "W".

The responsibility for these procedures is held by the Chairman, Flight Division through the Flight Supervisors.

On April 18, 1978, the Board made a series of recommendations to the Federal Aviation Administration regarding the use of flight recorders.

The recommendations were repeated as a result of three subsequent aircraft accident investigations which were hampered

(continued on page 4)

Today is the 193rd day of captivity for the American hostages



being held illegally in Iran.

the avion

Table listing staff members and their roles: Editor-in-Chief (Marty Monteloro), Photo Editor (John Scribner), Layout Editor (Mary Jones), Managing Sports Editor (KW Johnson), Business Editor (Jeff Butler), Ad Manager (Kevin Pastemack), Staff Reporters (Cathy Babbs, Pat Harnett, Mitch Johnson, Carlos Roque, Ron Salfstrom, Ken Wingert), Photography Staff (Mustafa Elgtriki, Minnesota Lundberg, Steve Axeman, Earl Bradford, Greg Lundberg, Brian Nicklas), Layout Artists (Earl Bradford, Greg Lundberg, Brian Nicklas), Circulation Manager (Was Oleszewski), Avion Advisor (Bingham "Bingki" Stewart), Administrative Staff Assistants (Jensie Snyder).

THE OPINIONS EXPRESSED in this paper are not necessarily those of the University or all members of the Student Body. Letters appearing in the AVION do not necessarily reflect the opinions of this newspaper or its staff. All letters submitted will be printed provided they are not lewd, obscene, or libelous, at the discretion of the editor, and are accompanied by the signature of the writer. Names will be withheld from print if requested.

Money Talks:

News From Financial Aid

Welcome new and returning students! For those of you who have never read this column, you should make it a habit. We try to keep you informed of the latest news and information on your financial aid. What subject could be closer to the heart (or wallet)?

SUMMER "A" AWARDS

Some students have not yet signed for their summer financial aid (BEOG, NDSL, SEOG). You need to come to the Financial Aid Office (in the Administration Building) to sign for your awards by Friday, May 16. Financial aid awards are first used to pay University expenses (tuition, fees, flight, meals, and dorm). If there is a credit balance on your account after the final payment date, you may withdraw that balance at the Cashier's window. Up to \$250 can be withdrawn in cash, any more than that will be issued in the form of a check. Checks take about a week to be made.

STUDENT AID REDUCTIONS CONSIDERED BY CONGRESS

For the past year, we have stressed applying early for 1980-81 financial aid, and some students are concerned that award letters have not been mailed yet. Because of President Carter's recent proposal to cut the federal budget, Congress is considering rescinding some of the funds already allocated for student assistance programs next year. This has delayed our notification (from the Department of Education) on the amount of funding we will have for our students next year. We are waiting until a determination is made by Congress before award letters can be sent. Below is an excerpt from the National Association

of Student Financial Aid Administrators Newsletter:

President Carter has requested that Congress rescind \$108 million in FY-80 National Direct Student Loan funds and defer \$140 million in FY-80 Basic Grant funds in an effort to achieve a balanced budget by FY-81. The proposed student aid cuts are part of a total revised budget request which the President sent to Congress to reduce the total federal educational spending in FY-80 (academic year 1980-81) by \$330 million and an additional reduction of \$379 million in FY-81.

If approved, the cuts would reduce institutions' current tentative N.D.S.L. allocations by approximately 38 percent. Further, each Basic Grant recipient in academic year 1980-81 would also likely have his/her award reduced by \$50. The President has also chopped \$150 million off his FY-81 request for Basic Grants, thereby reducing the maximum grant from \$1900 to \$1800 for the 1981-82 academic year.

Embry-Riddle (along with other higher education institutions and associations nationwide) have communicated the university's concerns to the members of the Budget and Appropriations Committees of both the House of Representatives and Senate in an effort to keep these proposals from being passed. The Financial Aid Office will update this information in later issues of MONEY TALKS.

JUNE 1st

DEADLINE TO APPLY FOR ALL GUARANTEED STUDENT LOANS

Make sure you bring the name and address of the lending

agency (bank) with the completed application to our office.

If you plan to pay your tuition in the Fall with proceeds from a Guaranteed Student Loan, and the student DO NOT apply by June-1, they will need to find another source of assistance with which to pay their bills to the University. There will be no extended (deferred) payments in the Fall.

NEW JERSEY LOAN PROGRAM

We have just been advised by the State of New Jersey that its loan applications have been changed for 1980-81. New Jersey will not provide us with the application form, and students must obtain one from that state. If you completed a loan application for Fall already, please check with either Tom Arnold or Linda Streeter in our Loan Department to be sure you used the correct form. Loans requested on the obsolete form will need to be re-submitted on the revised application.

In addition to MONEY TALKS in the Avion, MONEY also TALKS on our new bulletin board in the University Center and outside the Financial Aid Office in the Administration Building. Keep listening to what MONEY has to say!

International Students' Corner

By Oko Usun

For those who went home for the vacation, you are all welcomed back to campus. A lot of things took place in your absence. While you were away some people were looking into ways of making your stay here as desirable as possible. The E-RAU International Student Affairs office, in conjunction with the National Association for Foreign Student Affairs, hosted a workshop on academic and social orientation for international students in higher education. A lot of areas of interest were covered and views exchanged. Students' views were adequately presented by students representing a cross section of international students among whom were Rafael Diaz and Harzan el Taher. The E-RAU Open House, celebrating E-RAU's fifteenth year anniversary in Daytona Beach was a big time for international students to display their cultural heritage. They had the opportunity of joining with E-RAU to say "Thank

you" to our neighbors for their support these past 15 years and also to say "Thank you" to E-RAU for keeping their doors wide open for us. A display of foreign craft, clothes, music and information on various foreign nations was on hand at the University Center. The display attracted a lot of visitors and gave the students the chance to exchange views with them. Nobly among these were the Dean of College of Aviation Technology, Mr. Daily and Vice-President, Student Affairs, Dr. Ledewitz, whose few minutes with the students helped to boost their morale. Friends and relatives of students who had arrived from foreign countries to witness the graduation ceremony took time to enjoy the Open House. One of them remarked as he entered the T-37 military jet trainer that if it had been in his country he would not have been allowed to get within 100 feet of the aircraft.

On Sunday, May 4, the International Students took part

in the Open House organized by the Human Resources Center of Daytona Beach. The proceeds from this open house went to help a lot of the civic duties carried out by the center. The display captioned "Internationally Yours" included cultural dances, exhibition and tasting of various foreign meals prepared by some foreign groups. This, to the average foreigner, broke the stand-off attitude and brought everyone closer to the American people. The response and enthusiasm from the American public was so tremendous that the foreign groups went home bewildered and warm hearted, to say the least.

This was a clear indication that things could be better than they really look and with such initiatives, a lot of barriers could be broken. Such associations will always be welcomed by foreign students as they bring them closer to the American people, enhance understanding and make them feel more and more at home which in turn help their studies, their ultimate goal in this country.



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The Bar Tender

AREA ENTERTAINMENT



NTSB

(continued from page 2)

such as maximum cost, compatible with the cost of the airplane on which they will be installed and with the use for which the airplane is intended.

—in the interim, amend 14 CFR to require that no operation (except for maintenance ferry flights) may be conducted with turbine-powered aircraft certified to carry six passengers or more, which require two pilots, by their certificate, without an operable CVR capable of retaining at least 10 minutes of intracockpit conversation when power is interrupted.

The Safety Board's complete printed report will be available in approximately three weeks. (Aroupd May 20). Single copies may be obtained without charge by writing to the Publications Branch, National Transportation Safety Board, Washington, D.C. 20594.

by the lack of flight recorders. But the Board said the FAA still "has not completed regulatory action that would implement these recommendations."

As a result, the Board again repeated its earlier recommendations that the FAA:

—develop, in cooperation with industry, flight recorder standards (FDR/CVR) for complex aircraft which are predicted upon intended aircraft usage;

—draft specifications and fund research and development of low cost FDR, CVR, and composite recorder which can be used on complex general aviation aircraft. Establish guidelines for these recorders.

By Pat Hasselt

Hello to new freshman and returnees. I hope the break provided everybody with enough time to settle. Between classes and studying, you'll need some time to tour the town, so here is a handy-dandy type list to cut out and carry with you at all times—just like your flight operations manual.

RATE	CLUB	ADDRESS	SPECIAL
****	Big Buddy's Lounges	21 S. Ocean, 1405 Volusia	50 cents Drinks from 7 to 9 Tues. & Thurs-75 cents drinks Friday-5-7 50 cents Live Rock/Disco
***	Beach Comber	537 N. Atlantic	Opens at 1 p.m. Live Rock/Disco During daytime
**	Mayan In-Aztec Lounge	103 Ocean Ave.	Drink Specials
**	Broadway Sam's	725 Broadway	Topless & Sleazy
**	Club Mo'amba	637 N. Atlantic	Older crowd. Free pretzels.
**	Edward's Lounge	2112 S. Atlantic	Stiff Drinks at low prices
***	Flame Lounge	747 Volusia	Good food & Drinks - very local
***	Hawaiian Inn	2301 S. Atlantic	Live Hawaiian show nightly, good polynesian food
**	Crang Plank Lounge	3501 S. Atlantic	Live entertainment & foot TV screen
****	Hilton Daytona	2637 S. Atlantic	Sharp place to take a date
****	Mac's Famous Bar	2000 S. Atlantic	Live entertainment country-western
**	Other Place	642 S. Atlantic	Live bands, rock/disco Ladies night, Saturdays.
**	Shingle Shack	309 Madison	Topless, tube steak served during noon hours.
***	Silver Bucket	319 Seabreeze	Free peanuts outdoor bar-cheap oysters.
**	Zodiac Lounge	1656 S. Ridgewood	Local "Limpwrist" Establishment
**	Caboose Lounge	22 S. Ocean	Dump with live rock free pizza on Sundays
****	Showboat	908 S. Halifax	Good seafood buffet, excellent shows nightly, 50's lounge upstairs after hours club - specials galore!
****	Fannie Farkels	Mason/Ridgewood	Liquor store
**	ABC Lounges	725 S. Ynge 600 Mason 208 Broadway 532 2nd Ave.	Rotfenk Liquor store People die at this one Very local
**		1274 Ocean Shore 550 S. Atlantic	Good - very local
**		240 N. Nova 1506 S. Ridgewood	Dead Disco best one of the group



tucknee River were discussed but club (member) preference will be stressed. There is softball this summer so all who want to play let us know (many of the lovely ladies in the club want to play, also). This trimester we hope to make the meetings more meaningful by incorporating movies and slides. To all new Vets on campus, come on out to the Welcome Party or meeting and meet the Vets. The first meeting is on May 23 at 7:30 p.m. in the Common Purpose Room. The club hopes to accomplish

the building of a trophy case to house the Vet's Club's awards. It also is hoped to plan our Special Business Meeting for this fall, and get the Vets Club River Regatta started.

The big events need planning and apy and all help from members is needed. Let's make this Fall Regatta the best yet.

Many of our notices and information can be found on the Vets Club Board located behind the pub stairway across from the elevator, ground floor in the U.C.

\$2.00 OFF COUPON
 Rentals at the Showboat
 Limit 1 per Customer
 Expires June 20th 1980
 Info. Call 253 6311
WATERWERKS

VETS CLUB

By John P. Renkas
 President

I would like to welcome all new Vets on campus and all the returning members. The Executive Board met last week and set the format for the summer. A Welcome Party is plan-

ned for May 17, place and time will be set very soon. (See Poster on Campus). This trimester we are dedicated to having more events and activities. Items like a fishing trip, a campout possibly down to the Keys, a raft ride on the Icha-

Take a break from exams

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Bowlers hit the lanes again

Well Riddlin' Bowlers, are you ready to hit the lanes again? This trimester, even though we have a smaller group, let's see if we can boost up those averages for the league. The League would like to welcome all the new members to the E-RAU Bowling League and hope you have a good time.

Friday night we had a small turnout, for the first night of bowling, so we are extending our sign-up deadline for this coming Friday, May 16, 1980. We still have 15 openings for anyone interested in bowling for summer A & B terms.

The league will be allowing for changes in the 4-person teams in between A & B terms for those who are taking B term off, or for anyone wanting to join just for term B. If you are planning on not bowling B term, please find a substitute to take your place.

If anyone is interested in joining up with the league, please come to La Paloma Lanes, South Ridgewood, South Daytona. This Friday

May 16, at 8:30 p.m.
Bring \$8.00 to pay for the first and last week of bowling.



(every week after your first, is \$4.00 plus 45 cents for shoes) plus your sanction fee which is \$3.75 for men, \$3.50 for women. If you are already sanctioned, check your card for the expiration date - they are good for one year.

For all team captains who received a copy of the rules, please be advised that rule Number three has been changed. If a person finds a substitute for himself should he be

out a week, the sub pays the \$4.00 - but if he doesn't find a sub and doesn't show up, he is responsible to pay for the week he missed.

With a new trimester starting, the league also has new officers. They are: President - David Hoag - majoring in Aircraft Maintenance Technology; Vice President - Laurie Ranfos - your friendly switchboard operator; Secretary - Janet Ailgen - who works in the Computer Center, and our Treasurer - Bunny Kuhrt - Communications Clerk.

We all hope to make this a fun trimester and please don't hesitate to call on us for any assistance we can provide you with - Bowling. We'd like to thank Carolife Louderback for helping the league get started out this trimester.

The Bowling League's faculty advisor is Nena Becker, Associate Dean of Students who watches over us and puts us back in line when the going gets rough - Thanks, Nena! And keep up the good bowling - she's bowled a 181 Friday night!

The first night of bowling scores went like this - High Single Series: Males: 616-Bob Vojvoda; Female: 396 - Laurie Ranfos.

High Game: Male: 210 - Bob Vojvoda; Female: Nena Becker 181; Low Game: Male: 84-Ernest Liberatore; Female: 80- Deborah Wilder. Four game sweeps went to teams three and five.

Well, good luck everyone and we hope you enjoy bowling for E-RAU at LaPaloma Lanes. We are planning a picnic-type banquet on August 8, 1980, but we'll have more on that later. Team standings will be seen in the next AVION.

commentary

MLBaseball

by kwjohnson avion sports dept.

Since the American League is better, that's where I'll start. First the East. Milwaukee all the way to an American League Pennant without a doubt, barring no major injuries of course. Second, the team with the best American League pitching staff, Baltimore Brestop, with the worst pitchers, but solid hitting, third. New York, sorry not this year! Detroit can't win in any sport.

1. Milwaukee
2. Baltimore
3. Boston
4. Detroit
5. New York
6. Toronto
7. Cleveland

The West will surprise a few, with Oakland finishing right up there, but behind Kansas City, California last year, not this year! Texas, maybe, Kansas City definitely, but no pennant (as usual). The top three will be a close race.

1. Kansas City
2. Oakland
3. Texas
4. California
5. Chicago

6. Seattle
7. Minnesota

The National League will see a very close race in both the west and the east. Houston will finish where they are now, on top of the west, edging out Dodger in the end. Tough luck for the Reds. A pennant will come to Houston in '80.

1. Houston
2. Los Angeles
3. Cincinnati
4. San Diego
5. Atlanta
6. San Francisco

A close race here, but a healthy Philadelphia will prevail. Montreal will boost into second, pushing the Pirates down to third. Too bad for the reigning world champs.

1. Philadelphia
2. Montreal
3. Pittsburgh
4. Chicago
5. St. Louis
6. New York

It will be Milwaukee versus Philly for all the marbles. Who will do it you ask? my bet is on

Be F.I.T.

FREQUENCY

Exercise 3-4 times per week, on an every-other-day basis.

INTENSITY

Exercise rigorously enough to raise your heart rate AT LEAST above the bottom level of your Exercise Heart Range.

Keep your heart rate above the bottom level of your Exercise Heart Range for AT LEAST 15-20 minutes.

EXERCISE HEART RANGE

This is 70-85% of your maximum heartbeat, or pulse (per minute).

Age	Max Pulse/Min.	EHR
21	199	139-169
22	198	138-168
23	197	138-168
65	155	109-132

So, at age 20, for example, your goal is to get your pulse over 140 beats per minutes for a minimum of 15-20 minutes.

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Golf results finally out

The Embry-Riddle Golf Tournament held Saturday, April 5 at Spruce Creek Golf Course resulted in wins for three E-RAU members.

Rick French, long standing Varsity Golf Team member picked up first place for low net with a 77.

James Singletary, a recent

graduate, now working in Texas took third place with low gross.

And the university's much worked painter, Paul Janoski, of Physical Plant won low gross.

The Avion apologizes for the time delay of this special news! but the last paper of the Spring '80 trimester appeared April 2.

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Developing an on campus jogging program

PARCOURSE:

The E-RAU Recreation Department will proudly unveil its own parcourse in the near future.

It's a physical fitness innovation which originated in Switzerland, a decade ago and has spread through the United States.

Called Parcours (from the French word meaning course or circuit), it is designed for athletes, non-athletes and anyone interested in physical fitness. The parcourse combines a jogging trail with exercise stations. These stations are placed at equidistant intervals along the trail. A sign instructs walkers or joggers to perform a specified exercise in the area provided by the sign. The sequence of exercises starts with warm-ups and progresses to more strenuous tasks, then tapers for cooling down purposes, toward the end.

The concept of parcourse has been developed by physical fitness specialists over a period of ten years. All exercises have been scientifically developed to put nearly every part of the body to use. One of the main principles is the sequence in which the exercise are performed. The course develops endurance, strength, coordination, flexibility, and standing capacity. In essence, it provides a preventative health approach to physical fitness.

By John J. Sweeney & Joe MacLean

"It is simple and serene, and for a rare moment I am quiet, without a thousand thoughts in my head. My heart beats, I sweat in this adventure, this challenge. It is a statement against fumes, and noise and successful jogger describes why so many people now jog. The intent of the following article is to describe jogging in detail and give the reader the basis for initiating a jogging program.

Becoming a successful jogger means becoming fit, incorporating regular endurance exercise into your life. Unfortunately as it may seem to the new jogger, good health and fitness cannot be stored, or even maintained, without a very regular discipline and sweat, the same discipline and sweat that intimidates and defeats many new joggers, but leads to tremendous success and exhilaration in others. The fact is, it takes work - especially at first - hard work. But not that hard. You'll be surprised as you develop, the discipline necessary to make it through the first few weeks.

Jogging isn't a sport only for superman, but for the many men and women, similar to yourself, who are jogging everyday.

A. Why jogging? Because of all the fitness activities available, jogging is the cheapest, quickest, and most efficient way for people to achieve physical fitness.

B. Go-But go Slow! The basic rules of the jogging roads are straight forward: Take it easy, have fun and don't hurt yourself.

C. Is Jogging For You? Jogging is the most democratic, least expensive, and quickest way to achieve physical fitness. Obviously, from watching the jogging explosion, the answer is YES! for many. Jogging is popular for it requires nothing more than a good pair of shoes, a front door to walk out of, and a willing spirit. It is the most effective way to train the cardiovascular system, for it uses the largest muscles, demanding large quantities of blood and oxygen.

Other parts of your body will also be getting into shape. You'll burn extra calories (there are 3,500 calories in a pound of fat - 100 calories can be burned while covering one mile on foot.)

Jogging will become a real pleasure for the new jogger. Fatigue, guilt, pain, fib and whipping yourself into shape

is not a lot of fun. Only once the base level is achieved, will you experience the beauty of it all.

D. Be Careful! - Over-enthusiasm: will often rush the new jogger to their goal; this can result in pain, frustration and failure.

E. Be Patient! Good things take time. It took God seven days to create the Heavens and the Earth. Thus it will certainly take us more than one week to develop a satisfactory state of fitness.

Nearly anyone can jog by taking it slowly enough and taking to enjoy it.

F. Beginning Jogging: As individuals, we have different levels of fitness. Therefore our rate of progress will vary, knowing when to speed up, to slow down, and when to stop is the essential art of jogging and physical well being.

G. When to jog? Whenever you want. Without proper shoes, running on hard surfaces could be hazardous. It helps to run with others - for safety reasons, and also takes your mind off the constant pounding.

J. Injuries! The best way to prevent injuries is to prevent them. Warming up and stretching before and after is very important. If you begin to hurt or feel pain in joints or specific areas, STOP! - continuing on can only produce more damage. See a doctor if your discomfort continues.

K. Equipment! One of the attractions of jogging is that it requires very little equipment. Good jogging shoes are a must. Runners World - October issues is dedicated to identifying and rating all running shoes.

Regardless of what type of shoe you wear - Be sure it is comfortable. Do not use your tennis shoes or gym shoes for jogging, they do not offer the support needed. Wear your jogging shoes for jogging only. Remember, they're your feet, and they are with you wherever you go - so go in comfort. The rewards of jogging are

numerous: Fitness, better looks, adventure, challenge, joy, play, and well being. By developing a campus program students will be able to reap these rewards.

To facilitate an individual or group jogging program, various means of motivation are necessary. The following list of "incentives" can be made available to students to enhance your running program.

A. Running Diary - A daily chart of that days running experience, to include: distance, time, weather, terrain, weight, calorie intake and additional comments. Print some up and make them available to all runners.

B. Run For Your Life - Running is an ideal form of exercise. It provides the greatest cardiovascular fitness benefits (healthy heart, lungs, and blood vessels) with the least daily expenditure of time. The Run For Your Life program provides motivation and incentive to run on a regular basis over a period of months and years.

The length of the program can be either continuous or limited to a semester, year, or another period of time to fit the need. Participants will enter their name on a chart. Each person is responsible to post their own daily mileage, which will add to the cumulative record.

There are many reasons; both psychological and physiological, why a person would be involved in a jogging program. Most people are well aware of the physiological benefits - cardiovascular fitness, lower cholesterol, weight reduction and control, increased oxygen capacity, reduced pulse rate, normal blood pressure, etc.

Possibly though, most people have overlooked the psychological benefits of jogging. They, too, should be conveyed to the runner and more and more people will begin to realize that the benefits of running are much more

than merely physical."

Many people raise the question about whether or not there is a risk in becoming actively involved in regular exercise. For the great majority of individuals, the answer is "NO". Some, however, may have health problems that could possibly make it hazardous for them to exercise. Some may very well require special medical consultation before they go ahead with a fitness program.

If you do have a known cardiac condition or other risk factors like high blood pressure, you should check with your physician before becoming involved in regular exercise. If you are not aware of any health problems, we have developed a screening questionnaire that

(see insert) will help you to determine if, in fact, some unknown limiting conditions do exist in your case.

Complete the questionnaire as a double-check for any hidden risks.

If you have answered "YES" to any of these questions, it indicates that there may be some limiting conditions in your current state of health. Consult with your physician to make sure that the exercise program you wish to pursue will not be a problem for you.

Note: We recommend that everyone, regardless of the Questionnaire results at least check with their doctor before engaging in any rigorous activity.

before jogging, take the risk factor questionnaire

	Yes	No
1. Has a doctor ever said you have heart trouble?	___	___
2. Have you ever had rheumatic fever?	___	___
3. Have you ever had a real or suspected heart attack, coronary occlusion, myocardial infarction, coronary insufficiency, or thrombosis?	___	___
4. Have you ever had a resting or stress ECG (electrocardiogram) that was not normal?	___	___
5. Have you ever had angina pectoris or any sharp pain or heavy pressure in your chest as a result of exercise, walking, or other physical activity, such as climbing a flight of stairs? (Note: This does not include the normal out-of-breath feeling resulting from vigorous activity.)	___	___
6. Have you ever experienced rapid heart action or palpitations?	___	___
7. Do you experience any sharp pain or extreme tightness in your chest when you are hit by a cold blast of air?	___	___
8. Have you ever taken digitalis, quinine, or any drug for your heart?	___	___
9. Have you ever taken nitroglycerine or any tablets for chest pain-tablets that you take by placing under the tongue?	___	___
10. Do you have diabetes, high blood sugar, or sugar in your urine?	___	___
11. Do you have high blood pressure or hypertension?	___	___
12. Have you ever taken any medication to lower your blood pressure?	___	___
13. Have you ever taken medication or been on a special diet to lower your blood pressure?	___	___
14. Has more than one blood relative (Parent, grandparent, brother, sister, first cousin) had a heart attack or coronary heart disease before the age of sixty?	___	___
15. Do you have any physical condition, impairment, or disability that should be considered before you undertake an exercise program?	___	___

spring of 1980 e-rau champions and winners



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the four varsity coaches

the four varsity coaches

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autos for sale

FOR SALE: Car truck 69. Good condition "tune up" - economic gas mileage - asking \$600.00 or best offer. Phone 788-0615.

1972 Ford Pinto - Dependable transportation - good gas mileage, asking \$500.00. Best offer - call 757-2350.

FOR SALE: 1974 Mazda RX3-Buck shift, new fwhb, new tires, recently inspected, A/C, more rust, good transportation, \$350.00 or best offer. Call Mr. at 312 or after 6 at 255-2804.

found or lost

Found in the International Students Office one pair brown sandals. Owner may pick up in Student Activities. Lost and Found.

cycles for sale

FOR SALE: Suzuki 125 cc only 1755 mi. 66-75 mpg. \$250.00 or best offer. Phone 258-0857.

MOTORCYCLE: 1979 Suzuki GS550-E. Excellent condition. 28,000 mi. \$1750.00. Extras include: crash bar, emergency rack, helmet, rain suit, cover. Contact Tim - ERAU 3-106 or 258-0609.

audio for sale

FOR SALE: Have two Kenwood speakers, brand new still in box, has universal jacks. Good sound and are very compact. Size 8 1/2" x 20". Good for small car or you don't run. New would run \$149.00 - Full set for \$175.00. Contact Box 2287 or 255-5891.

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miscellaneous

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rooms for rent

LUXURIOUS LIVING Available for one, male - non-smoking serious student. New 2 bedroom - 2 1/2 bath townhouse on the ocean. Kitchen has all new appliances, including dishwasher and toaster. Quiet living at its best. \$200 per month - contact Chap-7281133.

miscellaneous for sale

TYPEWRITER: Smith-Corona manual portable, 14 in. compact, power space, plus type. Like new. Cheap - \$80.00. Leave note in Box 2322.

FOR SALE: Toaster oven - \$10. hot dog cooker - \$5. yardon school books - contact 2287 or 255-6891.

Two coaches for sale at \$23 each. One bean bag chair for \$10. Ray both coaches and egg chair for free. Call Wes at 258-8872.

Gold love seat & twin size bed for sale. \$30 for each item or \$50 for both. If interested, contact ERAU box 3154.

Exotic pets: Cats and cuddly ferrets. \$30 each. Albino \$40. Call 258-1187 or stop by the Pub.

I have one double walled frame for sale. yellow pine construction. Price \$75.00 - contact - Box 5365.

House appliances and outdoor gear: I bid all this for \$40 - Ask for Gonzalo "LAVIN" 788-0949.

FOR SALE: ill wooden desk, 6 drawers - weighs excess 150 lbs. Good for permanent student asking \$85 - Box 1426 or 783-8784.

personals

L.A.F. - I Miss You, See you in 3 weeks. G.J.F.

Goodbye, Linda. I'm going to miss you a lot, much more than will that winter over there. Love, Mary.

To Lydia: I hope you have a Happy Birthday. Lots of Love, Mary.

To The Chocolate Dot: Congratulations on the appointment and I hope you had a happy birthday. B.A.



Summer 1980 Sports calendar Summer 1980

	ENTRY AVAILABLE	ENTRY DEADLINE	CAPTAIN'S MEETING	STARTING DATE
Softball	THURS. May 1 ALL GAMES TO BE PLAYED LATE FRIDAY AFTERNOONS	THURS. May 15 4:00	WED. May 21 4:00 CFR	FRI. May 23
Water polo	THURS. May 1 ALL GAMES TO BE PLAYED MON. AND/OR WED.	WED. May 21 4:00	SAT. May 24 11:00 AT THE POOL	MON. May 26
Inertube Water polo	THURS. May 1 ALL GAMES TO BE PLAYED MON AND/OR WED.	WED. May 21 4:00	SAT. May 24 1:00 AT THE POOL	MON. May 26
Fitness Fun	MON. May 5 WILL MEET MON., TUES., THURS. AT 5:15-6:00	FRI. May 16		MON. May 19
Ultimate Frisbee	WED. May 7 ALL GAMES TO BE PLAYED TUES. AND/OR THURS.	FRI. May 23 4:00	WED. May 28 4:00 CFR	
Tennis	MON. May 12	TUES. May 27 4:00	WED. May 28 5:00	MON. June 2
Frisbee Throw-Distance	MON. May 19 THURS. June 26	THURS. June 5 THURS. July 10	CONTEST IS MONDAY, JUNE 9 at 4:30-SUMMER A CONTEST IS MONDAY JULY 14 at 4:30-SUMMER B	
Frisbee Throw-Accuracy	WED. May 14 TUES. July 1	TUES. June 9 FRI. July 18	CONTEST IS THURS. JUNE 5 at 4:30-SUMMER A CONTEST IS MON. JULY 21 at 4:30-SUMMER B	
2 on 2 Volleyball	TUES. June 10	TUES. July 8	WED. July 9 4:00	
Anything Goes Swim Meet	THURS. June 26	TUES. July 15 4:00	CONTEST IS SAT. July 19 at 1:00	
Basketball Hot-Shot	TUES. July 1	TUES. July 22 4:00	CONTEST IS THURS. JULY 24 at 5:00	
Basketball Free Throw	TUES. July 8	FRI. July 25 4:00	CONTEST IS WED. JULY 30 at 4:00	
Swim Meet	MON. July 14	WED. July 30 4:00	CONTEST IS SAT. AUG 2 at 1:00	
Golf Instruction	TUES. May 13	WED. May 21 NOON	WILL MEET ON THURS. STARTING MAY 22 4:00	
Tennis Instruction Beginners Only	TUES. May 13	TUES. May 27	WILL MEET TUES. AND THURS. SOMETIMES	
Embry-Riddle Jai Alai Night	WED. July 2			
Embry-Riddle Dog Racing Night	TO BE ANNOUNCED			
Hay Ride/San-B-Q	TO BE ANNOUNCED			
Deep Sea Fishing	TO BE ANNOUNCED			

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