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The Sunblazer

An Independent Student Newspaper at Florida International University, North Miami/Miami, Florida

President Wolfe offers help to Mexican victims

by David Colodney

Sunblazer Staff Writer

Mexican earthquake victims may soon be receiving help from FIU. Nancy Reagan, who headed up the delegation that went to survey damages, was sent a telegram by FIU President Gregory B. Wolfe offering the university's help in any way possible.

FIU could supply the relief effort with faculty members experienced in the areas of housing sciences and drinking and waste water treatment. They would travel to Mexico and serve in an advisory capacity.

"As soon as they need us, we will be ready with help, either academic or administrative," Dr. Oktay Ural, director of the Institute for Housing and Building, said.

An official response from Reagan has not been received yet.

The group's first task would be the building of temporary shelters to house the thousands of homeless, Ural said. They then would educate the Mexicans on the building of earthquake resistant structures.

"Their buildings were not put together with knowledge (of earthquake resistance). Their building code is not as good as it should be," Ural said.

In addition, Bill Cooper, acting director of the Drinking Water Research Center, said we will aid in environmental engineering and water quality.

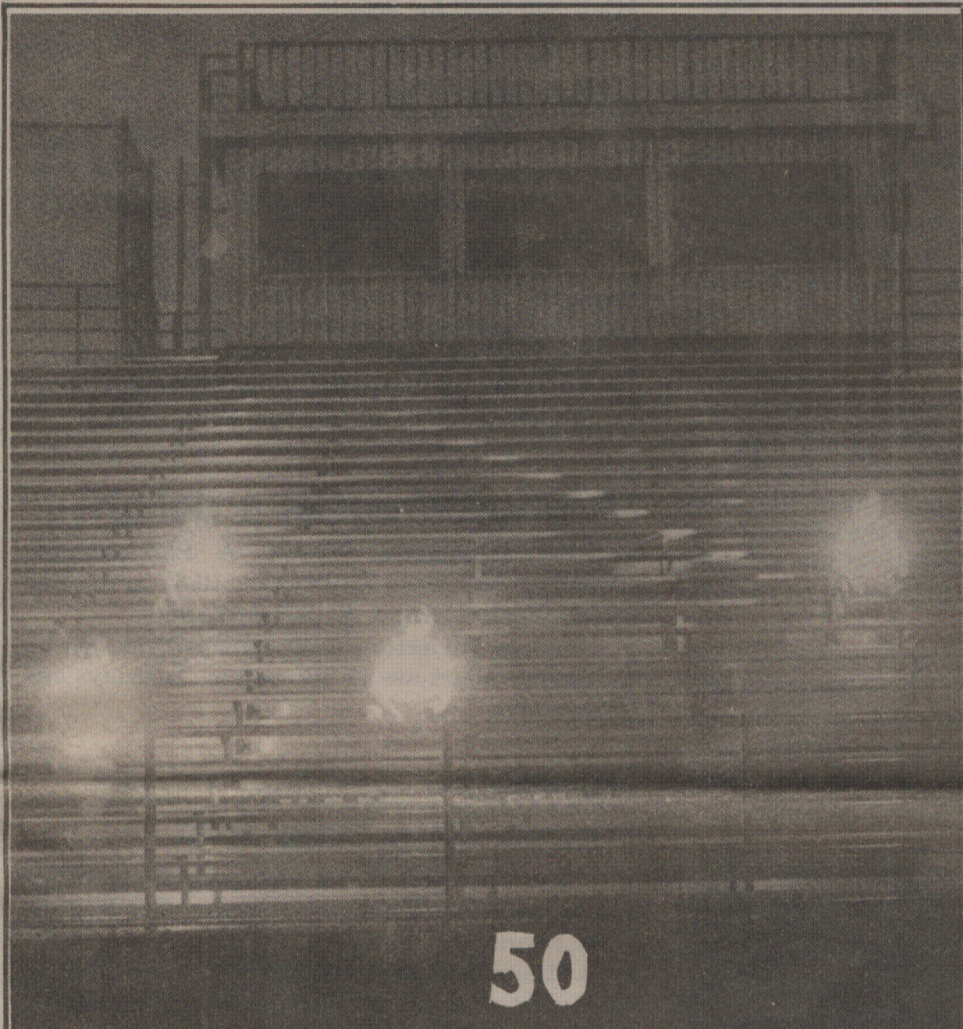
Several Research Center engineers are bilingual and have dealt with the types of sanitation problems Mexico faces.

"If FIU people are needed, they'd be sent down there," Cooper said.

Three professors, two technicians and an ex-graduate student probably would go from Cooper's center.

"We could provide them with knowledge (of structural engineering)." Ural said. "We are not a financial institution," He also indicated that FIU would not participate in any actual construction.

"They are not ready for any sort of reconstruction yet," Ural said. "Right now, they are just trying to save lives."



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Photo by Andrew Itkoff

THE RADIOACTIVE GHOST Is the new North Miami stadium haunted already? These figures wait for the teams to take the grid on the stadium's inaugural night.

Plans required before union expansion

by Jeffrey L. Kleinman

Sunblazer Editor

Two student union directors recently visited FIU to compile a list of recommendations for the 1986 expansion of University House on the Tamiami Campus and the Student Center on the Bay Vista Campus.

Vice President of Student Affairs Judy Blucker contracted the two as consultants so FIU could get an idea of what to include in its proposal to the State Board of Regents (BOR). The BOR must receive a description of the project before it releases \$5.1 million in Capital Improvement Fund money.

The university paid University of Florida Union

Director William Rion and Florida State University Union Director Nancy Turner \$250 apiece to study FIU's two student union buildings and write a report stating how they think the money should be spent.

"I thought it would make sense for them to come in and give us some advice," said Blucker.

The University House building was built in 1974 when FIU enrolled 5,000 students. Today, the university has a population of over 16,000.

The Student Center building, built in 1980, was never completed.

Blucker said about 60 percent of the funds are earmarked for the improvement of the buildings while the rest is designated for architects' and builders' fees.

Blucker said an FIU committee, composed of students and staff members, will go through the recommendations and determine the ones to use in the proposal. The committee must reach its decision within six weeks, when the proposal is due in Tallahassee.

The actual renovations, if everything goes according to schedule, will start in the summer of 1986, Blucker said.

Rion and Turner wrote in their report that there is a lack of lounging space in the UH building. "With a heavy commuter population, lounges would be an essential ingredient of a student center," said the

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Tae Kwon-Do kicks A's on campus

by Diane Aiello

Sunblazer Staff Writer

A 7-year-old teaching an adult is considered a common sight.

Inside, students from Australia, France, Haiti, Israel, Switzerland and the Arab world band together to learn and compete in an ancient martial art.

Such are the Tae Kwon-Do classes which, under the expertise of John Billera, third-level black-belt heavyweight champion, offer training in the martial arts as well as disciplined minds and bodies.

"The classes are good for discipline problems. The

attention span increases, concentration and discipline improve," Billera said.

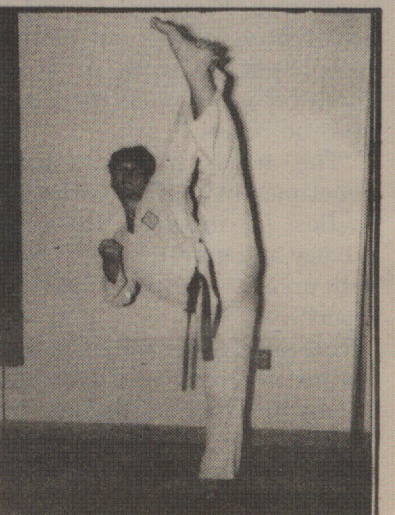
Peer teaching is used to teach students their next form. A student of higher rank teaches a student of a lower rank. Because the age and skills of the students vary, it is not uncommon to see a 7-year-old teaching an adult.

Maziar Shahbabaie is a 12-year-old Iranian who has been training for eight months, five days a week.

"Before I came to this class, I made C's, D's and F's. Now I get A's, B's and C's because I can concentrate

continued on page 5 ▶▶▶▶▶

John Billera demonstrates stretching exercises during his Tae Kwon-do class.



Elderly students ready for class

by Valerie Greenberg

Sunblazer Staff Writer

Hundreds of new faces will appear at FIU next week. While many of the faces will radiate youthful enthusiasm to learn and grow, all will reveal a maturity and wisdom that can only evolve through years of life's experiences.

On Oct. 7, the Elders Institute, a continuing education unit within the Southeast Florida Center on Aging, will begin its fall non-credit courses designed specifically to meet the needs and interests of persons over the age of 60.

About 400 older students will enroll in the institute's 7-10 week courses, one-day workshops and seminars. They are taught by retired professionals, university faculty and prominent members of the community, said Doris Bass, director of the program.

The institute provides students with "a challenge for learning and growth and a social connection with their peers," said Bass. The courses help to "reduce the psychological and social isolation that many older people feel.

"The older students are instinctively motivated to learn," said Bass. "Most have had positive experiences with education, and they need to continue from a positive past."

However, college-credit courses are often too economically and intellectually demanding on the older student. "These classes, in which students are evaluated with tests and grading standards, can be threatening to the older student who has not recently been active in a classroom learning environment," she said.

"The goal of our students is not to earn a degree, but to learn," she said.

The courses are geared toward satisfying the interests and concerns of the older students. "As they grow closer to death, they may begin to grapple with concepts of life's meaning and their own existentiality," said Bass. The institute offers courses in philosophy, religion and literature, which examine these concepts.

"At the same time, some older people feel that it

is the time in their lives for fun and games," she said. The institute offers courses in photography, art history, creative writing and acting.

"The desire to acquire and improve skills does not diminish with age," she said. And the popularity of the institute's financial planning courses and microcomputer lab reflects the older students' eagerness to develop specific capabilities.

The need to grow and change is not bound by age, explained Bass. Courses in psychology, stress management and growth strategies help the participants learn about their own behaviors and personalities, and strengthen their abilities to interact with others.

The Elders Institute program is scheduled with regard to older students' physical capabilities, said Bass, as all classes are offered during daytime hours when vision is better and energy levels are high.

Bass anticipates fall 1985 enrollment to increase 15-20 percent from last fall's 605 course enrollments, which represented a 62 percent jump from 1983. She attributes the recent popularity and expansion of the Elders Institute to "high visibility, word of mouth and the phenomenon of the older returning student."

The institute's success was recognized last year by the Florida Council on Aging and SuperX Drug Stores, who presented the program with the state-wide Service to Seniors Award for "uniquely outstanding contributions to older adults."

The institute was nominated for the award by seven-year veteran of the program, Sylvia Frumkin, who said in her nominating letter, "One peer tells me he spent 40 years on one track: job and family. Now, he has the chance to catch up on the education he missed. Just one class is so mentally stimulating, he spends the week reading and expanding on what he learned.

"A woman told me that since her husband died, she lost all her emotional support," the letter continued. "At least here, her intellectual needs are being met, and seeing groups of peers makes her feel less lonely.

"Indeed, the Elders Institute touches the minds, emotions and lives of a multitude of seniors."



Photo by Andrew Itkoff

WELCOME TO UM? Jeff Nault, tender at the Bay Vista Campus information booth, proudly displays his University of Miami baseball cap to incoming FIU cars.

Coming up...

Playing the game

If you love the game of jai alai, and could only vicariously live out your playing dreams by betting a few dollars at the fronton, here's your chance to change that.

Instead of buying a seat and watching the pros, you can get involved yourself - with a softer, slower ball, of course.

The FIU Sports and Recreation Committee wants to know if you're interested in joining a jai alai program. If enough people express interest, members of the committee hope to turn the program into a league, complete with tournaments and trophies. Call 940-5680 for details.

Playing the game II

There's more to cricket than the little insect keeping you awake at night. It's also a game, very much like baseball. Except cricket is played on the ground.

If you've played cricket before, or you feel you want to try, or just watch, the FIU Cricket Society has an upcoming intra-scrimmage game.

They will play at 3:30 p.m. Oct. 6 on the multi-purpose field on the west side of the Tamiami Campus. Call 554-2201 for further information.

A photographer's delight

Tony Mendoza's "Ernie: A Photographic Memoir" will be on exhibit Oct. 10-31 in the Bay Vista Photo Gallery, ACII, room 194.

Mendoza will lecture at the gallery 7 p.m. Oct. 11. Gallery hours are 11 a.m.-4 p.m. Tuesdays and Thursdays.

Getting acquainted with those cute little feet

"Meet Your Feet." That's the name of a seminar to be held from 12:15 p.m.-1:15 p.m. Oct. 2 in the UH Forum.

A Miami podiatrist will look at your feet for free and even recommend what type of action you need to follow for your tired toes.

The seminar is free. For more information, call 554-2434.

(Coming Up... is compiled each week. To announce an event, drop in with it, or mail it to The Sunblazer at least a week before the desired publication date. Send to: The Sunblazer, Att. Jeffrey L. Kleinman, FIU Bay Vista Campus, SC 253, North Miami, FL 33181.)

Unions

report. "Even residential students need lounges in the center where they can comfortably watch TV, study, listen to music, etc."

The report also said that the UH building needs more storage and student activity space. To alleviate the crunch, Rion and Turner suggested moving administrative offices out of the UH building. "The assignment of space in a student center to administrative offices is not a good use of that space," said the report.

"The needs of the administrative staff are sometimes in conflict with the needs of student activities; for instance, the counseling center needs privacy and quiet space. This is obviously in conflict with an active student activities program," said the report.

Rion and Turner were also not pleased with a large, unfinished room on the third floor of the Student Center building on the Bay Vista Campus. Blucker said the room, which now houses boxes of paper, will be converted to a bar once the university receives the state money.

continued from page 1 <<<<<<

The report also said that the leasing of the building's 350-seat auditorium to the privately run Ruth Foreman Theatre "severely restricts students use." Rion and Turner also said that a child care center, located on the third floor of Student Center, is not the proper place for such a service.

"We're going to look at all the recommendations," said Blucker. But "we can't just say we're going to kick them out tomorrow."

N. Berasain, D.D.S., P.A.
Dentist

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AIR FORCE
A great way of life.

The ups and downs of life in the box

by David Colodney

Sunblazer Columnist

At home, I slept in a folding bed that doubled as a couch in the daytime. There are five people in my family, and when people would come over, they would only find four beds, if they looked hard enough.

"Geez, Dave," they'd usually say. "There are five of you guys, but there are only four beds. Where do you sleep?"

(Automatically, they assumed I was the oddball out. Don't ask me why.)

"Oh, I sleep in the elevator," I would always answer. "It's OK, but it has its ups and downs."

I loved that line. But it rarely got a laugh. Everytime anyone would ask, I would respond with it.

My family lives on the sixth floor of an apartment building. At the Bay Vista Campus dorms, I live on the fourth floor. If you add that up, it comes to 10 floors. Certainly too far to walk. And it's just as unfashionable to walk up the four flights to my dorm room. So, what to do?

Well, if you're anything like me, and I think you are even though you're probably too embarrassed to admit it, you generally resort to taking an electric moving box called an "elevator."

Elevators are handy, convenient and get you where you want to go. Sure, they're claustrophobic as hell, and sure one out of every two you see is usually broken, especially in the Bay Vista Dorms, where it generally takes 10 minutes to go four floors.

And sure, nobody ever says anything to anybody in an elevator. They just stand there, arms held tightly to their sides, staring religiously at the numbered lights blinking.

Too often, elevators take a bad rap. "I'm so scared," people have whimpered to this writer. "What if I get stuck?"

To which I replied:

"So what if you get stuck? At home I slept in the elevator. It's OK, but it has its ups and downs."

Besides, what's worse? Climbing four or more flights of stairs and getting all sweaty and tired and feeling that pain in your knees? Or getting stuck in a nice, air-conditioned elevator?"

Commentary

Sure, I know by now they're probably thinking I sound like a real advocate of elevators and I'm going to ask for a contribution. I know that elevators don't have an advocate like Ralph Nader or any lobbyists in Congress or any pull in the ever worthless Republican party. And I have even more reason to be afraid of them than most people do.

When I was a kid, I lived in New York. Worse than that, I lived on the 24th floor of a brand new building. I was five. And the elevators weren't set up right. Roughly every week, I got stuck.

For about the next 15 years, I'd dreaded going into an elevator. When I was six, we came to Miami for vacation and went on The Miami Herald tour. The first stop was the 5th floor. Everybody got in the elevator, except me. I told them I would take the escalator and meet them there.

The tour guide said we should all go together, but realizing my resistance, she relented. Everyone went up the escalator.

Today, they always use the escalator for that tour.

Everytime I visited my grandmother, I would stand in the back left corner of her building's elevator, palms sweating, clutching the rail along the back wall and staring at the light panel as the ascending numbers lit up, slowly, one by one. One. Then two. Then three. And my heart rate would leap by at least a hundred fold until the door actually opened and I could run out. Thank God she only lived on the third floor. I couldn't have taken any more than that.

But I haven't gotten stuck since 1971, so my fears have subsided. I now seriously considering changing my major to elevator psychology, but that's still a new field and it's tough to find work in it.

I won't even begin to go into the sociological significance of elevators, since there have been veritable volumes written on the subject.

So take it from me. The next time you enter an elevator, don't worry. Just remember, your chances of making it are at least 50-50. Either you do or you don't. And those sure are a lot better chances than the 200-1 given the Colts to reach the Super Bowl anytime this century.

And if you don't see a column by me in this spot next week, don't worry too much. I'll probably be sitting in the back left corner of some elevator someplace, writing next week's column, stuck for the first time since 1971.

Letters

To the Editor:

Regarding the article "Madonna is a sexless sleeze" (Sept. 10), and subsequent letters to the editor regarding that issue, I would like to say that David Miller's opinion and mine are much the same. However, his tact and methods of communicating it, leave much to be desired.

Assaults on other people's characters should not become a practiced habit in journalism. But what is even worse are the letters sent to the editor. It makes me afraid if the drafters of the letters ever got control of the media. We would never hear controversy, opposing sides, or even near dissension, in fear of believing something that others don't -- RIGHT COMRADE.

Freedom of the press should guarantee a medium for anyone to express what they have to say -- no matter how ridiculous. Even David Miller.

L. Shapiro
FIU grad student

To the Editor:

At 4:50 p.m. on Sept. 10, I went to AT 101 to get a ticket for Dr. Ruth's lecture, which began at 5 p.m. I was surprised to find a line of 25 people waiting for tickets. It appeared that those members of the community who were willing to pay \$7 for a ticket would be admitted immediately. Others who were students like myself were students and were supposed to enter free with an I.D. were left waiting. We were told if there was enough room we would be entitled to enter (standing room only).

We all pay \$12 a semester at FIU for our student activity fee, which entitles us to participate in many activities, one of which was a free entry to this lecture with a valid I.D.

FIU is a university that does open many of its events to the public. However, to limit the number of students who can enter a lecture hall because someone is waiting to try and make a profit on community members who must pay a fee, is absurd. What good is a university if the students are not able to participate in its events?

If FIU was interested in making a profit, they should have held the lecture off campus. To hold the event on campus and then make students feel like second-class citizens is a big mistake.

Ron Karasz
FIU student

To the Editor:

This letter is in response to the article that appeared in the Sept. 10 issue, entitled "Commission examines FIU hiring."

I am 100 percent in favor of hiring minority groups such as gays, women, non-citizens and the handicapped, if they are qualified and meet the requirements of the job specifications. The fact that FIU is an international college run by the state of Florida makes this attention to the hiring of minority groups even more important.

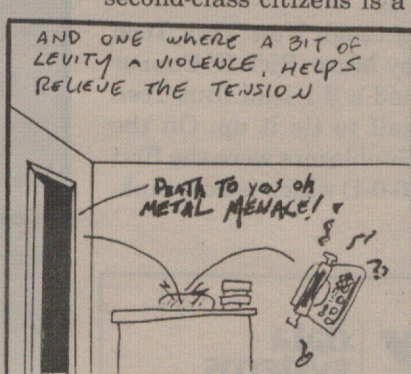
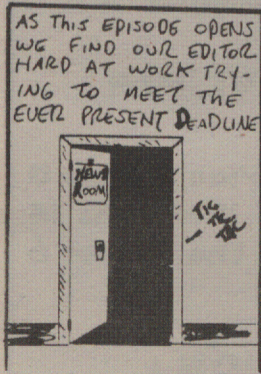
However, as a full-time tuition-paying student of FIU, I think I have the right to a quality instructor as well as a quality education. Not only must this instructor be qualified to teach the required course, he or she must be able to understand and be understood (fluently) in the universal English language.

I have earned a four-year degree at FIU, and am now presently only a few classes away from another degree here. I have had some excellent professors. However, in the past, and in the present, I have taken courses with professors that I could barely understand. This has been a source of deep concern, and at times anger, since I feel I am being cheated.

It is my opinion that if minority hiring quotas must be met to satisfy the Florida commission, it is the responsibility of the FIU administrators to insure the student body of qualified, and English-speaking instructors.

Rick D.
FIU student

(Ed. note -- The writer of this letter supplied his full name and telephone number to The Sunblazer, but requested that his first name and last initial only be used.)



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by Mario Ramos

The Sunblazer

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Sports Forum



by Robert Stark

With the recent county commission approval of Joe Robbie's stadium in North Dade, something big has been forgotten.

You know, that big orange, metal landmark off 836.

The Orange Bowl -- remember.

I know it's hard to believe when I say that it will be sorely missed. Most fans hate it. The lack of parking, the backless seats and the inadequate restroom facilities easily turn away probable spectators.

But the Orange Bowl has an incredible history which I can't forget.

The San Diego game in 1981, perhaps the most exciting game ever played, was my favorite. I remember sitting in the far east corners, sweating out the game on a muggy night, cursing Uwe Von Schamman. But I loved it.

Or how about the Nebraska-Miami (yes, UM, until FIU gets a team, I'm a Hurricane football fan) game in '83. Even sitting in the human sardine canned end zone didn't bother me. That game too, has been termed as one of the greatest games ever played.

Or let's go further back to the Super Bowls. Dallas and Pittsburgh provided a number of performances for the crowds. And even further, the Green Bay Packers. And how about Joe Namath's predicted AFL victory over the Colts?

What all these games have in common is that the old Bowl was filled to capacity every time. Regardless of the traffic, parking, seats and bathrooms, people made it to the games.

And the old Bowl can easily be compared to such landmarks as Fenway Park, Yankee Stadium and the Boston Garden. You just don't tear down tradition that easy. The Orange Bowl is tradition.

There also seems to be a type of magic in th OB. It's a combination of the fans and the OB itself. The next time you go to Dolphin game, just look around the stadium. Look to the east end zone and you see a great scenery matched by no other in the nation. The Miami skyline with palm trees (yes, real ones) and yellow goal posts in the foreground.

I can also picture all of those memories -- Griese to Warfield, Csonka up the middle, Fernandez on a sack, Morris on a sweep, Foley intercepting, they go on and on. But in North Dade, those memories will disappear (I know, sounds corny, but it's true).

Though it may be better economically and leisurely for Robbie's new stadium, I'm going on my gut feelings.

It can be saved. Just some renovation for the seats, more restrooms and added parking. But it appears too late. The year of 1987 may be the end.

However, my gut feelings are, LONG LIVE THE ORANGE BOWL!

The Sunblazer, FIU's only student newspaper, is looking for interested writers in all categories--news, features and sports. Layout artists are also needed as well as advertising sales representatives. Apply at the Bay Vista office in SC 253.

Thank you,
The editors

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Golfers capture tournament

by Robert Stark

Sunblazer Sports Editor

Led by second place finisher Michelle Hutchins, the FIU women's golf team captured the team title of the Lady Seminole Invitational on Sept. 22-24 in Tallahassee.

The Sunblazers finished the tournament with a total of 888, six shots ahead of second place Louisiana State University.

It was also the first tournament victory for the Sunblazers since 1983 when they won the Peggy Kirk Bell Tournament.

"I expected this much from the team," said coach Ken Juhn, whose team is one of two FIU programs currently in Division I. "And nothing Michelle (Hutchins) does surprises me. I saw her talent early on."

Hutchins, who was leading the tournament after the first round with a 71, finished one shot behind the winner, Jenny Lidback of LSU. And Lidback's score of 213 (three shots under par) tied a tournament record. Hutchins' 214 was two shots under par. But it was Lidback's second round score of 66 (six under par) that enabled her to win the tournament.

Kremser's Krew at 3-3-2

Road trip takes its toll on FIU

by Robert Stark

Sunblazer Sports Editor

The FIU soccer team went on a road trip Sept. 19-23. And as coach Karl Kremser said, it was "long and difficult."

Long, in that it was five days in the northeast against three teams.

Difficult, in that the Sunblazers lost one game, 5-0, won one in the last 38 seconds of regulation time and tied one after giving up a 3-1 halftime lead.

What was left was FIU with a record of 3-3-2 and some northern schools moving up in the Division II rankings.

But as Kremser said, the team did play well at times and that the rankings really didn't bother him right now (his team is currently ranked 11th). His main concern was upcoming regional play.

Against Quinnipiac College on Sept. 19 in Connecticut, FIU had to rely on very late goals to pick up a 3-2 victory. Senior forward Juan Gomez tied the game with two minutes and five seconds left in regulation. Then, with 38 seconds left, midfielder Alex Muro got the game winner unassisted.

Two days later, Southern Connecticut State (5-0) was the host. Going into the game SCS was ranked third in Division II. After scoring early goals the team went on to shut out FIU, 5-0. The host team is now the No. 1 team in Division II.

On Sept. 23, FIU played a tough New York Tech team. With first half goals by Muro, Rick O' Connor and Munga Eketebi, FIU had a 3-1 lead. But Tech came back in the second half to tie it up. On the positive side of the tie, the Sunblazers were the first team to score against Tech (6-0-1) which is now ranked fourth in Division II.

FIU led the field of 20 teams from the start. After the first round of play, the Sunblazers held a four shot lead over Furman University. At the end of two rounds, FIU had a total of 594, three shots ahead of LSU and 12 shots ahead of North Carolina.

The Sunblazers were also led by Shelly Sanders, who ended in fourth place at 221. Anette Peitersen finished in 11th place at 223, while Sarah Egan had a total of 236 and Michelle Dobak had a 233.

FIU's score of 888 was also the first time the team scored lower than 900 in five years.

"I think the teams in the tournament really didn't expect us to do this well," said Juhn.

The team will try to keep up the winning streak when it will compete in the prestigious Nancy Lopez Invitational on Oct. 16-18 in Tulsa, Oklahoma. There, top teams from the nation will be competing, including Tulsa, New Mexico, Arizona State and Oklahoma State.

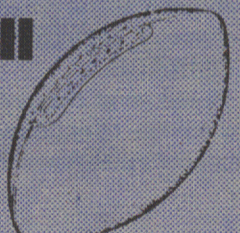
"We know we are one of the stronger teams in our region," said Juhn. "But this invitational (in Tulsa) will give us a stand nationally."

After the long road trip, the team ended up with six starters being injured and missing some time. "This is the most injuries that we've had at one time," said Kremser. Yet, only one - to Rick O' Connor - may be considered serious.

The important upcoming regional play Kremser was talking about includes Eckerd College on Oct. 4, 18th ranked Rollins College on Oct. 6 and ninth ranked Tampa on Oct. 12 at FIU.

Future FIU opponents have been keeping up in the rankings also. Clemson is ranked No. 1 in Division I. University of California at Berkely is ranked 15th in Division I. UCLA, which tied FIU recently, is ranked third.

Intramural Flag Football League



Sept. 21-22 Results

★ CANADIAN DIVISION ★

The Rat 33	Pine Siskins 0
Hospitality Hosers 18	Walk-Ons 14
No-Names 13	The Turtles 6

★ U.S. DIVISION ★

Goombazoo 46	Destroyers 0
Reggie's Raiders 19	Warriors 0
AGO 18 (winner in tiebreaker)	over The Hawks 18

★ NATIONAL DIVISION ★

Columbus Alumnus 26	Tamiami Terrorists 6
Sig Eps 13	Klingons 7
The Force 40	Ex-Gators 0

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Martial art builds minds, bodies

◀◀◀◀◀continued from page 1

better, even if someone next to me is talking a lot," Shahbabaie said.

Before Shahbabaie started the classes, some schoolmates would harass him. He was afraid of them. "Now I am not afraid. I don't fight them, but I am not afraid to stand up to them."

Linda Rosen helps manage the class. She keeps the books and records student progress. Rosen and her children are also Tae Kwon-Do students.

"My 15-year-old son was a behavior problem. He was on medication and uncontrollable. Since training under John, he gets all A's in conduct and he is on the Dean's List everytime. He is involved in a lot of community activities now," Rosen said.

Billera and Rosen involve themselves in their student's lives. "We are like an extended family," Rosen said. "We don't solve their problems, but we help them work things out."

Classes are held at both Bay Vista and Tamiami campuses.

Classes on the Tamiami Campus run in six-week sessions and require registration, although they are not credited. The next session should be starting in three weeks, Billera said.

The 90-minute class meets at 7:30 p.m. Monday, Tuesday and Thursday. It meets at 6 p.m. Wednesday and Friday.



Ryan Manchester shows his kicking form to instructor John Billera.

Photo by Catherine Shaffer

Basketball scores in Europe, wins confidence and games

by David Colodney

Sunblazer Sports Ass't

"The food in Denmark was fantastic, but there are times when you just need a hamburger and some fries."

That's Ed Thompson's feeling, after he and the rest of his teammates on the Sunblazers' basketball squad toured Scandinavia this past August.

They played six games against teams from Denmark and Sweden, winning five of them. The team stayed with Danish families and were treated, as center Hector Rodriguez put it, "like kings."

Rodriguez and Thompson kept diaries of their trip. As the two seniors prepare for their last season as collegiate athletes, they look at the tour, their experiences abroad, the competition and their futures.

Rodriguez: "The only thing I knew about Denmark beforehand was that they had very pretty women and that the country was kept very clean."

Each of the Sunblazer basketball players was paired with a Danish family, enabling them to see Denmark and experience Danish life.

Thompson: "We held our first practice in Denmark (Aug. 11, three days after arrival). Basketball facilities are not as common in Denmark as in the United States, but we found a school and prepared for our first game (Aug. 12).

"Playing in Europe, we would be using international rules -- rules we were not familiar with. Some of the adjustments we faced were a 30-second (shot) clock, a wider foul lane, different rules regarding substitutions and taking the ball out of bounds after violations. It was a much more physical game."

"Our first match was against Horsholm. After some initial problems with the different rules, the team played well and won, 99-64."

Rodriguez: "In between games, we did manage to sightsee quite a bit. The little town we stayed in is called Espergaerde, and the way to get around there is on bike. It is a beautiful and very peaceful town, a far cry from the daily grind of Miami."

"We went by train to Copenhagen (Aug. 13). Copenhagen is quite beautiful as evident by the many buildings and fountains that were built many years ago. Copenhagen also has a castle, which is the first one I have ever seen in person."

"After resting the next day, we faced our greatest challenge of the trip -- we played the Danish national champions, SISU. SISU has a fine team and they executed their game plan well. The game was well played and officiated. SISU won, 103-96."

Rodriguez: "I played that game under the worst conditions I have ever had to play a game under. I had been sick to my stomach all day, and when game time came around, my legs felt like spaghetti and my stomach felt like it was going to explode. My stomach problems stemmed mostly from the jet-lag."

"The food, although it wasn't Cuban, was pretty good, and the lady of the house would always buy and cook whatever I wanted."

Thompson: "At 6 p.m. (Aug. 16), our hosts from the Arhus Federation met us and took us to their homes to prepare for the night's game. After a shaky start, we beat Skoubakken, 79-65. The scheduled second game was cancelled because of difficulties in getting a gym for Saturday morning."

"Basketball clubs in Denmark are organized by age and skill level. In many respects, it is like our NCAA with its various divisions. Sunday (Aug. 18), our hosts' teams played at the younger and intermediate levels prior to our game with the Helsingor adults team. We won, 112-26."

Rodriguez: "The games were characterized by very aggressive play and deadly outside shooting. We knew they could shoot, but we didn't know how big and aggressive they were, and that meant a few bumps and bruises."

Thompson: "It was hard to say goodbye to our new friends and leaving our adopted families and homes. The long trip home gave us time to reflect on what we had been through, the adversities we had met and dealt with, the hospitality of all the great people we met and the good time we'd shared that brought us closer together."

Thompson: "Denmark-Jeg esker det! (I love it!)"

Sports Briefs

Tennis players ranked at season's end

FIU tennis players Jeff Singletary and Vidya Damodharan were recently honored with high rankings at the end of last year's season.

Singletary, who played No. 1 singles for FIU (11-9) ended the season with a 10-9 record against one of the toughest schedules in the region, was ranked 20th in Division II. He was selected this past month to the NCAA/Intercollegiate Tennis Coaches' Association All-America team for Division II in 1985.

"Jeff is a hard working athlete who is also a very conscientious student in the classroom," said coach Guy Calhoun. "He did an excellent job for us in that No. 1 position considering our competitive schedule and this experience will only make him a better player."

Damodharan was ranked 14th at the season's end. The freshman from India was the No. 1 singles player for the FIU women's team.

In the NCAA Division II tennis championships she lost a close match to Angela Longo of Morehead State 6-4, 2-6, 7-6 (7-5).

As coach Mark Mason feels, when Damodharan returns this year, she should be even better.

Runner's club seeks members for workouts

The FIU Running Club, which offers group workouts, training advice and ride sharing to races is currently seeking members from the university community.

Group runs are held at 7 p.m. on Wednesday nights at the Tamiami Campus and at 8 a.m. on the Bay Vista Campus. The south campus meeting place is the W-6 locker rooms. The north campus meeting place is the lobby of Academic I.

For more information call club president Howard at 652-9304 or Ralph at 651-2722 or the recreation office at 940-5808.

Soccer club holds recruitment meeting

The FIU Soccer Club will have a meeting for new members on Wednesday, Oct. 5, in the Student Center on the Bay Vista Campus in room 245.

The club plays in a local municipal league and its membership is open to all FIU students, faculty staff and alumni. Soccer skills are not a prerequisite for joining. For more information call 940-5808.

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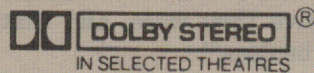
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Filling the gaps between classes

Mina Socarras

Features Editor

You sign up for your classes. The first class is at 9:25 in the morning but the next one is not until 3:20 p.m. What do you do to pass the time?

"I read mostly," said Rory Ransauer a history education major. Sometimes I go into the lounge and watch TV. And in between all of that, I drink coffee."

Boredom between classes is part of a student's life. The library sometimes provides a friendly respite.

"I usually go and read the paper in the library. In fact, I just returned from the library," said George Lazo, an English major.

Fabiola Garcia is a library technician at the Bay Vista library. She knows her place of work is a popular student hang out.

"Some students hang out here (in the library) as their second home," she said. "Some of them are so regular that they're part of the furniture. I'm not around when it's closing time, so maybe it's hard for some of them to leave. I don't know."



Burgers vs. Roselips

Choosing a diet

by Alison Novack

Sunblazer Contributor

In the hurry-hurry decade of the 80s, most people don't take the time to eat right. Americans eat too much red meat and fried foods, and not enough vegetables and fruits.

"I'm a bachelor and I don't have time to pick and choose food, so I usually eat on the run," said Michael Parris, an FIU senior.

What kind of changes are needed in the American diet? Could legumes, kelp, rose lip, alfalfa, what germ and seeds -- some of the basic vegetarian foods -- be the answer? Is this what it takes to be healthy, or is there an easier way?

Vegetarianism involves eating nuts, fruits and vegetables -- but no meat.

Tony Marco, a senior, said he could never give up meat. "No way. I came from Cuba and I'll go to Burger King everyday before I die," he said.

"I don't eat a lot of meat," said junior Cathy Arias. "I don't care for it and I feel better when I don't eat red meat," said Arias, whose father is a dentist and whose mother is a nurse. She said they never keep junk food around the house.

Most health books agree on certain guidelines that lead to healthier lives. The guidelines include decreasing your salt and sugar intake, cutting down on red meat and eating more grain breads and cereal. Also, don't overindulge in alcohol. Eat more health foods such as nuts, soybean products, wheat bran, wheat germ, yogurt and fresh fruits and vegetables.

Basically, to be a healthy person, you just need to use some common sense. Listen to your body and eat when you are hungry, sleep when you are tired, and eat a well-balanced diet, say most of the experts.

One type of vegetarianism macrobiotics, which is a Zen dietary system originated by Georges Ohsawa. The system strives for a progressively limited diet according to a spiritual program.

It involves eating ying foods (those growing on the ground or below it) or yan foods (foods growing closest to the sun).

When one FIU student was asked what she thought about macrobiotics, she didn't seem impressed. "I might try to lose weight, but I'd be missing all the nutrients from the basic food groups without meat," said Evelyn Smith, a junior.

Pilar, who refused to give her last name, is majoring in psychology. She said her days are filled with interesting things to do to fill in the gaps between her classes. "Mostly I study. But I also cram for exams," she said. "And, I eat."

"There should be something at Bay Vista separate from the cafeteria like they have at Tamiami and other colleges where students can go," said English major Janet Hernandez. In between glances at her Norton Anthology book she said, "I read alot. But other times I hang out in the cafeteria."

Ila Hale is a clerk at the Bay Vista bookstore. She claims that students go in and browse and then they leave quickly. "Some students come in and look at the bumper stickers and look at the posters and maybe buy a snack. Others come in and pick up a few supplies."

The pool at BVC gets many students during gaps from their classes. One of the many students is Joe DeWitt, a communications major. DeWitt lives near the Tamiami Campus, but since his major is at BVC, he has to spend most of his time up north. "If it's a

Restaurant Review

Mitch's makes a great steak

by Lyda Longa

Sunblazer Staff Writer

It is a lively street full of little shops, ice cream parlors, two movie theaters and a few bars.

The wild waves of the Atlantic can be heard rustling just behind everything. And in between, there is a wonderful place that will make your stomach the happiest of all creatures.

Welcome to Mitch's Steak Ranch (7419 Collins Ave.), an adventure in good eating.

The aroma of thick, sizzling steaks, juicy flame-broiled hamburgers and barbequed chicken, fills the air. And that's outside on the sidewalk. The moment you step into Mitch's cozy interior, you can't help but smile. And the aroma gets even better.

Immediately, you are greeted at the door by Wayne, one of the owners. "Pick any table you want, folks," Wayne says with a smile.

As you look into the sea of diners -- the place is usually packed -- you spot a little table under one of the many colorful paintings that fill the glossy wooden walls.

The service is top-notch.

Crunchy, cheesy garlic bread -- and plenty of it -- is quickly brought to your table with a complimentary glass of red, white or rose wine to quench your thirst.

As you look over the menu, it is difficult to make a choice. There is a vast selection of steaks, seafood, chicken, hamburgers and mouthwatering desserts.

The specialty of the house is Mitch's Ranch Cut. You can't go wrong with this delicious cut of beef. Served on a sizzling plate, this thick, tasty steak is cooked exactly to your liking. It's a hefty portion as

sunny day I'm definitely at the pool," he said. "If the weather's bad, I go to the Pub and drink beer or go to the dorms and visit my friends."

"Studying is never a major thing to me regardless of what type of day it is. But, I do manage to keep above a 3.0 average, he added with a smile."

The Rathskellar at the Tamiami Campus has students piling in constantly during the day in between classes. "Ninety percent of our business is due to students that come in during the day," said Everett Price, manager of the Rat. "We have girls that come in here regularly to watch soap operas. Other people come in between their classes to drink beer, play video games and to meet people. He then added, "Some students also come here to study and do their homework."

Price said students who take up room for studying never get asked to leave the Rat so others can sit down and eat and drink "I never tell students to to leave because that's what we're here for. We try to accommodate them whether they're watching TV or just listening to the music."

well. It is tender, and seasoned just right with a touch of garlic salt. It's quite a meal for \$9.95.

For burger lovers, there's quite a treat.

For \$7.95, you don't get one, but two scrumptuous flame-broiled burgers. These meaty delights are big and smothered with mounds of grilled onions.

Then, there is Mitch's superb chicken. If ever a foul could be fantastic, this grilled barbequed delight is cooked to a perfect crispness and is a whole chicken to boot. This is a value at \$6.95.

If it's delicacies from the sea that catch your fancy, the lobster tails are your best bet. Served artistically in their shell, these African lobster tails are sweet and tender. They are a gastronomic delight. They are priced according to their weight.

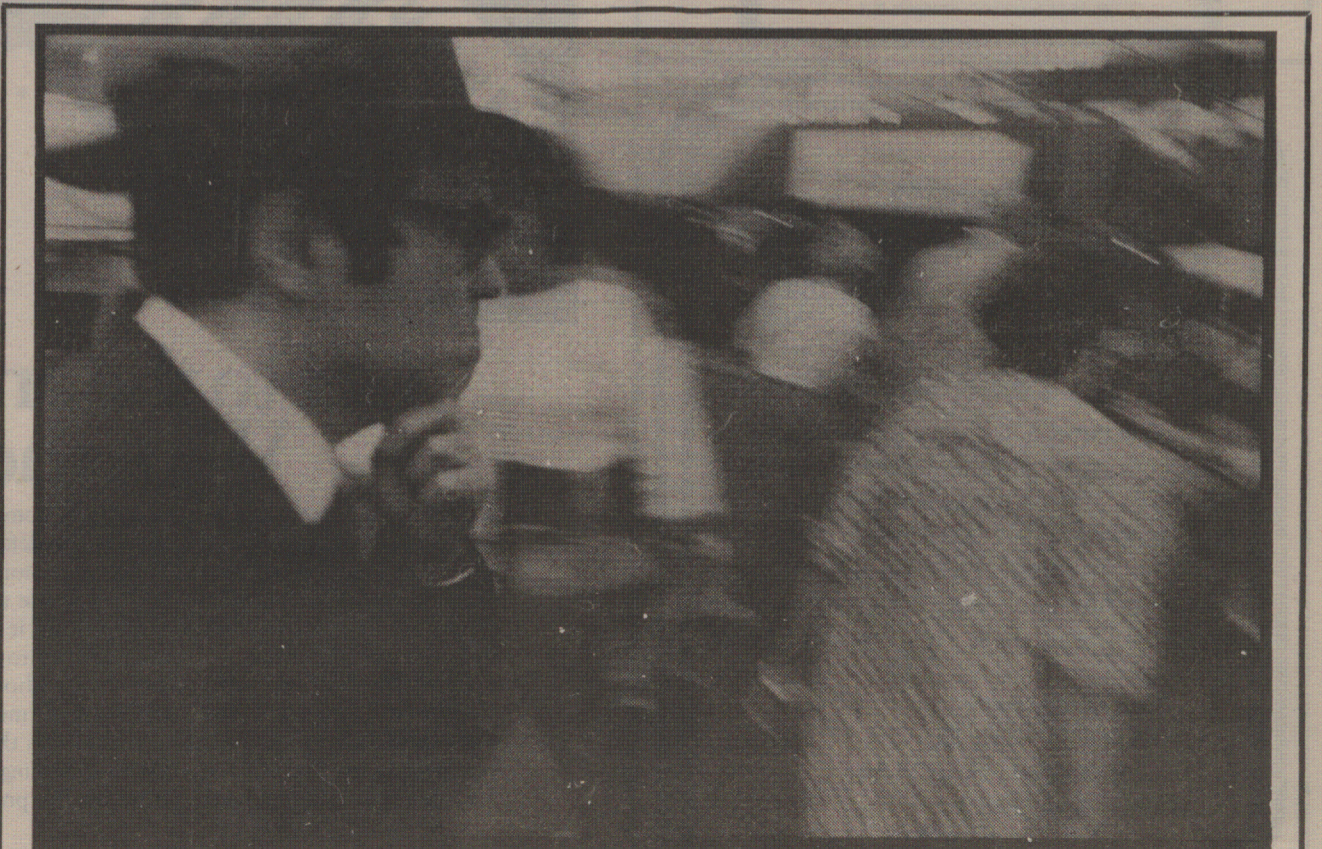
All these entries include a huge Ceaser's salad brimming with croutons, parmesian cheese and Mitch's homemade dressing, a creamy baked potato, giant home fries, or spaghetti.

Any room for dessert? Take your pick.

Creamy cheesecakes of pineapple, chocolate, cherry and strawberry. Chocolate mousse pie, key lime pie or chocolate-chocolate layer cake. Slices too large to finish. And at \$1.50 a slice, you can't feel guilty about the calories.

Mitch's Steak Ranch is on Miami Beach and is open seven days a week from 4:30 p.m. to 10:30 p.m. No reservations are necessary. So, when you're leaving your late class on either campus, make sure your stomach is empty. And head for this place. You can't go wrong.

(The Sunblazer will be occasionally reviewing restaurants that are convenient to students on all campuses.)



FOCUS

by Andrew Itkoff

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