Florida International University

Tuesday, September 13, 1988

Volume 6, Number 3

Johnny was right all along

Local television news station profiles FIU student after a recent study confirmed what he had discovered twenty-one months ago.

REY QUINTANA Sunblazer Editor

Doctors told him he was crazy. They told him he wouldn't last another six months without some sort of medication. But he didn't listen to them and now, after twenty-one months and some very promising research, they are starting to listen to him.

Almost two years ago a student from Florida International University suffering from AIDS went out on a limb and decided to try to fight the deadly disease without the use of chemical drugs. After near death from a severe attack of pneumonia, "Johnny" (not his real name) put himself on a rehabilitative program con-

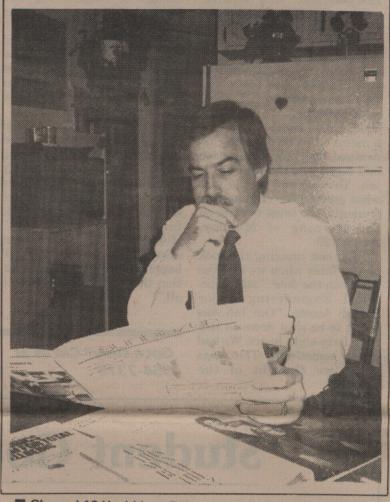
sisting of aerobic exercise, a balanced diet, adequate rest and lots of prayer. He then took all his prescriptions, tore them up and threw them in the garbage. "The medication made me feel worse because it was so strong," Johnny explained. "Since my condition kept improving without the prescription drugs I figured I didn't need the help of any medication. So everything went into the garbage."

Johnny conducted some careful research at the FIU Library and found significant evidence to support his theory that AIDS can best be treated simply by eating properly, exercising on a regular basis, getting lots of rest and maintaining a positive attitude. "I knew I was on to something when I saw the research," Johnny said. "The problem was that

when I tried to tell other people, nobody would listen."

Nobody would listen until now, that is. Johnny wrote a letter outlining his research and sent copies to all the major news programs he could think of. One of those copies found its way into the hands of Channel 10 Eyewitness News Healthbeat Reporter Art Carlson. Carlson read the letter and filed it away for reasons he still cannot understand. "To this day I don't know what made me keep the letter. I guess deep down inside I thought there might be something to what this person was saying," the newscaster explained. "You wouldn't believe how many letters we get everyday from people who tell us they've found a miracle cure for AIDS. Most of those

-continued on page 3



Channel 10 Healthbeat Reporter Art Carlson reads over the article on AIDS which appeared in the December 1, 1987 issue of the FIU Sunblazer. A reprint is found on page 6



■ Jeff Burger goes for the score at the FIU Aquatic Center. Read about the facility on page 10.

Dean of Engineering School tells students: the computer lab will never be shut down

REY QUINTANA Sunblazer Editor

In an attempt to clear up a misunderstanding that has sent tempers soaring to an all-time high, Gordon R. Hopkins, dean of the College of Engineering and Applied Sciences at Florida International University, told the FIU Sunblazer that a badly-worded memorandum was responsible for what he termed "the panic."

The culprit is a memo dated August 26, 1988, from Hopkins to Neil Hout-Cooper, program director and assistant professor of engineering. Hopkins instructed Cooper, in writing, to "make plans to terminate operation" of the Com-

puter Aided Engineering Center located in VH 165. Further instructions to Cooper were to submit by Wednesday, August 31, 1988 "a strategy to phase out the computer lab."

"That memo was very poorly worded," said Hopkins. "I can understand why the students reacted the way they did. I don't blame them. But it needs to be made clear right here and now that the computer lab is never going to be shut down."

Instead, Hopkins continued, one of the three main services offered at the computer lab may have to be streamlined or eliminated altogether. "If the budget is cut as we expect it to be, some of the lab's operations will also have to be cut," Hopkins explained. "But we're still going to have a computer

lab."

The Computer Aided Engineering Center consists of three main rooms, each providing different types of equipment and services. One room contains the terminals and software used by graduate students. Beginner-level courses are taught in a second facility and a third room is a sort of walk-in area where students can do their homework assignments and get help with any questions they may have. It is this third area of the computer lab which is threatened by the budget

"If we don't get the dollars we need to continue to operate we are going to have to cut back our personal services," Hopkins explained.

-continued on page 2

-Lab, from page 1

Those hardest hit by lack of funding would be the lab's part-time attendants who are mainly responsible for keeping the facility open during evening hours. Two graduate students are employed full-time and the lab's director works half-time. According to Hopkins the part-timers would be the first to go.

"They're the ones who provide most of that personal assistance, so if they go the service goes, too," said Hopkins.

Sources tell the Sunblazer that one of the attendants working in the computer lab got a hold of Hopkins' memo and he interpreted its wording to mean that the lab would close down at the end of his shift (4:00 pm) the following Wednesday. He then drew up a memo of his own which condemned the proposed action and taped it to the door of the lab. That second memo was what greeted the engineering students who came to class on the morning of Monday, August 29.

"You can imaging the look on our faces when we saw the memo on the door," said Electrical Engineering major Joseph Acosta. "Our lab was going to be shut down in less than forty-eight hours. We had to do something. That was when we thought of the protest." The students held a news conference the following day in VH 135 and openly protested the closing down of the computer lab. Hopkins did not attend the conference, deciding instead to wait until tempers cooled off before commenting on the matter. "The way the students were feeling at the time, any discussion would have turned into an argument," he said.

The official word from the College of Engineering and Applied Sciences is that the computer lab will remain fully operational for the rest of this semester. Alternate means of funding will then have to be considered in order for the lab not to be affected by any budget cutbacks.

For this purpose a special committee has been created consisting of four engineering students and four faculty members from the College of Engineering. "This Committee will have to figure out how to fund the computer lab," Hopkins said. "Now that everybody's talking we will hopefully come up with a solution that will be beneficial to all."

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■ FIU's engineering students gethered in large numbers to protest the closing down of the Computer Aided Engineering Center in VH 165

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-AIDS, from page 1

letters end up in the trash, but this one was different somehow. I'm glad I held on to

Carlson pulled the letter from his files after a study released by psychologist Mary Ann Fletcher of the University of Miami agreed with Johnny's findings. Dr. Fletcher took a group of newlydiagnosed HIV-positive men and put them through a tenweek exercise regimen under careful supervision. The participants in the study all displayed moderate increases immune reactionscomparable, Fletcher says, to those observed in some studies of patients taking the AIDS drug Zidovudine, better known as AZT.

"This means that a carefully monitored exercise program is just as effective on the immune system as a chemical drug," Johnny commented. "And there is no risk whatsoever of side effects with exercise. I was right all along!"

Johnny received a telephone call from Carlson over the

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Labor Day weekend and the FIU student was featured in Eyewitness Healthbeat report last Thursday evening. It was a scary experience for Johnny because going in front of the cameras meant possible recognition by his friends and family. "None of my relatives or close friends knew about my illness," he said. "But I had to do the television segment. It was an opportunity for me to reach a large number of people and hopefully help someone out there. My identity was not revealed but I think that anyone who knows me and saw the report must have recognized me.'

Johnny is hopeful that now, at last, someone will listen to what he's been trying to communicate for almost two years. "It's a shame that no one payed attention to me before,' he commented. "Who knows how many lives could have been saved during all these

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Distinguished professor of genetics will teach at FIU

Florida International University has appointed Francisco Ayala as the first Glaser Professor in biology. Ayala, a professor of genetics at the University of California, Irvine, will come to FIU in the fall of 1989 to teach a course on evolutionary and population

During his stay at FIU Ayala will also offer public lectures on genetic engineering and the biological foundation of ethics.

"Our ability to get such a distinguished scholar to teach

at FIU next year is testimony to the increasing recognition of the excellence of our biology faculty and programs," said FIU President Mitch President Maidique.

A native of Spain, Ayala received his doctorate from Columbia University. Prior to moving to the University of California, Irvine, he taught for many years at the University of California, Davis.

"Dr. Ayala is renowned for his research in the fields of population genetics, ecology and evolutionary biology,

said Walter Goldberg, chairman of the FIU Department of Biology. "His teachings will represent a significant contribution to our department.'

Dr. Ayala has authored several textbooks and article in scientific and philosophical journals. He is a member of the National Academy of Sciences, the American Academy of Arts and Sciences and the American Philosophical Society. Ayala is also chairman of the board of basic biology of the National Research Council and he has served as president of the Society for the Study of Evolution.

A reprint of Johnny's story, which first appeared in the December 1, 1987 issue of the Sunblazer, is on page 6.

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News briefs...

New directors at the athletics department

Richard Gropper has been development. appointed as the associate director of athletics for business and finance at Florida International University, Athletics Director Dr. Dick Young announced.

Gropper's main responsibilities include developing, preparing and implementing the budget for intercollegiate athletics and campus recreation, along with monitoring the accounts receivables and expenditures with regards to the budget.

receiving After bachelor's degree in social sciences from the University of South Florida in 1972, Gropper earned his master's degree from FIU in adult education in 1975. He is currently pursuing a doctorate degree in adult education and human resource

With extensive experience in the business area of collegiate athletics, Gropper comes to FIU from Miami-Dade Community College North Campus, where he was director of athletic development and business management from

"Richard Gropper's hiring places an FIU graduate and student in a highly sought after position," said Young. "His familiarity with the area, his love for FIU and the support he received both within and outside the University pointed to him as the right man in the right place at the right time. We are extremely excited about the addition of Richard to the FIU family.'

Janice Allen has been hired as the Director of Athletic Development at Florida International University, according to a spokesman at the Athletics Department.

will involve fundraising for FIU's athletic programs. She is a 1976 graduate of Grand Valley State College in Allendale, Michigan, where she received her bachelor's degree in physical education with a minor in psychology.

Following graduation, Allen played professional basketball for one year in France before embarking on a coaching profession. She was an assistant coach at the University of Denver in 1978-79 before becoming the women's basketball coach at Florida State University in 1979.

"Jan Allen has seven years Allen's main responsibilities of successful experience in promoting support for Division I athletics in Florida," said Scott Muirhead, assistant vice president for development. "Most recently she has been commended for her work as a sales representative for a Fortune 500 pharmaceutical company. She will be a great asset to the development staff in the department of athletics and I'm delighted she is coming to

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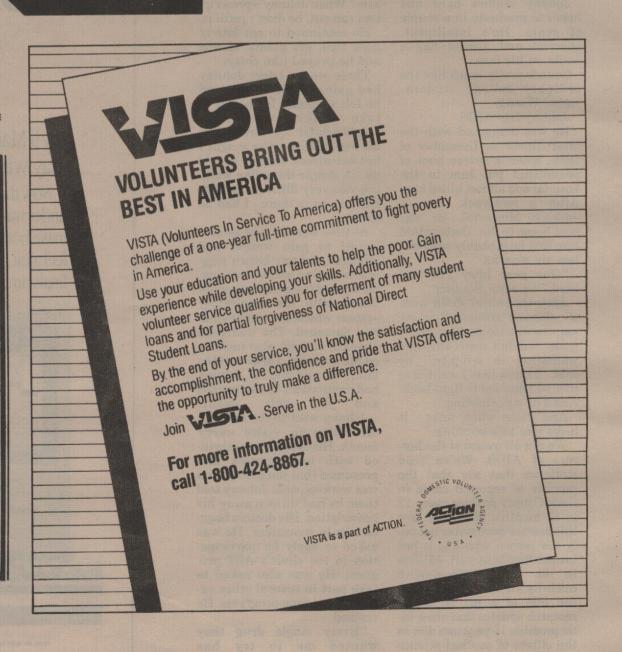
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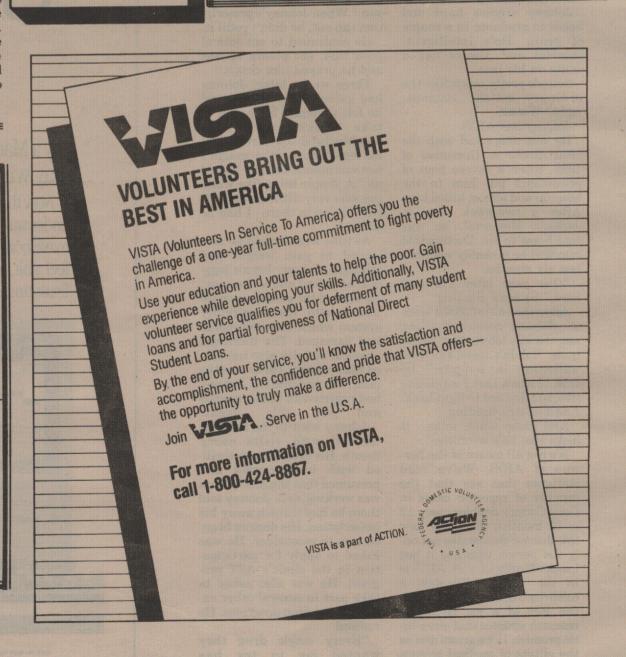
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fights for his life against AIDS

dangerous side effects," he stated. "I didn't want to take anything that was the subject of experimental research as long as I felt fine. My doctor said I was crazy. He said my infection would return if I didn't take any medication."

Johnny began to do some research on his own. He spent several days at the FIU Library looking for documentation on the effects of exercise on the body's immune system.

"I was doing better that any other patient at the hospital clinic, and I figured it was the exercise. It had to be · I wasn't taking any medicine," he said. He came up with several ar-

He came up with several articles detailing experiments done with aerobic exercise as part of a rehabilitation program for cancer and heart discase patients. In both cases, the results were extremely positive.

"Where chemical medicine had failed to produce results, the exercise program, coupled with healthy eating and lots of rest, was proving to be very effective," Johnny said.

Further research revealed that aerobic exercise keeps cells in the body resistant to infection by supplying them with extra oxygen. Johnny quickly put two and two together. His resulting theory: Increasing the level of oxygen in the bloodstream weakens and possibly even kills not only the AIDS virus but every other virus that thrives in human blood.

"This means that AIDS, cancer, leukemia and heart disease can all be treated and cured with nothing more than a combination of aerobic exercise, a balanced diet, plenty of rest and lots of faith," says Johnny.

Is this guy crazy? Can there really be such a simple answer to questions that are baffling the greatest scientific minds on our planet? I hate to say this but to me it makes perfect sense. And what really hit home was the energy coming from this person sitting before me - a supposedly terminally ill individual who looked as healthy as a newborn infant.

Johnny wrote a letter detailing his experience and sent copies to every major television news program he could think of

"I wrote to Phil, Oprah, 60 Minutes, 20/20 - you name it," he said. "I was hoping that someone would help me conduct some kind of a controlled experiment using aerobic exercise as a treatment for AIDS patients. I thought, and still think, that many lives could be saved from untimely death. It certainly can't hurt to try."

prove myself right was to live a normal lifestyle," he said. "I don't care anymore if no one believes me. Just remember that those same people that think I'm crazy cannot explain why, twelve months after a major crisis, I am not only still

"I knew I wanted to live, so I decided to fight back. And I'm still fighting."

-Johnny

No one listened to Johnny. The only program that bothered to reply to his letter was the Phil Donahue Show. They sent Johnny a postcard telling him they were not interested in his theory.

His doctors continued to tell him that he was crazy. A local television newscaster told him to call back in a year or two if he was still alive.

Needless to say, Johnny is disappointed. He didn't give up on his belief but he has given up on trying to communicate it to others.

"After all the negative feedback, I figured the best way to

alive but doing well."

It is now December of 1987. Johnny is back in school, back at work and feeling fine. He weighs more now than he has ever weighed in his entire life. His skin has a pink healthy glow. He is sitting before me and I have to keep reminding myself he has AIDS.

Could Johnny possibly be right?

As Johnny himself put it, "It certainly can't hurt to try."

Johnny may have to take a semester off from school, but not for health reasons. He's having trouble paying for his studies and no financial aid is available to him. His parents are not wealthy and his part-time salary goes to help with their living expenses. "But I'll be back," he affirms. "If not in the Spring, then in the Summer."

In the meantime, his parting message to anyone reading this article is as follows: "If you know someone who has AIDS, cancer, leukemia, or heart disease, get them on an aerobic exercise program, give them lots of good food, make sure they get plenty of rest and have faith. It may sound simple, but it's working for me."

It certainly can't hurt to try.

Auditions for the FIU Dance Ensemble's annual concert will take place on Sunday, September 25, 1988 at 10:00 am at the Dance Studio in W-6.

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Children's center: educational and fun

MICHELLE MEISELMAN Sunblazer Staff Writer

The Children's Creative Learning Center at Florida International University, located at both the North Miami and University Park Campuses, is more than just another day care center. The Center is specifically designed to meet the childcaring needs of FIU's

Force ROTC.

student body, faculty and staff.

The preschool program offers a wide variety of activities, some stressing education and socialization skills and some for just having fun. According to Program Director Nancy Ponn, "We are an educational pre-school emphasizing socialization, both cognitively and socially.'

Another unique quality of the Center in addition to its educational emphasis is the in-

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vitation to the parents to participate in activities such as holiday parties and international day. "This program is a well-rounded program for the whole family," Ponn said.

The children, ages 21/2 to 5 vears old, are pre-tested in math, reading skills, perceptional skills, colors and shapes. Once their developmental level has been determined they are attended to on an individual basis within the class setting.

There are four instructors at the University Park Campus and two at the North Miami Campus. They work on "concept calendars" and schedules for the month during their weekly meetings. The "concept calendar" emphasizes a particular concept to be taught and worked with during that week.

The Center first opened in 1975 and consisted of one trailer and 30 children. Now it occupies four classrooms in two trailers at University Park and two classrooms at North Miami

An expansion of the Center back in 1980 was largely due to a generous financial contribution from the Student Government Association which afforded renovation of the trailers. Robert Vos, associate professor of Educational Policy and Human



■ Cathy Bode and Jonathan Ruhi take turns on a computer terminal at the Children's Creative Learning Center

involved when he donated the unstructured play, storytellplans, organizational skills ing, field trips and cooking. I and manpower to build the climbing mound that greets the children as they arrive each morning. Several parents smiling children who hopefulalso contributed to the effort.

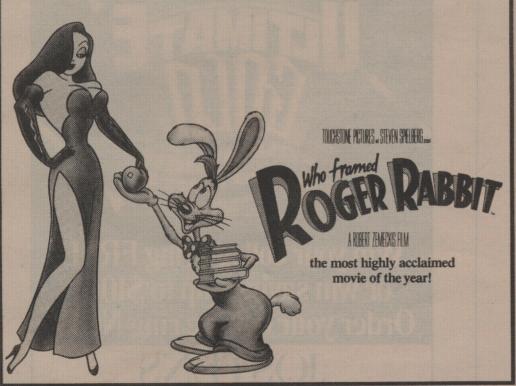
The Center is open five days a week from 7:45 am to 6:00 pm with classes beginning promptly at 8:45 and the half day session ending at 12:15. The Center provides milk, juice and snacks for the children, but they must bring their own lunches.

Some of the activities available to the youngsters in-

Resources at FIU, also became clude art, music, science, found the rooms filled with toys and games and educational materials and loads of ly will grow up to be smiling FIU students.

The Children's Creative Learning Center is an excellent program carefully planned by a staff that really cares about the children it works with. It just goes to show that an exceptional program can only be found at an exceptional institution.

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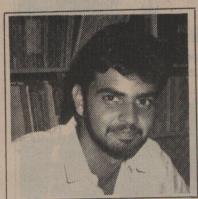


Features

speak out! - Student opinions

This week's question:

"What do you feel are the qualities of a good professor?"



"Having the patience to correctly explain any problems that a student may be having in the class and also offering office hours that are convenient to students."

-Eric Garcia Finance major



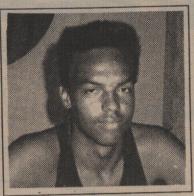
"A professor who is interested in imparting the material to the students in a practical manner in order to increase the student's knowledge base. He should not only be interested in the letter grade of the student's performance."

-Marie Innocent Nursing major



"A good professor's classes must be structured. The outlines of the class have to be obvious to the student. A good professor should be able to explain complex data with simple words in simple sentences. Organization is the most important quality."

-Florence Rouit French Education major



"Knowledge in all aspects of that particular course, and being able to put forth a 100 per cent effort of that knowledge in making sure that his/her students grasp the concepts."

-David Holley, Jr. Hospitality Management major



"The qualities of a good professor are a thorough understanding of the subject and the students he/she is teaching and the ability and enthusiasm to share this understanding in a comprehensible and meaningful form."

-Cassie Mueller Elementary Education major

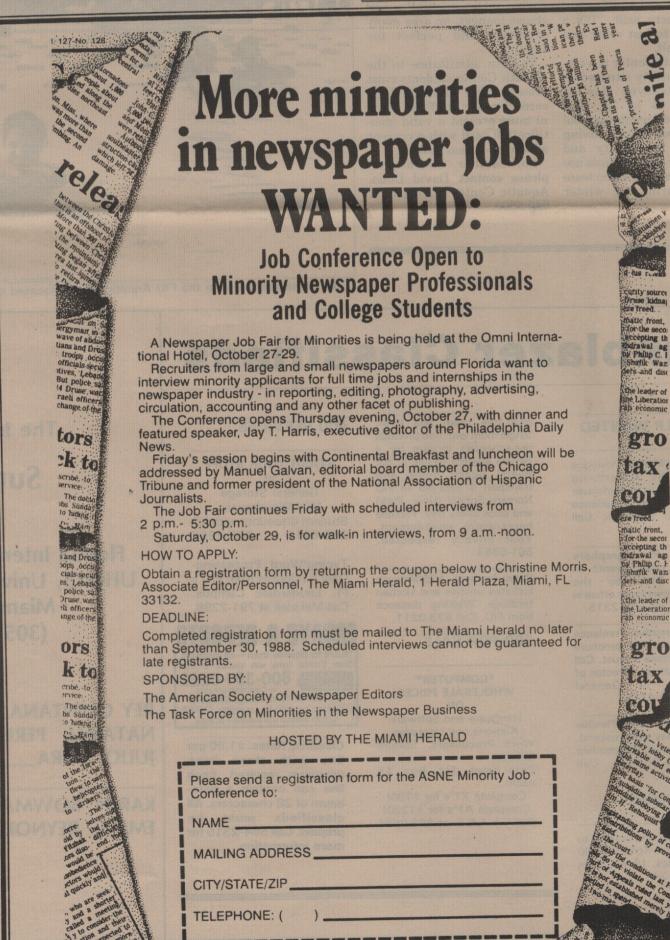
The Art Museum at

Florida International University

presents

"American Drawings and Watercolors from the Wadsworth Atheneum"

Sept. 16 - Oct. 12, 1988 Art Museum - PC Building University Park Campus



Sports

FIU Aquatic Center: 'a great place to relax and enjoy yourself'

JULIO LORA Sunblazer Features Editor

Florida International University's Aquatic Center, located on the North Miami Campus, offers FIU students, faculty, staff and alumni the opportunity to take classes in swimming, aqua-aerobics and scuba diving. It is also a place where you can play intramural water sports, check out the windsurfers or just go for a dip on a hot Miami day.

FIU's water wonderland offers a wide range of activities for everyone and as lifeguard Hector Romero said, "It's a great place to just relax and enjoy yourself."

The Aquatic Center is a topof-the-line facility situated on beautiful Biscayne Bay. It features a 55 by 25 yard olympic-sized swimming pool and a 15 foot 6 inch diving well. Duke University and several other major schools use the facility for their swim team practices during the winter

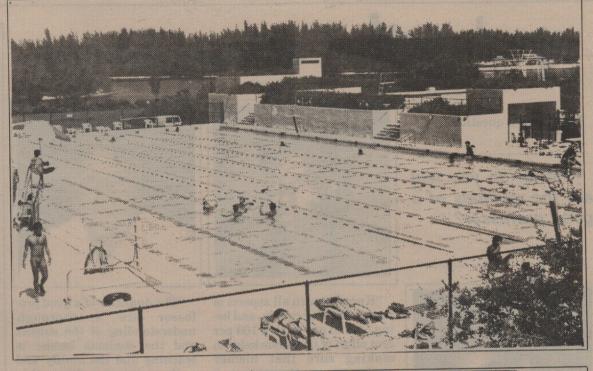
"FIU has plans for its own swim teams in the near future," commented David Duda, manager of the Aquatic Center. "We plan to generate interest through the Swim Club and start collegiate men's and women's swim teams here at FIU. Also, the American Red Cross is going to start a Red Cross National Aquatic School here at our facility."

The current hours of operation are 12:00pm to 6:00pm seven days a week. Lights will be put up at a later date to allow for night time

swimming.
The pool is surrounded with chairs, tables, umbrellas and chaise lounges, an area many students find perfect for tanning.

To gain admittance to the Aquatic Center students must present their valid FIU ID cards. Faculty, staff and alumni must present a valid identification card with a current affixed pool pass sticker.

For further information please contact David Duda, Aquatic Center Manager, at





■ Some scenes from the FIU Aquatic Center located on the North Miami Campus

Sunblazer Classifieds

100-HELP WANTED

Advertising Majors: Positions open in the Advertising Department of the Sunblazer Newspaper. Get experience before you graduate. Call 554-2315.

Photographers wanted to cover events on campus. Drop by the Sunblazer newspaper office in UH-315 or call 554-2315.

Wanted: Creative Freelance Artist for ad and brochure layout. Portfolio a must. Call Joel McEachern, Director of Marketing, at General Storage. 262-4115

Museum Store Clerk-Flexible hours one day per weekend. Take Metrorail to Government Center. \$5.00/hour. Call 375-1492

200-ROOMIES

Female Roommate wanted to share 3/2 home Kendall. \$300 plus 1/2 utilities. 15 min. from FIU. 386-9134.

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The Independent

Sunblazer

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Opinions

Let's talk about it...

Rey Quintana, Sunblazer Editor

In my three semesters as a journalist here at FIU I have witnessed the development of major conflicts that could easily have been avoided had the parties involved simply talked about their differences. But there seems to be a wall between the student body and the administration at our university - a wall invisible and yet so powerful that its strength is comparable to the strength of the mighty Great Wall of China and East Germany's Berlin Wall.

The most recent illustration of what can happen when there is a lack of communication occured last week in the College of Engineering and Applied Sciences. The administration, anticipating severe cuts in the engineering budget, decided to streamline some of the services offered in the school's computer lab. A memo from the Office of the Dean, however, stated in rather confusing language that the computer lab was to be "terminated" and "phased out."

To further complicate matters a student wrote his own memo which stated that the lab was to be "shut down" at



4:00 pm on Wednesday, August 31. So which is it to be: "streamlined," "terminated," "phased out" or "shut down?"

This is a major decision which affects over 800 students in the engineering program. Couldn't someone have taken the time to write a clear, lengthy explanation of the reasons behind the problem?

The administration goofed because it failed to effectively explain the issue to its students. The students goofed because no one bothered to verify the information in the administration's memo before

raising hell. Now everyone is angry with everyone else and nobody trusts anybody anymore. Meanwhile, the funds for the operation of the computer lab continue to dwindle.

Both sides are talking now, but only after a lot of needless bickering and complaining. A committee of students and faculty members has been formed and it is hoped that a solution to the problem of funding will eventually be worked out.

Sounds pretty much like what the Americans and the Russians are doing now, doesn't it? It just goes to show that the problem of communication-or the lack of it-can be identified in all levels of our society.

Computers and television have replaced good ol' conversation as the most popular pastime at family gatherings. When was the last time you sat down with your friends and just talked?

The crisis surrounding the engineering computer lab could have been prevented had there been better communication between students and administrators (that memo sounded like it was written by

a first grader). Why not incorporate communication skills into the course requirements for all major college degree programs? I hate to say this, but for all their Ph.D's some administrators don't know how to talk to their students.

Discussion leads to understanding. Understanding leads to compromise. The rest of the world is beginning to discover that words, not weapons, are the tools that break down walls.

Here at FIU we have a wall of our own to break down. And we must do it, or problems like the engineering lab crisis will continue to surface.

Commentary: We need to turn off our TV sets

To the Editor:

As a youth growing up today I would like to share with you some of the things that make me lose sleep at night:

1)Our young people are not involved in anything. They have no real goals to work toward, be they education/career oriented, hobbies, or relationships. They are unwilling to work for anything because of...

2)Television (MTV is a biggie here) and, to a lesser extent, radio and movies, have led to a situation where kids are passive. They expect to be entertained and stimulated, but not in an active manner. Flashy images become important as the ideal moves closer to the surreal. Television in general has become a proliferator of propaganda which has molded our society according to its every whim, starting with the post-war generation whose children are, of course, the new generation -my generation. The media is responsible for America's acceptance of mediocrity in its

appeal to the lowest common denominator; 'sell them an image and make a fast buck.' It works and it continues to spread deeper into our very essence, like a cancer. It has plasticized us and continues to lower our standards. Surely even our history books, which we are taken to seeing as written in stone and incontrovertible, are merely adulterated facsimilies of the truth, written to reflect what those in power at the time would have us believe.

Why has our country, which was once great, been engulfed by the Tsunami of Japan, Inc.? Bear in mind that we have more people, more resources; and we have had a fantastic head start after World War II. It is not because of our foreign policy, our trade laws, or any other aspect of our government. It is us. We accept mediocrity. We take things lying down and point our fingers at U.S. automakers and President X and his administration. This is not the case in Japan. People take pride in their companies, their schools and their

culture. They constantly strive for better and they deserve the rewards. We, on the other hand, strive only to get home to our remote controls, making sure we don't miss the video store on the way.

Our taste is determined solely by fashion, any need for individuality being handily suppressed. Men and women are "equal" now - absurd! We cannot and must not become equal. We must make a conscious effort to see and display the differences between us. Only then can we appreciate and need each other. Only then will we be able to love each other. It even becomes impossible to love ourselves because we are not ourselves. We are another, with no personal identity, no spontaneity.

Because this problem is so overwhelming, it seems difficult to see hope for change. But the solution to the problem is as simple as recognizing it. I appeal to those of you who rise above the quagmire; whose finer sensibilities will not allow you to accept what is being dished out to you. Ex-

pose the media for what it really is. Show your neighbors that there is something better to be found if they are willing to look for it. Pursue art and/or science; it doesn't matter which since they are one and the same in the sense thay they embody the creative process. This was once a tremendous advantage we had over the Japanese who, as a people, place less emphasis on creativity than we did. Consider this 1946 advertisement by the McElroy manufacturing corporation, once a leading company: electronics "McElroy engineers never copy, never imitate. We create, design, build... we are never satisfied with mediocrity. And we deliver." Ah, glory days. They were probably crushed by bean counters.
I realize that I will im-

I realize that I will immediately be labeled an idealist, but ideals stood for something once. They provided for much better than we have now, in a time when we have lost sight of them. Besides, even though I'm traditional, I'm young and I've not

yet become conservative enough to realize that what I say will have little or no bearing as we spiral ever closer to the vortex that swallows us whole.

Jonathan Knight

The Sunblazer welcomes your views and opinions on issues of importance.

Letters to the Editor must be signed and dated and they must contain a telephone number where we may verify information.

Drop your comments off at the Sunblazer Office in UH 315.

