

Allen has plans for a winning season

By C.J. Moore
Staff Writer

ACC has a new assistant coach this year; his name is Bobby Allen. As a Lumberjack player from 1988-1990, he returned to the Alpena community after earning his bachelor's degree in law enforcement from Lake Superior State University.

"The last two years have really been rough on ACC's athletic program; that's why I'm here. If I make a promise, I keep it," Allen said.

Allen originally came to ACC from Flint. His first year here, he said he basically came up with a group of his friends. Fresh from the streets, he felt his life wasn't going anywhere, so he figured he might as well give ACC a second chance and returned for a second year.

Here he found guidance from Head Coach Frank McCourt. "I came back and Mr. McCourt, he became like a father to me. I had that strong mother, but I didn't have that father.

You know, Mr. McCourt, he was there for me, he listened to my problems, told me right from wrong," he expressed.

McCourt has said that "Bobby Allen is one of the two best basketball players that I have ever seen play for ACC."

He gives 110 percent to his team and expects the same from his players.

"Basically I'm Frank's right-hand man. . . I give my guys incentive," Allen explained, as he is fresh out of playing college basketball, and whatever his players do or experience, he has already been where they are now. "I know what it takes to be a winner, and the little drills I put them through, they're winners."

For Allen, winning hasn't always happened. During his second year at LSSU, he tried out for a position on the Grand Rapids Hoops, a semiprofessional team College Basketball Association basketball team, and was turned down. "I took a se-

mester off because of it and only took two courses. Because I felt like a failure, it was hard to get myself to attend classes," he stated.

Pulling himself together, Allen continued his studies at LSSU. Upon his graduation he was offered a position on the Fort Wayne CBA team. Instead he came here to ACC.

Allen has made 18 individual promises that he would be here for his players. "If I make a promise, I keep it. If I tell a kid I'll meet him at the gymnasium at 3:00 p.m. tomorrow to teach him to shoot a basketball, I'll be there. That's just the way I am."

He has a lot of confidence in his young team, and they have made a promise of their own to themselves and their coaches to have a winning season. They run

their drills as early as 6:00 a.m., work out till 7:30 and just have enough time to shower and begin classes for the day.

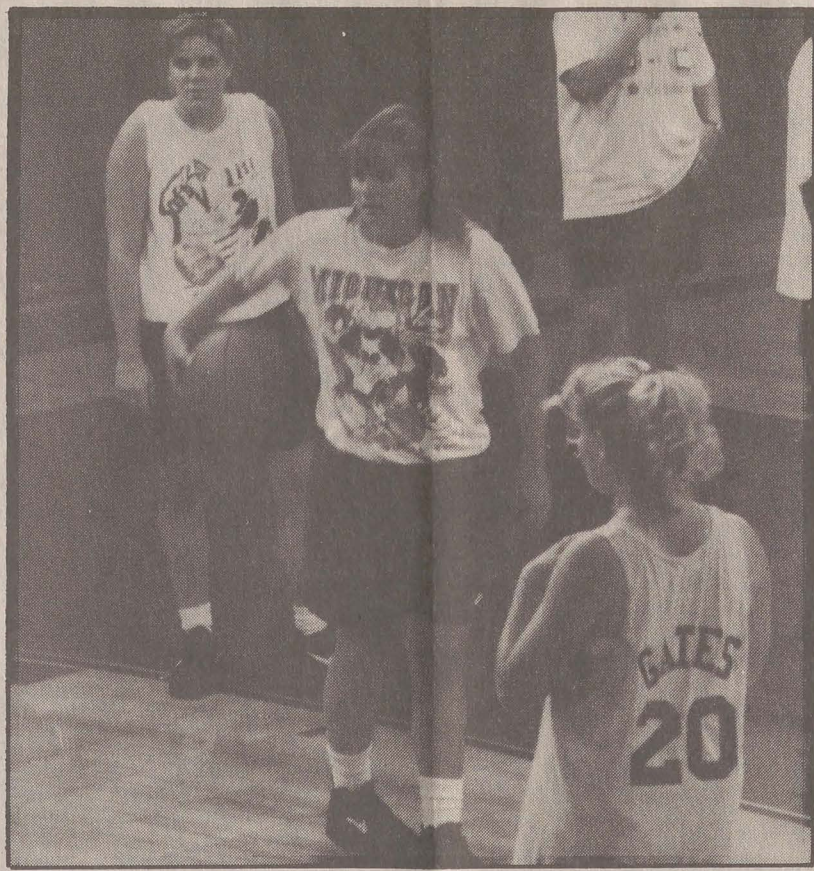
But, more important than winning in any sport is to have fun while playing. "Here

you don't worry about the losses, you don't worry about the wins. We want to win, but if we don't win, we're here to have fun. As long as the community is here to support us, that's all we care about. We are here to show respect for them and they'll respect the Physical Education Department in the community," he commented.

Allen believes the true measurement of success is how far one comes back up after one has reached bottom. "You build character from who you're with" and Allen's return brings character, strength, and a sense of "family" to ACC's team, college, and community.

After just finishing his bachelor's degree this summer, Allen wants to relax and get himself situated during his first semester here. He will be taking Central Michigan University courses here this January toward his master's degree.

Welcome back, Assistant Coach Bobby "POPS" Allen.



Assistant coach Tracy Gribble instructs her team on the aspects of the game.

Season tips off with Gribble

By Jason Cole
Staff Writer

With the beginning of the basketball season tipping off, the anticipation is building in one of ACC's new coaches. At the age of 23, Tracy Gribble has come to Alpena Community College as the assistant coach to both the women's basketball team and softball team. With a degree in health and physical education, she also works as a technician in the Health Fitness Program.

For four years, Gribble played varsity hoops at Saginaw Valley State University. Now she has started coaching. Up until October, coaches weren't permitted to participate with their teams. This left Gribble with no authority to coach her players. She could only recommend to them what they should do for pre-season training.

She looks forward to the season opener with confidence. "We'll have a tough team this year," Gribble said. The returning players, Shannon Bauer, Julie Leech, and Amy Samson, will bring the needed leadership. Along with the younger players, she thinks the team will have the talent to be very competitive.

Cross country team does well at first meet

By John Nilsson
Staff Writer

On Saturday, September 17, the Alpena Community College cross country team took three runners to University Center for a dual meet with Delta Community College.

The Lumberjack harriers are fighting inexperience and injuries this fall. "Many people didn't get any base over the summer," said coach Richard Lessard. "There are bound to be some mild strains and sprains at first."

Jeff Hyvarinan came into the season with a bad knee and shin problems from basketball, and James Knight has a bad knee left over from football days. Derrek Brooks twisted

an ankle in practice last week. "The injury to Brooks really hurt us," Lessard said. "He was just beginning to get into his game."

Curley Easterling, running distance for the first time, made some good progress last week, but "just isn't ready for competition yet." Demierius Flowers is also too "green" to be put on the starting line.

Some runners are training hard in basketball in the morning and then coming back in the afternoon to work out with the cross country team. "I respect their effort," said Lessard. "There has been no complaining and they are trying to learn what this is all about."

This left Tony Lang, Scott Groesser and Bryan Grochowski to make the trip to Delta.

The four mile course was flat and firm. The weather was misty and cool — good running weather for cross country. The starting whistle sounded at 1:30 p.m. At the half-mile mark, the three Lumberjacks were running in tandem in fourth, fifth, and sixth places. By the mile, Lang had moved into second, crossing in 5:46, and closing in on the leader.

The Outdoor Sportsman

By Chad Smith

Time to prepare for the hunt

Hello fellow hunters and welcome to the "Outdoor Sportsman" - the first and only column in *The Polemic* totally devoted to dedicated sportsmen like you.

In this issue of the "Outdoor Sportsman," we talk about archery deer season 94: This is a time of year when we can enjoy the beautiful fall colors and the perfect weather.

Archery season is also a time when all the time spent scouting will pay off. Just remember to be patient in pursuing your game.

Be careful not to have any twigs, branches, or leaves in your way or on your tree stand; this can really defeat your purpose if a whitetail walks in and you come back to full draw and release that perfect arrow, just to see it deflect off that unseen branch or twig.

Never take anything less than a perfect shot; if you're not sure of your shot don't take it. I think we as responsible hunters should respect the game we pursue whether it be big or small.

At this time of the year, different things can work to get deer closer to you the hunter, which brings me to my tips for this issue: As most hunters already know, deer are not in the rut yet, which doesn't mean that the deer aren't active.

Deer will still come into a call, if you give it a chance to work. In my opinion the best call to use for deer during the first part of archery season would be a doe bleat or a fawn in distress call. The deer are still young yet, and they stick close to their mothers, which means if the mother deer hears that her fawn is hurt or in need of help, she will come in to see what's wrong, which in turn might give you a chance for a shot. Both of these calls work magic during early archery season.

Also, I don't recommend the use of doe in heat scents at this time of the year, simply because the bucks are not yet in the rut. I do recommend the use of apple or acorn scent to disguise the human scent, and the use of some sort of masking scent, such as raccoon scent, will also work well to disguise scents.

One more thing I strongly recommend is if you shoot from a tree stand, practice shooting from some sort of elevated platform. The angle is very different from the ground and can mean a hit or a miss if not practiced.

So to wrap things up, try to get your hands on a doe bleat or a fawn in distress call; they do work! Also, always be sure of your shot before you shoot. Practice, practice, practice -- we owe it to the animals we hunt, and we owe it to our sport of archery.

Let's keep our tradition of bow hunting alive by taking a youngster out with us next time we go hunting to teach the same ethics and sportsmanship that were taught to us. Good luck this year to everyone involved.

Bobby Allen is one of the two best basketball players that I have ever seen play for ACC. . .

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Wanted: Bowlers for women's Fri. night league -- 7:30 to ? See Dorothy Larson, custodian at ACC BTC or call 356-1295 late mornings or call Connie Carey at 354-6140.

Personals

Happy 25th birthday, Sandy! I love you! Scott

Happy 21st birthday One-half *Polemic* Head Scott Reed!

Congratulations Mark and Deb! *The Polemic* wishes you many happy years together.

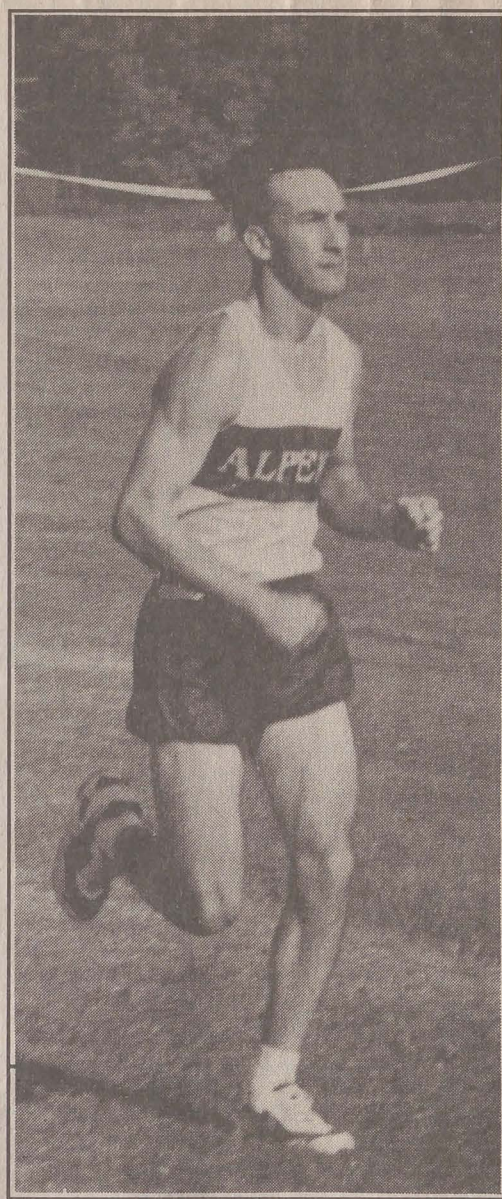
Thanks for all help with the computers, Ken! (Oh by the way, did we mention the problem with the. . .)

Sonya, no polemic about it. We wish you a happy birthday!

Thanks Carlene! Without your help, these space filling ads would be a lot bigger!

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the lead, both runners at 11:52. Grochowski and Groesser were still together, at fifth and sixth place at 12:19. In the third mile, Tony Lang surged into the lead and held it for the next mile, hitting the three mile mark at 18:28.

Grochowski and Groesser were alternating the pacing duties and came through the three mile at 19:17, still in fifth and sixth place. With a little over a quarter mile to go, the second place runner from Delta made his move and took over the lead. He and Lang made a run for the tape, with the Delta runner crossing first in 24:38, and Lang five seconds later.

Meanwhile, Delta's earlier front runner was struggling and Groesser picked him off with less than a half mile to go. The two fought for an ad-

vantage over the remainder of the course, and sprinted to a virtual photo finish for fourth place, both with a time of 25:15. The fifth spot. Grochowski passed Grochowski was the next runner, in at 25:25.

"It was a great day and a great course for us to get up and had moved up on the shoulder run," commented Lang. "I feel of the leader and was vying for we came a long way today."

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