

Underachievement is good

By K. J. HANSON
STAFF WRITER

Dressed in a gold-trimmed vest, with graying hair pulled back pony-tail style, Pearsall erupted onto the Alpena High School stage. He had more energy than normally seen in this part of the woods, at this time of the year.

"Underachievement is good for you," said Pearsall.

The unusually cold weather was not a deterrent for this charismatic speaker from Hawaii. Pearsall joked of swimming in the ocean earlier in the day. He then asked if there was anyone interested in taking a dip in Lake Huron. Not surprisingly, he had no volunteers.

Pearsall spent the evening explaining how his way of thinking could help us all enjoy a less stressful life by "being less than you can be."

"The Overwhelmed Woman: Can You Have It All?"

This was the question posed by Dr. Paul Pearsall, who is the author of several best-selling books and a U-M graduate with a Masters degree and a Doctorate from Wayne State University. His post-graduate work was done at Harvard Medical School. Also, Pearsall was once Director of Behavioral Medicine at Beaumont Hospital.

He spent the evening sharing his beliefs about the "Polynesian Principles For a Longer and Happier Life."

"There is no such thing as a mid-life crisis, it's an all-life crisis you finally recognized," said Pearsall.

According to him, we are too strict in our daily routines, thus causing stress in our lives. Pearsall elaborated on this statement by asking the audience to change seats with the person on their left, which took several minutes, as many people were not anxious to venture into the unknown. He was quick to

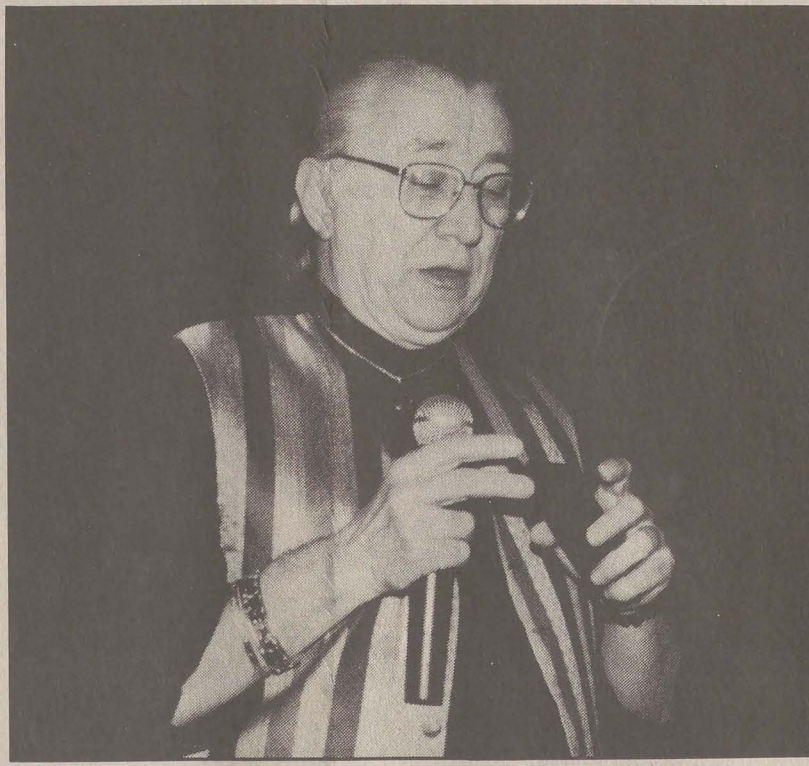


PHOTO BY POLEMIC STAFF
Pearsall relaxes audience.

point out that the vast majority of the audience returned, as soon as they could, to their old and familiar seats.

"By age 50, you have the face you deserve," stated Pearsall, as he gave many examples of what leading a stressful life can do to a person, both mentally and physically.

As the snow continued to

fall outside, the audience inside was treated to a Hula lesson from Pearsall, and a glimpse into his laid-back way of living, as pictures of his life in Hawaii were shown on a screen.

"Don't repress,"

"Don't suppress,"

"Do express," stated Pearsall, as he said good-bye to Alpena.

ACC salutes LSSU

By KELLY SMITH
GUEST WRITER

Lake Superior State University Celebrates 50th Anniversary

Sault St. Marie, MI.—Lake Superior State University marks its 50th year as an institution of higher learning with a celebration in 1996 under the theme, "Superior Legacy-From Fort to Future."

The highlight of the year-long celebration will be August 2-4, with all all-School Reunion at the Sault St. Marie campus.

In October 1946, what was then the Sault Branch of the Michigan college of Mining and Technology opened its doors to its first 272 students. Since then, LSSU has grown into an autonomous baccalaureate institution with some 3400 students enrolled in more than 60 degree programs and a master's degree in Business Administration.

The Sault Branch became Lake Superior State College in 1970, and became a university in 1987.

In recent years, a Lake State education has become easier for students to achieve, with regional sites established at Alpena, Traverse City, Petosky, and Escanaba.

accreditation in business to confer on their business, management or administration students national recognition for their outstanding academic achievements.

The Society also encourages and promotes aspirations toward personal and professional improvement and a life distinguished by honorable service to humankind.

Students who rank in the top 20 percent of the junior,

While 1996 marks 50 years of service for the Sault Branch, LSSC and LSSU, the history of the former fort on the site which the university now stands goes back much farther than 50 years.

The campus location was formerly U.S. Army fort Brady, established in 1893 by General Phillip Sheridan. In 1894, Fort Brady became the only fort in Michigan's north country after Fort Mackinac was closed and its soldiers and supplies were sent to Sault St. Marie.

Many of the fort's buildings housed the academic and administrative functions of the Sault Branch when it opened in 1946, and some of the buildings continue to be used. Several of the buildings are listed on the State Register of Historic Buildings.

From a fort to a place of higher learning, Lake Superior State is now known for its personal approach to education, its safe, friendly environment, and its natural setting near the St. Mary's River and Lake Superior.

For more information on LSSU programs offered through the Alpena site, or to arrange a tour of campus, call Admissions, 1-800-682-4800, ext. 2231.

senior or master's classes at schools with chapters of Sigma Beta Delta are eligible for invitation to membership in the society.

Lake Superior State University congratulates Desiree Baxter and Roy Smith. They have pursued excellence in their academic preparation for careers in business and have earned invitations to Sigma Beta Delta membership in 1996.

• "Awards continued from page 1

keynote speaker, to the 140 gathered included a reminder that journalists are the chroniclers, recorders and sorters of data into the understandable information that will be history.

"What separates the good from the bad, is the quality of the journalism. It's what the words have to say around the pictures," said McFarlin.

"The message is only as good as the receiver," McFarlin added. "Young journalists need to remember to write to their readers, not above or below their readers' intelligence."

"We (journalists) are the ones people look to for the proper use of the English language, and if we can't do it then we're sending society down the toilet", said McFarlin.

"To be completely understood and to observe the rights of the people, you must give them the language the way it was ment to be used. Because it's important for society to have people who know how to organize and present information in a way that it is usable, that it is digestible, and that it means something to the people that need to consume it," McFarlin concluded.

Sigma Beta Delta welcomes Baxter and Smith

By KELLY SMITH
GUEST WRITER

Desiree Baxter and Roy Smith will be initiated into the Lake Superior State University chapter of Sigma Beta Delta at the spring 1996 ceremony.

Desiree resides in Alpena and owns her own business, Accounting Services Unlimited. Roy resides in Harrisville and is a Utility Technologies Instructor at Alpena commu-

nity College. Both students completed their Bachelor Degree through the LSSU Regional Site located in Alpena.

Sigma Beta Delta was founded as a national organization in 1994 through the sponsorship of Beta Gama Sigma honor society and was established to provide an opportunity for faculty and institutions with regional accreditation but not specialized

LSSU

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Women and Criminal Justice

Master in Business Administration

To receive a LSSU Scheduling Bulletin or to register call Kelly Smith
LSSU Regional Site Coordinator
517-356-9021, ext. 302.



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Book Buy Back Exchange

Monday, May 6 ~ 9:00 a.m. to 6:00 p.m.
Tuesday, May 7 ~ 9:00 a.m. to 6:00 p.m.
Wednesday, May 8 ~ 9:00 a.m. to 5:00 p.m.
Thursday, May 9 ~ 9:00 a.m. to 5:00 p.m.

Alpena Community College Bookstore

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SPECIAL THANKS TO ALL STAFF AND FACULTY WHO WERE CONTRIBUTING WRITERS IN THIS ISSUE

The Polemic is published monthly and is distributed free of charge. Opinions expressed are strictly those of the writers. The Polemic welcomes all signed contributions although we reserve the right to edit or reject material. Questions, concerns, or contributions can be dropped off at The Polemic office in Besser Technical Center 110 or in our mailbox in the BTC lobby. Call us at 356-9021 Ext. 264.

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