### The Polemic/December 11, 1996

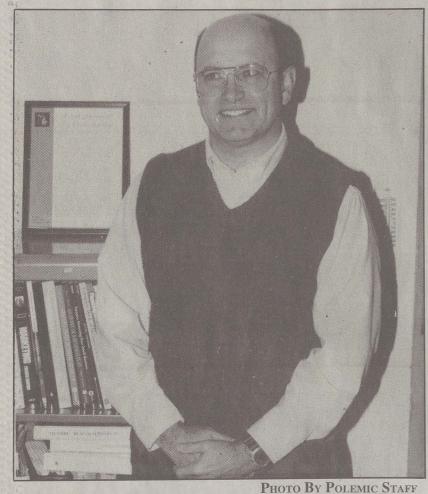
# **SBDC** names new director Bourdelais returns to ACC

#### By DONALD S. FILARSKI **STAFF WRITER**

rent internet capacity to campus.

The Michigan Small Business Development Regional business experience, an MBA Center, located at Alpena degree in general manage-

Bourdelais has 30 years of



Carl Bourdelais (above) was recently named director of the Small Business Development Regional Center, located on East Campus. Bourdelais takes over from co-directors Bob Munroe and Dr. Dacia Denton.

Community College has a ment with an emphasis on innew director. The new direc- ternational business, and an tor is Carl Bourdelais. He will undergraduate degree in genreplace current co-directors eral management with a Robert Munroe and Dr. Dacia minor in accounting from Denton, who will both be cut- New Hampshire College. ting back on hours as they seek to more enjoy their re- provide counseling, training, tirements. Both will remain on research and advocacy for duty in part-time capacities.

the ACC before as director of initial stages of development. project CONduit, which

Michigan's small businesses Bourdelais has worked for that exist or that are in the When asked how he felt

brought much of ACC's cur- to be back at the college Bourdelais stated, "I'm thrilled to be back at the college. It's a great place to work, wonderful people here, excellent programs in place. Regardless of what function anybody has coming out of the school, it serves the community in a very valuable fashion. So it is really great to be a part of this again.

> According to Munroe, the SBDC is funded by the federal government. He also explained that a small business is defined as a business with under 500 employees. He brought attention to the fact that they try to concentrate on businesses with under 50 employees. However, this will not disqualify anyone who has more than 50.

> Dr. Denton explained the choice of Bourdelais. "We looked at the various applicants and Carl seemed to have the best background, experience and education to fill the position of director.'

> There are 13 SBDC offices in Michigan with the main office being located at Wayne State University.

> This SBDC office serves 11 counties in Northeast lower Michigan: Cheboygan, Presque Isle, Otsego, Montmorency, Alpena, Crawford Oscoda, Alcona, Roscommon, Ogemaw, and Iosco.

If you require assistance with your small business, the people working for small businesses in this region would like to hear from you. Please feel free to call and set Michigan's SBDC centers up an appointment at 356-9021 ext. 296.

If you would like to become involved as a volunteer, professional, they would appreciate your support. Most volunteer professionals are currently working but retired professionals are also appre-



**PHOTO BY POLEMIC STAFF** 

Jane Briggs-Bunting (above), Department Chair in Journalism at Oakland University, was at Waldenbooks in the Alpena Mall recently for a book signing. Briggs-Bunting is helping the Polemic staff to prepare for the Michigan Community College Press Association annual conference, which ACC will host April 11-12.

#### **Suicide Characterized By Many Misconceptions**

(NSNS) - Suicide ranks eighth as a cause of death among adults in general; it ranks third after accidents and homicide among those aged 15 to 24. An estimated 10,000 American college students attempt to kill themselves each year and as many as 20 percent consider suicide at least once during their college years.

Here is a list of the many misconceptions of suicide:

1. People who discuss suicide will not commit the act. The fact is that up to three-quarters of those who take their lives have communicated beforehand, perhaps as a cry for help, perhaps to taunt.

2. Suicide is committed without warning. The falseness of this belief is readily indicated by the preceding statement. The person usually gives many warnings, such as saying that the world would be better off without him or her or making unexpected and inexplicable gifts to others, often of his or her most valued possessions

3. Only people of a certain class commit suicide. Suicide is neither a curse of the poor nor the disease of the rich. People in all classes commit suicide.

4. The motives for suicide are easily established. The truth is that we do not fully understand why people commit suicide.

5. All who commit suicide are depressed. This fallacy may account for the fact that signs of impending suicide are overlooked because the person does not act despondently. Many of the people who take their lives are not depressed. In fact some people appear calm and at peace with themselves.

with reality

7. A tendency to commit suicide is inherited. Since suicides often run in families, the assumption is made to think in terms of selfannihilation is inherited. There is no evidence for this

8. Improvement in emotional state means lessened risk of suicide. The fact is that people often commit the act after their spirits begin to rise and their energy level improves; this appears to be especially true of depressed patients.

9. Suicidal people clearly want to die. Most people who commit suicide appear to be ambivalent about their own deaths. Others are suffering from depression or alcoholism, which, if alleviated, reduces the suicidal desire. For many people the suicidal crises passes, and they are grateful for having been prevented from selfdestruction.

10. Thinking about suicide is rare. Estimates from various studies suggest that, among nonclinical populations, suicidal thoughts runs from 40 percent to as high as 80 percent; that is, these percentages of people have thought about committing suicide at least once in their lives.

11. Asking a person, especially a depressed one, about suicide will push him or her over the edge and cause a suicidal act that would not otherwise have occurred.

12. People who attempt suicide by low-lethal



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SBDC offices provide certified counselors to small businesses, retail, manufacturing, service, and construction companies.

6. To commit suicide is crazy. Although most suicidal persons are very unhappy, most do appear to be completely rational and in touch

means are not serious about killing themselves. This confuses lethality with intent. Some people, for example, are not well-informed about pill dosages or human anatomy.

(Reprinted from The Prevention Researcher, a service division of Integrated Research Services)

