

# Seven minutes saves lives

## ● ACC students sponsor blood drive

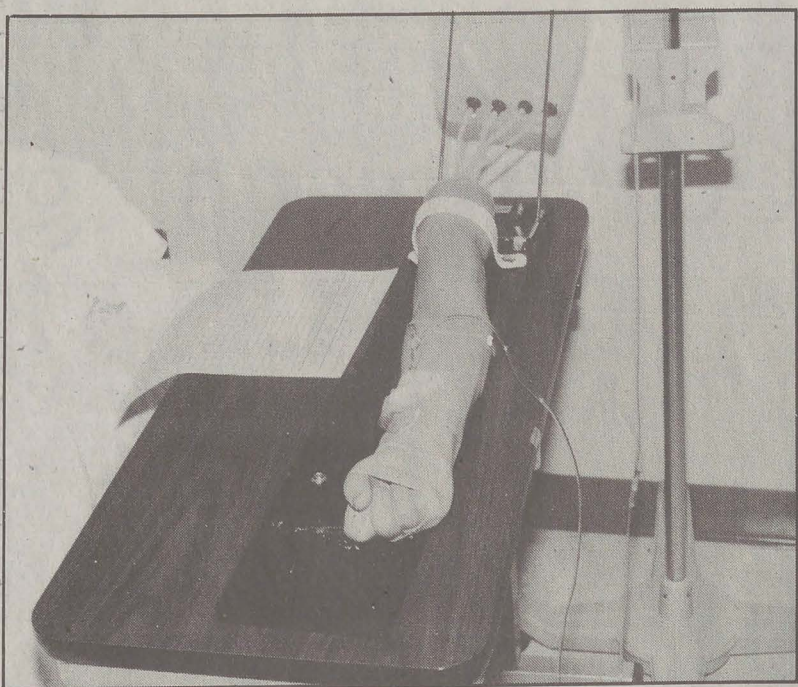


PHOTO BY POLEMIC STAFF  
ACC Nursing students have used this arm to practice procedures. Now they are ready to assist the Red Cross.

BY CONNIE SNOW  
GUEST WRITER

ACC Nursing Association, Student Senate, and Crimson Crew are sponsoring a Red Cross blood drive on April 2 from 11:00 a.m. to 4:45 p.m. at Park Arena.

According to the American Red Cross, four million people need blood every year. That's one patient every 12 seconds--the majority of whom would die without it.

People often think of patients who need blood in emergency situations, such as

automobile accidents. However, for thousands of people, needing blood products to live is a way of life. People with sickle cell anemia, cancer, heart disease, leukemia and other major illnesses may need blood on a regular basis.

In Michigan alone, hospitals use about 2,000 units of blood daily. Volunteer donors are the only source of blood products for hospital patients. The average transfusion is 3.4 units (pints of blood). The average adult has 10-12 units of blood.

Ninety-seven percent of the population will have received a blood transfusion by the age of 75, yet only 5 percent of the population donates.

To donate, you need to register ahead. A Red Cross representative will ask you for your driver's license and social security card as proof of your identity. This is done so that each donation is traceable to one person. Tests are performed on the blood and if there are any positive results, Red Cross notifies the donor.

Red Cross then interviews each candidate with a series of questions about medical history and a mini-physical is given. Pulse, blood pressure, temperature and iron levels are checked. This is done to

make sure it is safe to donate. The next step is the actual donation. Red Cross uses a new, sterile needle each time to draw each unit of blood. Each needle is destroyed after the donation. Donating blood usually takes about seven minutes. There is no risk of HIV or any other infectious disease transmission when

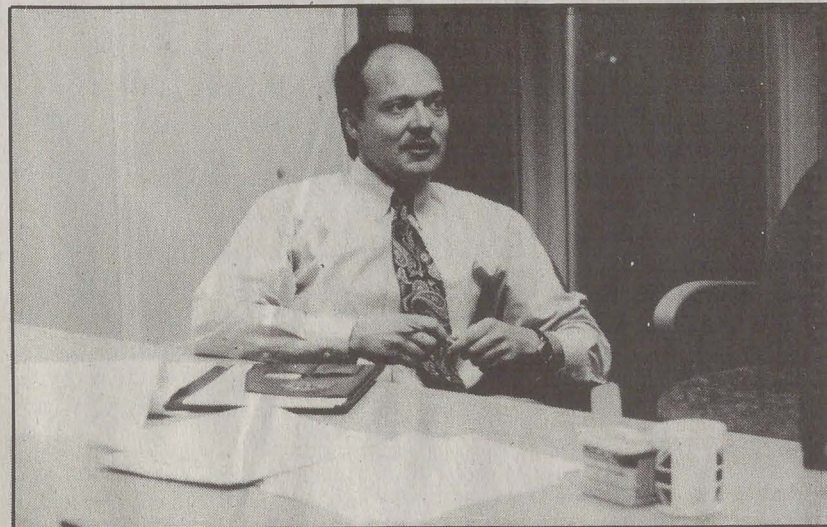


PHOTO BY POLEMIC STAFF  
Recovery after blood giving is important. You can get juice to replenish your fluids after giving. You then can sit up and be counted as above.

you give blood. After you donate, your body will replace the fluids in approximately six hours.

The entire process, from intake through the canteen, where cookies, coffee, water and other goodies are available, will take about an hour.

Giving blood is easy and can save lives. Pledge your support by donating blood on April 2.



Chris Angel, Volunteer Center Director, works to coordinate ACC students with employers for internships.

PHOTO BY POLEMIC STAFF

## Internships give positive results

BY RITA MACIEJEWSKI  
STAFF WRITER

If you are interested in exploring a career or an area of interest, then you should start right here at Alpena Community College.

ACC offers an internship program that lets you earn college credits while obtaining work experience with on-the-job training. About 20 to 25 students enroll in the program per year, and according to Chris Angel, "Internships are a very positive experience for the students. In addition it looks good on resumes and

and fees.

A work location is selected in the career area the student wants to explore. A work task is then developed by the student, under the supervision of the internship coordinator, an ACC instructor and the work supervisor.

The student is responsible for recording the hours worked and keeping personal notes on the learning experience.

After the first three weeks of the internship, a written activity analysis is then submitted to the ACC instructor. After every 32 hours of completed work, another activity analysis is due to the ACC instructor.

After the internship is completed, the student takes the work log, final activity analysis, and evaluation form to the work supervisor for review, then submits it to the ACC instructor for the final grade.

*"Internships are a very positive experience for the students..."*  
~ Chris Angel ~

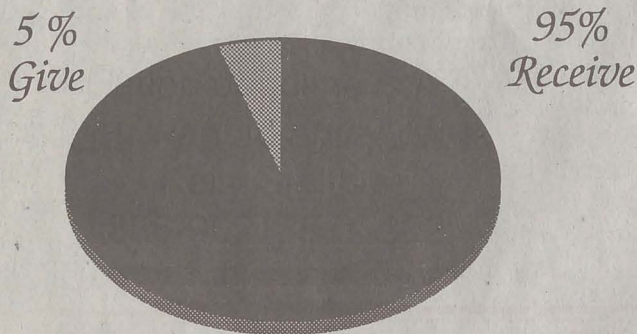
some even developed into a job."

A student can earn a maximum of four elective credits that can count towards an Associate Degree in either occupational areas or liberal arts.

For each credit that a student wants to earn, they must have 32 hours of actual work time. To get started with an internship, the student must first follow certain procedures, such as filling out forms, obtaining necessary signatures, register, and pay the tuition

The final grade is based on the work and the supervisor's evaluation. No credit is received until the above procedures are completed. Depending on the four year institution that the student is planning to transfer to, the credits may or may not transfer, but the student will get the hands on work experience in that work environment.

For more information stop by the Volunteer Center, or contact the intern coordinator, Chris Angel at Ext. 335 or Sharon Genchaw, Ext. 272.



Percentage of population who gives and receives blood by the age of 75.



Earn your BS or MBA and stay close to home!

LSSSU offers complete degree programs at Alpena Community College in the areas of:

- Business Administration
- Accounting
- Criminal Justice - Generalist
- Nursing (BSN Completion)
- MBA (Master of Business Administration)

You can continue your education and earn your four-year degree without going to the main campus. All classes are held at Alpena on evenings and weekends. On average, it takes three years to complete a BS degree, taking two classes per semester.

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

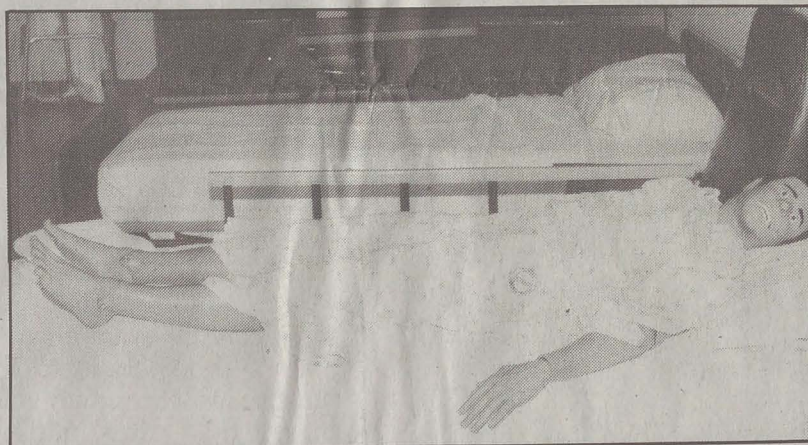


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## Scholarships

Four \$500 scholarships from The Community Foundation for Northeast Michigan are being offered to ACC students who are planning to transfer to LSSSU.

Application deadline is April 15. If you want to apply contact Kelly Smith at 356-9021, Ext. 302.



Some patients need blood to stay alive. The dummy above will move over so you can lay down and give blood.

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