

The Polemic

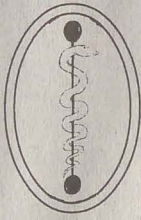
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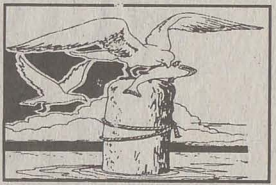


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FUN FACT!

DO YOU DO IT IN THE ROAD?

Sing, that is. Contrary to popular belief that we save our arias for the show or bathroom, most of use find our most appreciative audiences in the car. Almost four of every five of us (78.4%) sing in the car, karaoke with the radio, compared to just around half (48.4%) who do it in the tub. Another musical spot: the elevator, 12.9% get rocking there. And another fourth trill through other bathroom activities.

College Day inspires and enriches

By MARY KLINE
STAFF WRITER

A day of woman's adventure took place Oct. 18 at Alpena Community College.

The fourth annual College Day for Women began at 9 a.m. with keynote speaker Susan McFarland presenting "Life is a Dance..."

She shared her theory of

life as a process and dance, and the importance of maintaining a positive attitude to pull through the rough spots in life.

After McFarland's presentation, nearly 250 women split up and attended separate seminars for an hour.

These short mini-classes offered a wide variety of interests directed to quench the curiosity of today's women.

Some classes included Claude Monet: the Experience of Nature; Tool Time With a Pampered Chef; Becoming the Woman You've Wanted to Be; and Alternative Medical Therapies, just to name a few.

In the "Becoming the Woman You've Wanted to Be" session, Lorraine Reuther presented three women in a talk show atmosphere who shared

some aspect of their lives that made them stronger.

"There is a special energy that women have that men don't have," she said. "Once we understand that becoming real and enduring the pains of everyday life, we can become the woman we've always wanted to be."

Reuther introduced each of the women on her panel and each of them had a special message for the audience in Granum Theatre.

Marsha Hoppe shared her experience with abuse and also that of losing a beloved friend to war.

"I don't think of myself as 'poor me,'" she said. "I lived through it and maybe I can help someone else through it."

After the first round of sessions, the women were catered to a lunch which was

served by members of ACC's own men's basketball team.

A second set of sessions began which included Collecting Dead Relatives; Lord of the Dance; Making Sense of Aromatherapy and more. Following this second session, a third set of classes, including E-Mail and More! began.

For those mothers who couldn't find a babysitter, Sienna Suszek, of Michigan State University Extension, Alpena County, directed a special program for children.

Special classes included a Civil War re-enactment, science projects and other fun, informative lessons to fill inquisitive minds.

The long day of learning ended at 3 p.m. and another College Day for Women was put on the shelf.

Legends of the fall



Above, this scene of natural beauty comes to *The Polemic* courtesy of Lynn Borke, president of the new ACC Photographic Society. Below, this closeup of a flower in bloom was taken by Missy Porter. For more samples of inspired photography, please see the back page.



Seminar raises awareness

By JOHN KISSANE
STAFF WRITER

Fifty percent of the women in this country will be confronted by a sexual predator (someone who engages in any verbal or physical form of sexual assault), said lecturer Stephen Thompson in a lecture on sexual assault on Wednesday, October 8 at 8:00 p.m. in the Granum Theatre.

Thompson has been on Good Morning America and in major newspapers. He is the author of a book on sexual assault called No More Fear. He has been trained in martial arts, and is a sexual criminal profiler for the FBI.

He became involved in the field after a student of his, years ago, was raped. He feels it was his fault, for attempting to teach her rape-prevention techniques and failing.

"We blame the victim."

As he took the stage for a presentation (he says he has done more than 500), Thompson also took the crowd's

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College Day draws faithful

By MARY KLINE
STAFF WRITER

Feelings of accomplishment, confidence, and inspiration could be found at a CollegeDay for Women on October 18 at Alpena Community College.

"My daughter pushed me into it," said Joan Dulmage. "I'm from Hammond Bay, 50 miles north of here. I can't wait to come every year. This is my third year."

For many women, the college day is a chance to get out and experience a day just for themselves.

Special classes are offered that the women can choose from according to their particular interests.

This year, 250 women shared the experience on the campus of ACC.

"It's a good meeting opportunity," said Rose Marie Koltuniak of Alpena. "It's also an introduction to what the college has to offer."

Another benefit of the college day expressed by some of the attendees, was the chance to meet new people. People outside of an everyday circle.

Polly Cook of Alpena said the day put zest in her life. A nice variety of classes were offered and many positive feelings were shared that could expand her life.

Many women came alone to the event, and by lunchtime, were gathered with new friends, sharing their lives and the activities of the day.

Beverly Gagne of Alpena said the day taught her not to be afraid to change in midstream.

For many women, the day was filled with discovery. Discovery of emotions, activities, and friends. Basically, just an enjoyable day out.

ACC awarded safety grant

By MARY KLINE
STAFF WRITER

Alpena Community College will be receiving \$45,000 in grant money to fund safety training seminars for the benefit of the community.

The money was procured through a grant written by Don MacMaster, the director of the project, in July. Last week, word was spread that funding will be awarded by the Michigan Department of Commerce.

According to MacMaster, the Department of Commerce has a specific pot of money directed toward educating safety training. Fifteen similar grants were awarded across the state.

The grant ACC will receive is a one year grant. This means that all the training must be developed and delivered in one year.

Three high hazard occupations will be covered. MacMaster is working with local professionals in these areas to develop the most effective short seminars.

"We plan to cover three target areas locally," MacMaster said. "Agriculture, manufacturing, and construc-

tion. It's surprising when you look at the breakdown of what percentage of workers employed in these areas get injured."

At this time, a lot of the planning must be completed. MacMaster hopes to have the first seminar under his belt by the end of next month.

For the construction seminars, possible areas of focus may be proper fork lift operation, electrical safety, and fall protection. Electricity is also one focus of the manufacturing target zone. In the area of agriculture, special attention may be directed toward safely maneuvering around the various moving parts of a tractor and how to safely operate equipment so as not to cause bodily injury.

"I'm excited about the project," he said. "In some ways it may sound kind of dry but if the training prevents one person from getting hurt or killed, then it's worth it. As the main and only secondary institution in the area, it's our obligation to grow and reach out and provide things that are needed. The college recognizes the need to offer things that people already in the work force need."

If you knew her...

By LYZ HUFFMAN
STAFF WRITER

"Hi," my classmates and I said as we entered the room of an interesting young lady on one of our weekly visits to Tendercare Alpena. We were there to volunteer as a part of our Personal Adjustment class at Alpena High. We walked around, visiting with patients in their rooms. Some of the patients had trouble remembering us being there the previous week.

There was something special that drew us to this room. Was it the young smiling lady in the bed who invited us into her room? Was it her sense of humor, her outlook on life? Or was it the pictures of the men hanging on her wall?

She usually had the TV going, watching some talk show, usually Ricki Lake. She seemed to enjoy our visits, because we got the impression from her talks that she didn't have many visitors. She would not say much about her personal life, just that she was married but it didn't work out because he was an #\$\$@!*&! Her sense of humor was appealing to us in that she was down to earth and she agreed with us on many topics. She took an interest in our lives.

It was evident that she didn't like being there, confined to a bed. Even though she was bed-ridden (at least we never saw her moving around), she never elaborated on what her condition was or what the outcome might be. In fact, we never even knew what was wrong with her. I guess we didn't ask because she appeared to us "normal," and we thought something had happened to her that required a temporary stay at Tendercare, like a fall or something.

No one could have predicted the outcome.

No one could have known that this ordinary woman (except for the ailment), was engaged in an inner struggle: a knowledge of what long term effects her disease would have on her, and a nagging option to end the pain and suffering.

Soon, my classmates retired for the summer and I graduated, henceforth ending our weekly visits. When I returned to visit, I always made a point of stopping in to see this interesting woman, but on one visit, I looked in her room, only to find that she had been moved to another room. I searched around, and finally found the name plate bearing: Annette Blackman.

Last week, I read about Annette in the newspaper in connection with Dr. Jack Kevorkian. She had opted for assisted suicide.