

THE LUMBERJACK

published by the students of Alpena Community College



Issue 4

December 1990

Malandrinos award instituted

by Melissa Parteka

A new nursing award, an audit report for 1989 and a new drug-free workplace policy were the major items at the Board of Trustees meeting Dec. 6.

Focus was on the nursing program for much of the meeting. The current nursing class was recognized by the board since all class members passed the state board examinations, the fifth class in the last seven years to accomplish this feat.

Helen Malandrinos, director of the nursing program since 1981, was also honored for her contributions to the program. Because of her outstanding leadership efforts, the Board instituted the Malandrinos Award for Outstanding Leadership in Nursing. The award, which will be awarded annually, will honor an ADN graduate who most exemplifies the qualities of a caring, concerned health care

professional.

Also discussed was the auditor's report prepared by Young and Nethercut for the year ending June 30, 1990.

According to the auditors, the audit shows the college "in a solid financial position and in conformity with generally accepted accounting principles".

The audit showed that ACC, among twenty-six community colleges in the state, ranked lowest in energy use and third in moneys spent toward instruction of students. The second greatest amount of money went toward salaries of administrators, third to institutional supplements, followed by expenditures to the physical plant and student services.

The board unanimously passed a resolution pertaining to a drug-free workplace. The proposition stated that, "Any employee found to be in violation

of college policies and procedures and/or the student codes of conduct which prohibits use, possession, distribution, or dispensing of drugs and abuse of alcohol, will be subject to disciplinary procedures and/or satisfactory participation in drug/alcohol abuse assistance or rehabilitation programs and/or may be subject to immediate discharge from employment or dismissal from college."

Commenting on the new policy, President Donald Newport said, "We have to make the policy as public as we can. We will utilize the Lumberjack and the student handbook. Letters will also be sent to the staff making them aware of the policy".

The Board of Trustees will meet again Jan. 17.



A.C.C.'s Dr. Newport congratulates a member of the RN graduating class. This class had a 100% success rate.

Eller speaks at Expo

by Lori Belanger

The relationship between Concrete Technology and computers, and what students in such a program can do for future employers was the topic of a speech given in Lansing by ACC's Robert Eller, technical concrete instructor.

Eller was the featured speaker at the annual Michigan Concrete Association Expo, Dec. 13 and 14. Along with Eller, representatives from Fenton and Texas addressed the association attended by Redi-mix producers, concrete contractors and persons in cement production.

"There are two reasons why I was chosen to speak," said Eller. "First, the president of the MCA is on ACC's advisory committee and secondly, Alpena has the only technical concrete program in Michigan and one of the very few in the United States."

According to Eller, his main objective in attending the event was to promote ACC's technical concrete program and to look for potential job opportunities for his students.

"Our concrete program is not

to teach students to be finishers. We're more into supervisory positions...that's what its intended for", commented Eller.

Alpena's concrete program is a two year course of study leading to an associates degree in applied science. About 75 % of all students are from Alpena and surrounding areas while the other 25% are out of district or out of state.

Dan Winger is a concrete tech student from Hazelhurst, Wisconsin.

Winger came to ACC because its the only college with a concrete program near his home.

When Winger graduates this spring, he plans to work for someone else for a few years before taking over the family business, a redi-mix company, currently run by his father.

"ACC has an excellent program and I really like the school. I don't like real big schools", said Winger. Winger is happy with everything about Alpena but had one question. "What is there to do for excitement here?"

Exceptional director retires

by Yvonne LaFave

Helen Malandrinos, director of ACC's exceptional nursing program, plans to retire Dec. 31, 1990.

Malandrinos has worked in various aspects of nursing since 1948, and she moved to Alpena in 1981 to develop ACC's nursing educational program, which was the last professional goal she listed on her resume as a student nurse.

Malandrinos was born and raised in Massachusettes, but she says, "I've enjoyed living in Alpena. Alpena's spring is probably the most beautiful I've experienced. And I believe

people are Alpena's greatest asset".

Malandrinos also shares credit with the students and the college for the nursing program's excellent success rate. Eight of the past nine years, students of the RN program and five of the past seven years, graduates of the LPN program have scored a 100% passing rate on the state board examinations.

Malandrinos says, "Everyone has been receptive to any changes we've made. This receptiveness has allowed the program to grow. I'm proud of our record, and I feel these nine years have also been a time of great growth for me. This position afforded me many opportunities, and I feel it's been a rewarding experience overall".

Malandrinos said she had regrets about leaving Alpena but feels that the program needs someone younger to keep up with the enormous changes in nursing.

Malandrinos plans to vacation in Florida for six months and then decide where she wants to retire to permanently. "I'm a pretty good cook of Greek food. I'm going to open a deli somewhere called "Helen's Alpena Deli" with an

Alpena flag proudly displayed. People will be curious about the flag and they'll come in,--but they'll come back because of my food".

Malandrinos has been an active member of Alpena's Zonta Club, the League of Women Voters, and a faithful voice in the Trinity Episcopal Church choir.

She plans to sing with Trinity's choir for their Christmas celebration and Malandrinos concludes, "I will sorely miss the people of Alpena. And I thank ACC for the wonderful opportunities I have found here".



HELEN Malandrinos, director of the nursing program, retires.

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John says light up or leave me alone

by John Herbst
guest writer

Once upon a time, almost all the staff and editors of the Collegiate were smokers. Ashtrays were as much a part of the equipment as typewriters and pencils.

This was quite a long time ago. Back in those days, a pack of tasty, premium brand cigarettes cost about a buck.

They were inhaled with pleasure by most of us, and we gave no more thought to possible health hazards than we did to smoking in the hallways. Those were the good old days.

A few days ago, I looked out over my Marlboro Red and took notice of the fact that I am, today, the only smoker on the staff. Oh, we get a submission every so often from a student

with nicotine-stained fingertips, but it is rare.

So? So I guess it is a good thing that Americans are becoming more health-conscious. Not me, admittedly, but my colleagues are. They drink diet pop, and eat salads, and get plenty of exercise. They look to be in the peak of health, with rosy cheeks and bright eyes.

Any one of them could probably run from here to the 7-11 for a Perrier right now. Any time I have to go more than a block, I take my Nova.

I applaud them for their efforts to maintain themselves but, for my own part, I think I'll stick to my Budweisers and 'boros.

Now, I don't want a whole bunch of mail on this subject. I have always been careful not to light up without permission in someone's house or at the dinner table, and I am quite aware of what my bad habits are going to do to me someday.

It's an imperfect world we live in, though. There's radon, and mercury, and ultra-violet

rays, and a hole in the ozone.

There's BHA and BHT and PBC and DDT. There are additives in our food that are unpronounceable, let alone indigestible. Everything, in the words of Joe Jackson, gives you cancer. And if you sidestep a malignancy, you can always get run over by a city bus.

So I don't sweat the Marlboros. I don't suggest that people smoke, but I don't suggest that they don't either.

It used to be that this was a country of free choice. I always supposed that free choice included the right to kill yourself, if that was what you felt like doing. It may be a selfish attitude, but ever so much better than the self-righteous attitude that the anti-antis spend their days all wrapped up in.

As my smoking friend, Bob Proulx once put it: "I'm one heck of a brave guy -- I face death 20 times a day."

Anyhow, this wasn't intended to be a moralistic column from a smoker's viewpoint, either. Honestly, I

appreciate it when a friend or concerned bystander voices a concern for my well being. But I just don't much care for the people who wag a finger in my face, and tell me something I already know.

Cigarettes are going to kill me? Duh, I didn't know that.

Let's just back off of each other's case. The college, in its infinite wisdom, has decreed that it is healthier for all concerned if the smokers stand out in the cold rain and snow to indulge their habits. And, for the most part, the smokers have obliged.

Prohibition proved that a society cannot, through force of law, regulate morality. Our grandparents didn't stop drinking because the Volstead Act told them to -- they just became criminals in pursuit of their happiness.

The same thing applies to pot smokers, or crack addicts, or smack junkies. The only answer that society seems to suggest is prohibition. Lock the whole rotten bunch of 'em up and throw away the key. There's something called rehabilitation? Duh, I didn't know that.

Out of sight, out of mind. The folks who want to make smoking as difficult as possible don't do it out of regard for their fellow beings' health -- they do it to get those nasty people out of their faces.

This tendency has reached what might be its highest level of absurdity in the good city of Cleveland, Ohio. Voters there recently approved a bond issue for the construction of a new multi-purpose sports complex to be paid off through cigarette and alcohol taxes.

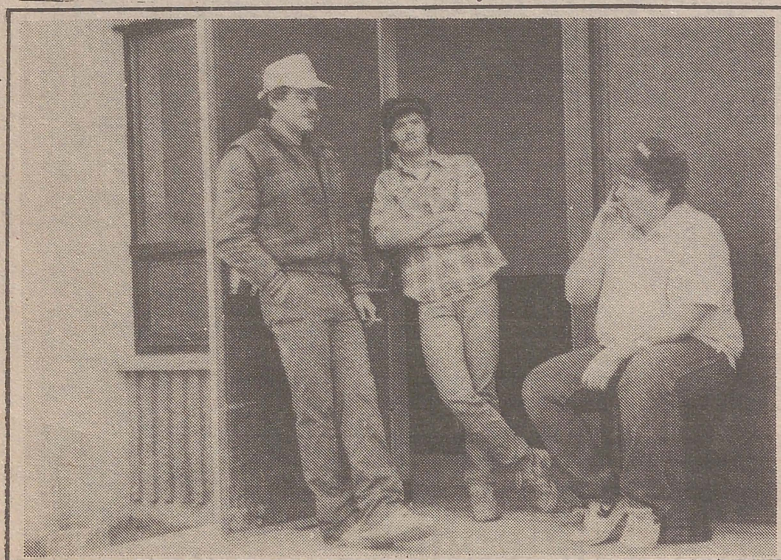
The new complex, being a publicly owned facility, will not, by Ohio law, allow smoking. Go figure.

The other absurdity, of course, is that the same government that passes laws regulating smoking and drinking with one hand, subsidizes those industries with the other.

The problem isn't with the regulations, it's with the message they send. I can deal with indulging my bad habits in private. I'd just like a little consistency.

I am not an animal. I am a smoker.

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Smokers outside of Besser Technical Center Entrance turn their collars up to the cold as they face the elements and light up.

Are there equal rights on both sides of the issue?

by Jackie Skaluba

I'm a non-smoker. I made that deliberate decision quite some time ago for reasons that I found compelling. There's no reason for me to enumerate them. They are personal.

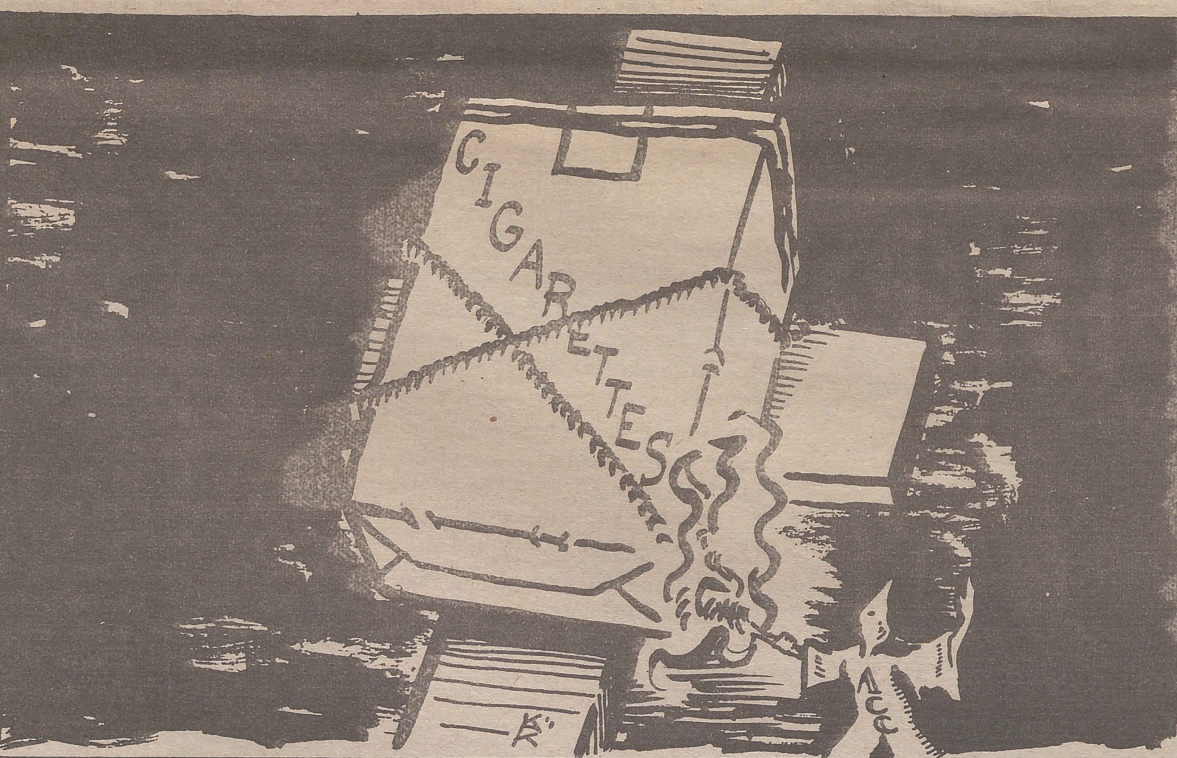
At this point, a lot of smokers have just tuned me and other non-smokers out because they're tired of listening to non-smokers spew forth their smug, self-righteous opinions.

With the flood of incriminating information on the effects of second-hand smoke, the confrontation between smokers and non-smokers has escalated dramatically. The battle lines have been drawn; you must choose a side.

I must choose the side of the non-smokers; there's no place for me on the other side of the line.

I believe that I have the right not to smoke; however, you have the right to make your own decision. I feel no need to force my decision on you. Smoke if you wish or don't. Don't look at me to chastise you. It's not that I don't care, but the decision is yours to make. You've heard all the rationale and you can quote the list of reasons to quit as well as I can, perhaps better.

What it all comes down to, after the emotional recitations of the pain and suffering and death that can be attributed to cancer



is rights. Personal rights; I have them, you have them, we share them equally. If you choose to smoke, then do so. Make no effort to justify your smoking to me. Your reasons to smoke are your own. They're as personal and individual as my reasons not to. All I ask is that I not be forced to smoke with you. If you and I must share a limited amount of space for a significant period of time, please don't light up.

I'm strongly opposed to either students or faculty smoking in the classrooms,

lounges or halls. I don't want to breathe your cloud for that length of time.

What I'm having trouble understanding is why smokers on campus have shuffled meekly out into the elements this year because they are no longer allowed to smoke in the entrance ways. What gives?

If you want to puff in a glass-enclosed cubicle, it's no skin off my nose. I'm in and out in a matter of seconds. I could hold my breath if I wanted. The metaphor of 'cattle' comes to mind. Have you thought about

this or have you merely complied zombie-style? Is the treatment of smokers an issue for you?

What's important here is what you as a smoker believe. If you're smoking outside now, then you must believe that it's wrong for you to smoke indoors, it follows that you don't believe you have the right to smoke. Or have you just not thought about it? Or is there something wrong with my logic? I don't know; you tell me, after all, one of my friends tells me that smoking helps her think more clearly.

Harrisville salmon snagging epidemic rages

by Frank Krist

A disgusting disgrace, that is what I call a grandfather teaching his grandson how to snag salmon. Sadly, they were two of the hundreds who snag in Harrisville Harbor each week. Snagging, which is illegal, is jerking a hook through the water with the intention of impaling a fish anywhere in its body. There is no excuse for such a blatant disregard for the law because salmon bite very well with conventional fishing methods in the fall. It is a shame to know that with only a little effort the town of Harrisville could clean up its act.

It is apparent that there is little if any law enforcement

regarding fishing laws at Harrisville Harbor. Anytime you have a large number of people blatantly snagging, the last thing in their minds is getting caught. One evening, when landing our boat, there were nine snaggers fishing on the docks where it was clearly posted that they could not fish. They were jerking so hard it was a wonder they did not break their arms. One after another they horsed their salmon in at which time they would club or smash the fish's head on the pavement. Is this sportsmanship when such a magnificent fish is belittled to a mere hunk of meat by a bunch of butchers? This all goes on in plain view of the DNR who run the boat launch area. When asked about the snagging problem the DNR attendant did not act concerned. In the two days, in separate weeks, that my father and I spent fishing at Harrisville Harbor, we saw only two other people not snagging. We did not see a single ticket issued to anyone while we were there. How could all those people snag so blatantly night and day? I will tell you how, because there is no law enforcement and if there is any it is not close to being enough. I know from past experience, that in areas that are patrolled, snagging is greatly reduced and

much less conspicuous.

Salmon are fierce hitters in the fall. Over the past 15 years we have caught hundreds of salmon, legally, on spawn under bobbies and lures (Ping-A-tees and Bombers). In Rogers City Harbor we have had days when we caught one after another on such proven methods. These techniques also work well in the rivers.

The solution to the snagging problem is simple. Enforcement Officers could be hired, (possibly retired police officers), to patrol the harbor around the clock or at least several days a week. This would only have to be done during September and October. Also violators could be encouraged to fish legally by providing educational material on the better methods of catching salmon. The money generated from the tickets could pay all or part of the Enforcement Officers' salaries.

If the snagging continues, the legal fisherman has no chance at Harrisville Harbor. The snaggers get the majority of the fish before they have a chance to be caught legally. For example, the grandfather I told you about earlier had about fifteen when we left. Snagging is no better than setting gill nets in the harbor. Snaggers are stealing the fish from legal fishermen.

Smoking policy still in limbo

by Rich Spicer

LBJ staff writer

Should Alpena Community College students be allowed to smoke in one designated room per building? Should the current policy continue to be followed, with smoking only allowed outside buildings? Or should smoking be banned from the campus altogether? These are options under close examination by ACC faculty members, students, and employees alike.

The first scenario is being considered by a student government committee headed by sophomore representative Rob Arnold. This and other options have been discussed by the Student Senate, but as of yet, no action has been taken.

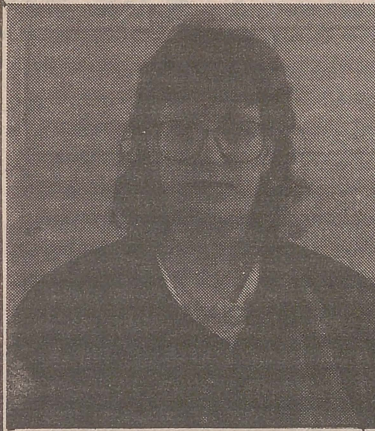
The same goes for the college forum, which is a group comprised of ACC staff

members. Assistant Dean Max Lindsay, who directs the forum along with instructor Herb Gamage, says the current policy is basically a reflection of state law, which allows for no smoking in public buildings. He adds that the forum has discussed the idea of one properly ventilated room in each building for smoking, but the motion before the forum is to completely ban smoking on campus. Forum members are investigating Lansing Community College's smoke-free campus policy. The tabled issue will be discussed at future forum meetings.

Arnold states that the Student Senate is seeking the opinion of concerned students. Any concerns or comments will then be passed on to the Board of Trustees at their meeting.

Students speak

What would be your solution to the smoking situation on campus?



JENNY GOODBURN

The Student Senate should designate one room per building for people to smoke in. That's not too much for non-smokers to tolerate.



JIM RIVARD

I don't smoke and I could really care less if anyone else does.



RONALD MONSON

They should open it up to the hallways. It was alot cleaner outside before the Student Senate closed the inside.



DARIN HITE

I believe that the smokers should have to go to a designated smoking room with no ventilation so they would choke and cough alot. And they could smell bad and have their eyes burn like mine when they're around me.

Letter to the editor

Dear Editor:

Regarding our current smoking policy, it's in dire need of some changes. For one, smokers and non-smokers alike are both paying the tuition to keep this college functioning. They (the smoking population) deserve rights as well.

Let's face some facts. Smokers will smoke no matter how we non-smokers dislike it. After all, it is their lungs. When one walks in any entrance of the A.C.C. campus, the cigarette odor clings to your clothes like

static.

Since the cold winter months are creeping in, people are more likely starting to light their cigarettes in the door entrance. Wouldn't it be better for all concerned to assign one or two separate sections of each building to the smokers?

A.C.C. smoking policy is a joke. It is more of a hinderance than a deterrent. If some teachers cannot follow this policy, how can the students be expected to?

Curt Spigelmyre

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Businesses getting into Christmas spirit

by Jackie Skaluba

In the midst of the holiday hoopla, there is a growing underground current of a different, more subtle nature.

At the traditional forefront of this movement are area churches and non-profit help agencies, but each year there are a growing number of businesses joining in the effort to bring Christmas to the needy.

ACC's Volunteer Center has a Christmas Wish List of toys

Darin does X-mas

by Darin Hite

This holiday season, as many of you are, I'm living the role of a poor college student. So as the gift buying days approach, (or end, if you're a "jump the gun-get the job done" kind of person much unlike myself), think a minute. Are these idiots I'm buying for worth it? No! ***** the traditional BUYING of gifts! Give away "free junk" or "fine merchandise absent of price". Here are just a few of my suggestions of how to get by for free or by spending very little of your CASH!

1. Do like I did. Fill out a credit application at J.C. Pennys and give the four FREE glasses to your Aunt Grace!

2. Buy a \$10 gift certificate at Big Boy and you will receive a free ornament to give to your grandmother. Then keep the gift certificate. You have to eat anyway, don't you?

3. Go to the many supermarkets around town and collect the sausage and cheese samples you see cooking at the ends of aisles and put them in a basket with some of last year's old Easter grass and "Shazaam"! -an attractive holiday gift basket.

4. Another gift giving idea comes from the very institutions that are bleeding us dry - dry as the desert from which their products come - the gas stations! While you are purchasing the \$5 of gas you can afford from Huggler's gas station, accept the two red candles he gives as his gift to you, and with a piece of drift wood, make some attractive yule logs. (This one is good for TWO people on your list!)

5. Lastly - Remember all the times your mother said to you: "Honey, you could give me a wet piece of wood with a rusty nail in it and I would still love you"? Well, turn that love into reality! She'll cry deep tears of motherly affection and embrace you for hours. --Trust me!

These are just five ways you can survive the holiday season, create unconditional gift giving love, and still have a little money to bring in the New Year. So - have a merry "cheap" Christmas and a very money New Year!

and clothes. That list is approximately the same length as the previous two years at 350 to 400 requests. As to whether all requests will be filled, "the phones are fairly busy. We're hoping," said Jackie Grulke, Volunteer Center Coordinator. During the past four years that Grulke has been involved with the volunteer center's efforts, they have managed to fulfill at least one wish for each person on the list.

Area churches have long been synonymous with caring for those in need, but now area businesses are joining the push to bring a little bit of Christmas to the less fortunate.

This year, employees at The Advertiser will be giving up

their annual gift exchange and using the money instead to provide a Christmas dinner and gifts for an area family. "We felt that in light of how fortunate we were, we wanted to do something for someone, and we feel that we're getting something out of it, too," said Pat Manning, an artist with The Advertiser.

Many other area businesses have joined in the efforts to provide some Christmas cheer for the needy. Ludlow Enterprises has conducted their Operation Can Do in coordination with St. Vincent DePaul's for approximately 12 years. WATZ, a local radio station, has also joined forces with ACC's Volunteer Center, in gathering winter coats.



The Volunteer Center gets into the Christmas spirit while wrapping presents to meet the nearly 400 local requests for the 1990 "wish list".

Students review the drama program and declare it a hit

by Melissa Parteka
LBJ staff writer

This year the Drama Department, headed by Nan Hall, is striving to grow and improve despite great odds. The students involved in the department demonstrated their accomplishments in their recent production of "Ten on a String".

The foundation of the whole department is the Introduction to Acting class. This class incorporates many of the skills students will need to act to the best of their abilities. The class consists of body development, improvisational skills, character development, and many other things crucial to the acting process. Hall stated that "the class enables the student to get his feet wet in the acting process."

The class is geared toward individual development. Personal growth is strongly stressed. The students involved in the class not only learn to develop their acting skills, they also learn about being in a close knit reliable group.

Kathy Pingel, an ACC freshman, pointed out, "I've learned to work with many different types of people." Pingel also stated that acting gives her a sense of accomplishment. She feels the world is losing culture and it can be revived through the arts.

Not only has Pingel improved through her involvement in drama, but so have many other students. This year was the first time Matt Kinsel has ever tried acting. Kinsel feels one of the most important things he has learned is how to deal with certain situations. Kinsel also stated this about acting, "After a while acting becomes second

nature and you no longer feel like you have to ham it up."

Darin Hite, another ACC freshman who is involved in drama, feels that acting is a great emotional outlet. "It feels good to be involved. I enjoy the class, it's really fun and I've learned how to act in certain situations."

Despite the low student count the Drama Department has managed to stay afloat. Hall stated, "The number of students grows every semester. More people are showing an interest in what the department can offer

to them. The enthusiasm of the students keeps growing. Any student who is interested or has a desire to learn and grow is more than welcome to join."

Hall feels the weakest point of the department is the lack of administrative support and awareness. "Because we are such a small group we have to prove what an impact the department can have on rounding out the student body. Students not only need to develop their technical skills they need to have a broadened perspective on life. The Arts give depth and color to

life."

Pingel viewed the small number of students involved in the program in a different light. "Because we are such a small group we have room to grow and improve. The only way we can keep going is up!"

Despite the different interpretations of what the Drama Department gives students, one thing is obvious, it keeps growing and improving. With each semester the department ingrains itself deeper and deeper into the lives of the ACC students.

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Desert shield military action affects ACC community

by Kirstine Titus

Most of the time, the national news seems not to involve us - the real people. But in the case of Desert Shield, the "news" is coming close to home. Three members of the ACC community are featured here who have been directly affected by this "call up" of reserve troops. One is on active military duty and is scheduled to depart for Saudi Arabia before the first of the year; one assumed duties in Alabama but will ship out in the next few days; one plays "the waiting game" on alert status. This year there's a more poignant ring to the song, "I'll Be Home for Christmas".

Jore's career must wait for duty calls

Bernard Jore, a nursing student and President of the Student Nurse Association, is a member of the Reserves. Jore was alerted two months ago and called to active duty on

Nov. 21st, right before Thanksgiving.

He is now in charge of a 300 man MASH-type unit in Alabama scheduled to leave for Saudi Arabia in a few days.

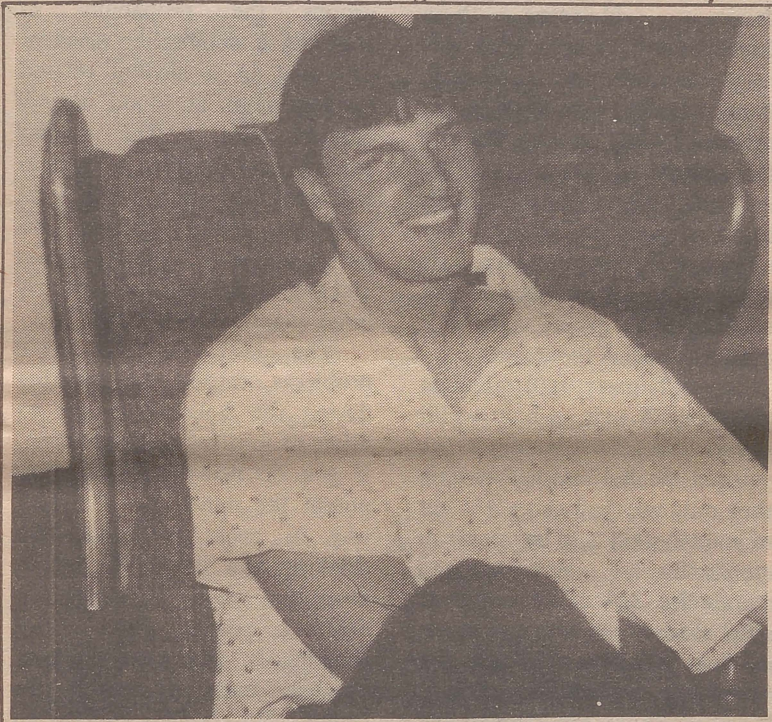
Jore is supposed to be gone for 180 days, but as in all "call-ups", there is no guarantee and this time may be extended.

Prior to his departure, Jore had secured a position in Saginaw at St. Mary's Hospital. He had to resign the position when he was placed on active duty.

According to Helen Malandrinos, Nursing Program Coordinator, he is an excellent student and has some very good skills working with people.

"Nobody wanted to say goodbye. He took it in very good humor, but it was hard for him," said Malandrinos.

Jore was due to graduate in the spring but will now receive an incomplete and get a letter grade when he returns to complete the course.



BERNARD Jore, president of the Student Nurses Association, is now in charge of a 300 man MASH-type unit scheduled to leave for Saudi Arabia in a few days.

Possible departure forces student to live life on the edge

Ron Bingle, is involved in the waiting game called "living on alert."

Bingle was discharged from the Navy this past August after serving in Norfolk, VA, and is working toward a Masters Degree in Criminal Justice.

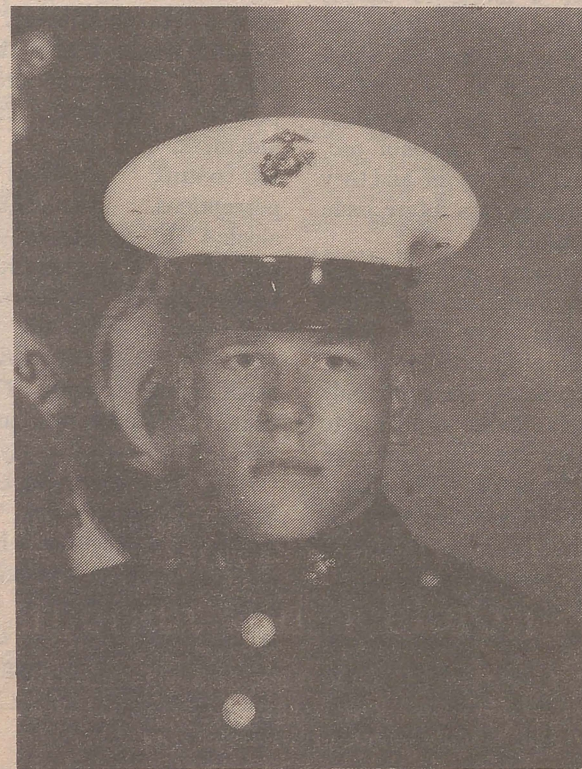
Bingle received money from the G.I. Bill to go to college as long as he maintained reserve status for 4 years. He had not anticipated being called up.

If Bingle is called, he'll have from 12 hours to 2 days to report to the Cadillac Navy Reserves, which has caused Bingle to be concerned with what will happen to his credits.

As for being stationed in Saudi Arabia, Bingle is pretty confident he won't go. Most likely he'll replace active duty



RON Bingle, working towards a degree in Criminal Justice, must deal with the waiting game called "living on alert".



Lt. BRYCE Riedasch was able to visit his family during a brief leave before heading for the Gulf. Riedasch's mother and sister work at the Learning Center.

Military family recalls visit

Lt. Bryce T. Riedasch, currently stationed at Camp LeJeune, North Carolina, is due to be sent to the Middle East before the first of the year. He commands an anti-tank weapons platoon known as the Dragon Platoon.

The LBJ staff invited his mother, Lynn, and his sister, Collyn, who work in The Learning Center, to share their thoughts about Lt. Riedasch's military involvement.

My son rushed home for a brief leave during the Thanksgiving break. This was

the first visit home in over two years. I anxiously anticipated this visit, but I also was aware that I would not see him again until the Mid-East crisis has ended. He'd packed for the "sandbox vacation" a few months ago; consequently, each time the phone rang I tensed, wondering if it was Bryce with his farewell, "I love you guys." Now, at last, the suspense was over, and I tried to make the rushed Thanksgiving/Christmas holiday relaxed and jovial. I know we will finish our celebration as soon as he returns home because he always tells me, "Don't worry, Mom!"

Bryce's sister Collyn remembers:

My family and I were among the lucky few who were able to see a family member before he left for Saudi Arabia. For me, my brother's visit home for the Thanksgiving holiday was like a dream come true. Even though his time here was short, we managed to have a quick holiday season and dispel some of the doubt about my brother's leaving. I still think about him every night before I go to bed and pray that it won't be another two years before I see him again. My brother is with me always in my heart and mind, and having family and friends around helps me to deal with the stress I am feeling. I think we can all benefit from praying that everyone will come home safely--soon!

personnel on bases in the U.S.

Bingle must now decide whether to sign up for second semester classes knowing that he might have to leave at any moment.

While in the service, Bingle said he had some really good experiences.

"I didn't know what I wanted to do right out of high school. I matured a lot in the service," said Bingle.

Becoming nostalgic, Bingle recalled Christmas in Norfolk. "Each year there was a contest between the docked ships to see who could come up with the best decorations. The harbor was really spectacular. There's probably only a couple of ships in port now... I wonder what Christmas will look like?"

New forum highlights holiday season drinking tips

by John Eagan MSW

The purpose of this column is to provide a forum to discuss issues related to using drugs and alcohol. If you have issues which you would like to see covered here or if you have questions about drug and alcohol use, please send them to me and they will be covered in a future issue of The Lumberjack.

The holiday season is fast approaching and this is a period when people often use alcohol while celebrating holiday rituals. People frequently use commonly held myths about drinking to justify heavy drinking. Here are some of the myths which I have heard most frequently during the time I have been an outpatient substance abuse therapist.

1) "I won't get into trouble because I know when to say when." When many people attend holiday functions, they tend to drink more than they

usually do. Alcohol is a psycho-active drug, which means that it is a drug which acts on normal brain functioning. When a person drinks alcohol, the drug action is capable of altering a person's attention, memory, judgment, time sense, self-control, emotions and perceptions. The effects of alcohol on the brain alter a person's state of consciousness. Inexperienced drinkers can suffer most from the altered state brought on by heavier than usual holiday drinking. They are usually the people who are least able to "know when to say when!"

2) "If I eat a lot before I drink, I won't get drunk." Alcohol is a drug that is ingested into the body by drinking it. It enters the bloodstream when it is absorbed into the drinkers bloodstream but it cannot stop the intoxication effects of the alcohol. If you drink 3 or 4

drinks in one hour on a full stomach, it will take longer for you to feel the effects of the drinking on a full stomach because it takes longer to feel the effects of your drinking until later in the evening-- when you are about to drive home.

3) "I can drink beer, but the hard stuff really messes me up." First, define what "one drink" means for you. I am always astounded by the person who tells me with great conviction that he/she has "only had two drinks per day." Further questioning often reveals that "two drinks" mean two "Jumbo's" (40 oz. bottles of beer)! People rarely measure the amount of whiskey, vodka, etc. that they put into a drink. Only alcoholics measure what they drink in terms of "Jumbo's" or pitchers or by using other large measures.

The amount of ethyl alcohol (ETOH) in a beverage is what

makes you drunk. There is the same amount of ethyl alcohol in a shot of whiskey, a 12 ounce bottle of beer, a wine cooler, or in a 4 ounce glass of wine. The only way that whiskey ("the hard stuff") can make you more intoxicated is if you drink more of it than you do beer. People who often drink "shots" along with beer should not be surprised if they become more impaired sooner because they are actually drinking twice as much alcohol at the same time. It is not the type of alcoholic beverage that is the problem but how much alcohol you drink.

Holiday punches and egg nogs can be very deceptive. They are usually sweet (let's be honest, most straight whiskey tastes like kerosene) and people drink them as if they are soft drinks. However, these concoctions very often have very large amounts of alcohol in them. People also tend to eat munchies while drinking them so the effects of the alcohol are delayed. When drinkers finally begin feeling the effects, they often get ill, dizzy or even pass out. It is not impolite to ask what is in a punch and it is prudent to drink them slowly.

4) "I'll party until midnight and then I'll wait an hour so I'll sober when I drive home." Once you put alcohol into you system, the only way you can get it out of your 'system is to let your liver metabolize it. A person can metabolize 3/4 of an ounce of ethyl alcohol per hour--no more, no less. This rate is true for everybody regardless of size. Research shows that women and the elderly (people over 55) rate. Blood alcohol content (BAC) measures the amount of alcohol in a person's bloodstream. A 150 pound male will average a .02 peak BAC from a standard drink. 5 drinks in one hour will give him a BAC of .10--and a drunk driving conviction if he is stopped on the

way home. If his liver is functioning normally, it would take him 10 hours to drop below the legal limit for impaired driving if he had a .20 BAC when he stopped drinking. If people decide to wait a while "to sober up" before driving home, they have to wait a very long time. A person's BAC actually rises for about two hours after his/her last drink.

5) "Coffee will sober me up." It takes a long time for the liver to metabolize alcohol. Coffee--lots of coffee--will only create a "wide awake drunk." People who have done a lot of drinking will be just as impaired if they drink coffee.

In conclusion, alcohol related accidents are the largest cause of death for people between the ages of 16 and 25. For all age groups the probability of suffering a debilitating accident or dying in a alcohol related incident rises as blood alcohol content rises. The holiday period puts people at greater risk because people drink more beverage alcohol during this period and most holiday punches and egg nogs contain deceptively large quantities of alcohol.

The best way to avoid problems caused by drinking during the holidays is not to drink or to drink in moderation. If you do drink, find out how potent the punch is. The best way to avoid problems with drinking and driving is not to drink and drive. A designated driver--a person who is not drinking--is the best solution because, once the party gets rolling, even the best intentioned person may not "know when to say when."

John Eagan, M.S.W. is a therapist in the residential treatment program at Birchwood Center For Chemical Dependency at Alpena General Hospital. He welcomes your questions and comments for future columns.

TLC acquires coordinator

by Laura Hoppe

Jewel Lancaster is "thrilled" with her position as the Learning Center's new tutor coordinator.

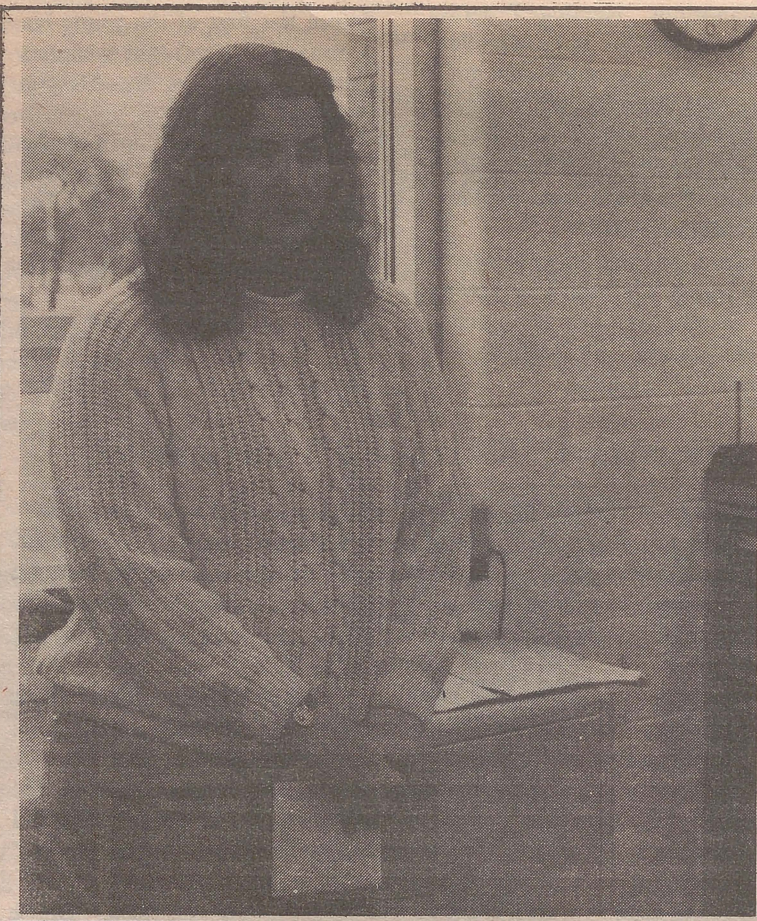
Collyn Riedasch, the Learning Center's temporary tutor coordinator, comments on the complexity of the position: "Before I had to sit down and make a list of what to go over with Jewel, I hadn't thought about how much was involved in this job." The tutor co-ordinator's duty involves running TLC on a day to day basis, and providing ACC students with compatible tutors. The position demands an extensive amount of responsibilities ranging from monitoring individual tutor effectiveness to maintaining complete records of TLC students.

"An interest in teaching" is what attracted this native of Alpena to the position that requires a Bachelor's degree in Education with organization and communication skills. Lancaster graduated from the University of South Florida with a degree in English Education. This graduate of Alpena High School hopes to maintain an interesting atmosphere that will continue TLC's reputation as a comfortable, yet constructive place. She eagerly invites students to stop in.

Apart from helping students, Lancaster enjoys spending time with her four year old daughter Amelia, as well as, reading and gardening.

"I also enjoy Michigan's unpredictable weather. I

missed the snow of winter in particular. I'm glad to have the opportunity to resume such winter sports as cross-country skiing and ice skating. Amelia is also very impressed (favorably) with snow and winter activities."



PICTURED in the Learning Center is the new tutor coordinator, Jewel Lancaster. "An interest in teaching" is what attracted her to the position.

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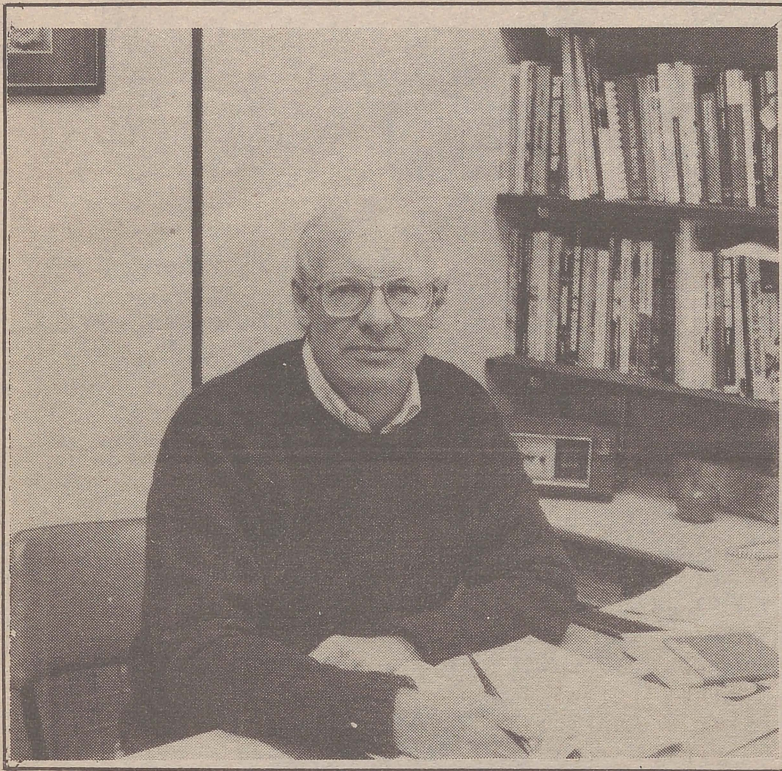
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THE Huron Shores Campus is offering Dr. Boyer's new mythology course next semester.

Humanities made easy

by Ellen Wisniewski

A trip to Toronto and Stratford, Ontario, is being offered this summer by A.C.C. instructors Nan and Terry Hall. Students will not only experience the internationally renowned classical theatres of Stratford, but they will meet the cast members of the plays there as well as the cast of "The Phantom of the Opera" at the Pantages Theatre in Toronto. In order to take advantage of these wonderful works, students need to sign up now in order to participate.

The total cost of the trip is \$600 and it is on a first-come, first-serve basis. \$100 must be paid now to Mr. Hall to reserve a spot. The second installment of \$250 is due February 15th. And the final \$250 has to be paid by April 15th. As soon as registration begins for the summer session, students must sign up for Humanities 241 or Performing Arts 223. Students will receive seven credits should they decide to take both courses. For students who have already had one or the other course, but would like to go on the trip, they will experience a directed study in humanities and theatre. The \$600 includes rooms, transportation, tickets to all events, two major dinners, breakfast in Toronto and the best seats for "The Phantom of the Opera" at the newly-remodeled Pantages Theatre in Toronto. Students are asked to bring additional money for personal expenses. The tuition is not included in this package.

Students will be staying in the dorms at the University of Toronto and in various bed and

breakfast inns and private homes in Stratford during the ten-day excursion. There will be four days of intense study in the classroom before the trip begins.

Experiences expected to be gained during the trip are top quality artistic presentations of theatres, museums, ballets and concerts. A better understanding of theatre production, the history of Shakespearean plays and various other plays to be seen will be experienced as well as taking a look behind the scenes of productions that the students will attend. Students will also learn more about classical and contemporary music.

The Halls hope to get many students to accompany them on this trip, but have stressed that it is very important to sign up now to reserve a spot.

"It will be an interesting experience for students who go," Mrs. Hall explained. "Not only will students learn more about humanities and theatre, but it enables them to meet other people from a different country and learn more about their life and culture."

For more information about this trip, contact Terry Hall at 356-9021 extension 306 or see him in 252 B NRC.

New course investigates myths

by Rich Spicer

During the 1991 winter semester, ACC students will have an opportunity to take a unique course. Offered at the Huron Shores Campus at Wurtsmith Air Force Base in Oscoda, English 203: Introduction to Mythology is the first of its kind in our area.

The course will be taught by Dr. Lawrence Boyer, a 23-year faculty member at Alpena Community College. The course will combine television and traditional classroom instruction, and is described in the schedule booklet as involving "the study of myths from several cultures. They are examined from the perspective of their common themes and capacity to be transformed through time while maintaining their universal motifs. Attention is also focused on the functions of

mythology, including the primary one of providing guidance for the individual through important passages of life. Several works of literature are examined to demonstrate the mythic process at work and the fundamental part that myth plays in literary expression."

Utilized for this course will be a unique television series entitled "Transformations of Myth Through Time." The series was developed and will be presented by noted author, scholar, teacher and storyteller, the late Joseph Campbell, and consists of 13 hour-long programs. Boyer says the selection of readings for the course "were made by the best people in the business" and were written by "the world's leading scholars in the area." The course is also significant because "it's an

attempt on our part...to give students at the air base...the options of those students at the main campus." Boyer has plans, though still tentative, to bring the mythology course to ACC next year and follow it up with a course entitled 'Introduction to Literature', as he plans to do at the Huron Shores campus. Interest in the course, according to Boyer, has been good.

Dr. Boyer, who has had a fascination with the subject of mythology "for the past 10 to 15 years", has "never taught...a full-blown course" although he has incorporated it into his English classes. The three credit-hour course is transferrable and fulfills ACC English, humanities or general education requirements. Class will meet at the Huron Shores Campus on Thursdays from 7 to 8:30pm, and the television programs will be shown at 6pm on those evenings. Anyone with questions or seeking more information can contact Dr. Boyer at 356-9021 Ext. 250. Boyer adds that he is looking forward to teaching this course and says "in reality, even the best universities don't have this. These students will get access to the very, very best people in the world...I think it can be a lot of fun. It can be a revelation for people who take it.

LBJ winner surprised

by Tina Perrin

After 23 1/2 years at Alpena Community College, Sandy Libka was awarded the Lumberjack of the Month.

Libka, a native of Alpena, is the Personnel and Payroll Administrator at ACC. Her position includes involvement in negotiating contracts, contract

requirements, and interviewing employees of the college. She is also responsible for all payroll and fringe benefits.

When asked how she felt about receiving the Lumberjack award, she said "Surprised---really surprised."

Libka enjoys her job very much. She says it is interesting work and it keeps her very busy.



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Student says intramural sports are worthwhile

by Vicky VanDyke
LBJ staff writer.

It is often said that there are few activities in Alpena that ACC students can become active in. But some ACC students have no problem. Their solution?--the intramural program.

As Clarence Hudak, a dedicated sophomore explains, "Intramurals is a release valve from studying that has to be done. They allow you to be active, get exercise and to have a

lot of fun".

Hudak is a resident of Cheboygan and is from a family of six children. He usually returns there each weekend where he spends his time working at the Mullet Lake Lawn and Tree Company.

Hudak's interests are varied ranging from exercise and sports to reading. There is also a background in weightlifting. Hudak plans on continuing his participation in intramurals

through the spring semester.

If you ask Hudak to specify which intramural sport he enjoys most, you are apt to hear volleyball. But he will continue by letting you know he enjoys all of them even last year's basketball, which is not his favorite activity.

Hudak plans to finish his studies at ACC this spring and transfer to Michigan State University in the fall. While at MSU, Hudak intends to pursue studies in biological science.

Hudak offers this advice to those who don't participate in intramurals. "If you can find the time and enjoy playing in sports, participate in intramurals, but don't let it interfere with your studies. If it won't, they're good to do and fun, too".



Clarence Hudak, sophomore, takes a break between classes to talk about the fun and value of the intramural sports program.

X-mas tourney reinstated

by Traci Manning

ACC will host a Christmas tournament for the first time in 15 years on Thursday and Friday Dec. 27 and 28 at the East Campus gym. Featured are four men's and women's teams from St. Clair Community College, Lansing Community College, Gogebic Community College and Alpena.

The tournament is pre-season play used to allow teams to tune up for the season.

Thursday at two is the women's game between St. Clair and Lansing followed by the men's teams at 4. Frank McCourt, Lumberjack coach, feels St. Clair is better than last

year and that Lansing remains a very strong team.

At 6 on Thursday, the Alpena women's team will meet Gogebic's women followed by the men's game at 8.

Friday at 1 is the women's consolation game with the men's consolation round scheduled for 3. The women's championship game will take place at 5:30 with the men's championship game at 7:30.

Coach McCourt feels this is a tournament that will allow "Alpena to watch real good basketball" and he believes that the Jacks will be very competitive.

Timber Creek developing skiing complex

by Megan Thompson

ACC students who love to ski can do it "close to home" with the opening of Timber Creek Resort on Dec. 8. This winter's ski season marks the first step in the development of the complex located on the south end of Hubbard Lake.

The former Mt. Mariah Ski Lodge opened for its first season

under a new name and new owner Tom Kraus. With the west side of the state already developed, Kraus felt that developing a resort in Northeast Michigan was a "logical next move".

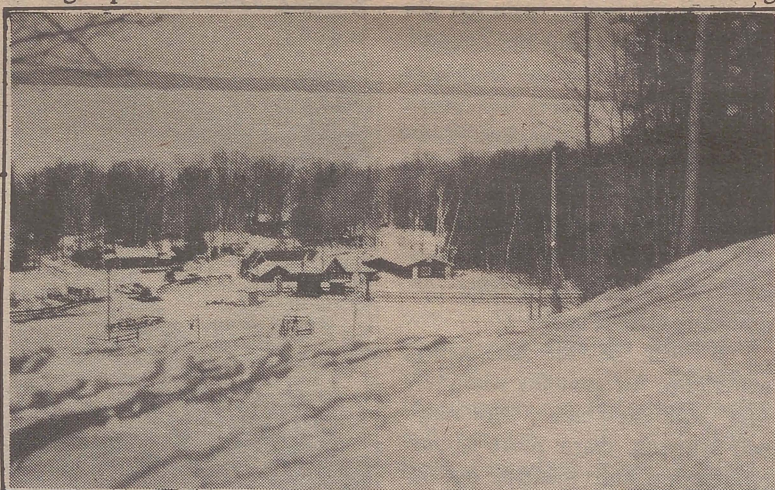
Developments to the resort include a "most difficult" ski run to cater to the advanced skier and new snow making

equipment. Plans for future development include a 24 unit hotel, with construction scheduled to begin in the spring, and an eighteen hole golf course to be completed by spring, 1992.

The local community has been "100% behind us", commented Kraus, who attributes this support to the desire of local agencies and businesses "to bring tourism to the area". The opening of the ski lodge has already created 22 jobs and all contract work has been completed by local businesses.

The ski season has begun with ski group rates available for four high schools. A college night for ACC students is currently under discussion.

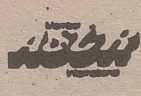
Kraus commented on his expectations for the 90-91 ski season. "I think we'll be very successful. Due to the closing of Mt. Mariah last year, people realize how much they miss it (skiing)".



TIMBER Creek Resort, formerly Mt. Mariah Ski Lodge, to open December 8 under the new ownership of Tom Kraus.

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