

Bobby Allen...more than just a coach

HEATHER PINES
Staff Writer

Imagine knowing someone who would do anything for you, in return that you respect yourself. At ACC, we know this 'someone' as Bobby Allen. Lumberjack of the month, Bobby is a comical character with a huge heart and a focused future.

Born and raised in Flint, Michigan, he grew up surrounded by violence, but said he had strong family support. Bobby says that his sister is his inspiration and describes himself as a mamma's boy.

Before becoming assistance coach for the men's basketball team, Bobby

himself played as an ACC Lumberjack for a year and a half. In his time here, he was the recipient of awards for all region, all conference, and all state. He was also player of the week several times.

When he transferred to Lake Superior State University he received awards, such as newcomer of the year, MVP, all conference, and player of the week. In his three and a half years of college basketball, Bobby scored well over 1700 points.

Bobby has his degree in criminal justice/law enforcement and plans on going back to school to get his masters degree in counseling. In addition to being assistance coach, He also is the intramural sports coordinator and runs the Access program.

Bobby's dream is to open two community centers that will help kids who need it. He would like to open one in Alpena and another in Flint. He wants to be able to help kids the way he got help when he was growing up.

"You need to give a little to get something in return, and I am going to give a little," said Bobby.

Bobby Allen has a huge impact on those he coaches. He wants them to know that in order to be the best, you have to practice like you are the best.

ACC Lumberjack David Manchester said, "Bobby is very honest and will tell you straightforward what you need to do, in the past three years

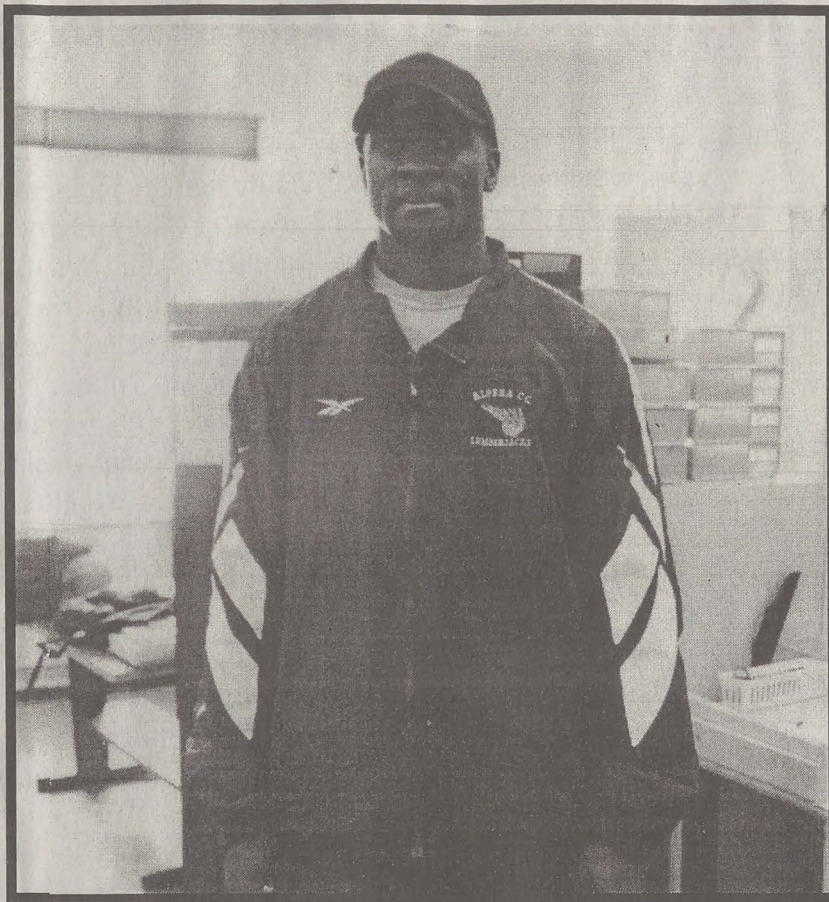


Photo by Shawn Sexton

he has made me into a mature young man. Bobby is not just my coach but a good friend, I will miss him next year when I am gone."

Fishing, playing basketball, tennis or any sport that gets him running around like a little kid, are

some of his hobbies. Bobby has worked very hard to get where he is today and he says it's all worth it when he gets to see his mom smile.

Have a midnight



ERIN FLEMING
Staff Writer

Do you feel like you are gaining weight? Some ACC students eat chips and salsa, oreos, crackers, ice cream, or even dinner leftovers for a late night snack. Josh Brege says a nice sandwich tastes the best before bed, and Kerrie Miller enjoys a glass of milk with nutmeg and honey.

Although some ACC students may feel like they are gaining weight, their midnight snacking may not be the reason. Having a treat while watching Late Night with Letterman never hurts, right? Actually, this is ok to do if you pay close attention to the total calories you eat throughout the day.

According to *The Well Workplace*, a midnight snack isn't that big of a deal. They say as long as you burn the same amount of calories you consume, your weight doesn't fluctuate. Therefore, it doesn't matter *when* you eat. If you eat 500 calories during the day, burn 1,000 in your daily routine, and eat another 500 calories for a late night snack, your weight will remain the same.

This doesn't mean go and binge on all you want right before bed, but for many of us, a little snack may be the final satisfying factor to our day!

Auto students can fix your lemon

AMY NAVARRA
Staff Writer

Are you tired of your car treating you badly? Leaving you stranded in the parking lot? Frustrated with a flat? Or is it just not running right? If so, stop in at ACC's Auto Tech Center and see if the auto students can help.

Did you know that the auto students work on student's and faculty's vehicles free of charge? To do so, pick up a request application from Tom Winters or Rick Engstrom and fill it out. All you have to pay for is the parts and a \$2 flat rate fee. No labor fees!

The students take many vehicles but there are a few restrictions. They will only accept ve-

hicles which have problems that relate to what they are studying at that time. For example, now would be a good time to get an electrical problem fixed because the students are currently studying automotive electrical & electronics systems and automotive computer systems. Mr. Engstrom's class is also studying automatic

transmissions this semester.

Preferably, vehicles should be up to 10 or 12 years old. Although not every vehicle will be able to be repaired, it's worth a try. Also, labor performed by ACC students is not guaranteed.

For more information, contact Tom Winters (Ext. 289) or Rick Engstrom (Ext. 241).



When we should be studying, we're really doing...

ROXANE ZANN
Staff Writer

Everybody needs a hobby. Something to do besides school, work and drink beer. Not only do hobbies relieve stress, but also they give you something to look forward to and the opportunity to make new friends. Hobbies can range in price and in physical assertion.

Crystal Troxell is in her second year at ACC. She plans on majoring in secondary education and hopes to teach high school Spanish one day. In the fall, she is hoping to transfer to Saginaw Valley. She enjoys the Spanish language and working with children.

Crystal's hobby is snowboarding. She started when she was a freshman in high school with the ski club.

Her advice to someone starting out is, "take lessons, start on the smaller hills, rent equipment first, and dress warm!"

The average cost to go snowboarding is about \$30 to \$50 depending on where you go. This would include renting equipment and a lift ticket.

Equipment, such as the proper clothing, the board, and boots and bindings costs approximately \$300 and up.

Crystal owns her own equipment and enjoys going to Nubbs Nob with her friends. "Sometimes my boyfriend and I

just go to hills around here, like Manning Hill or Mt. Mariah and practice."

She would recommend this sport to anyone. "It's great exercise, a lot of fun, and you get to be outside!"

Brent Birmingham is a student at SAC. He is a junior majoring in elementary education and hopes to teach upper elementary grade levels.

Brent enjoys winter camping with some of his friends. He last camped at Pictured Rocks in Munising. They hiked seven miles in the snow, pulling sleds filled with tarps, shovels and other gear. It took them about four hours to get to the Superior Coast where they camped for two nights.

He suggests taking a tarp for a cushion between the snow and the tent and also dried food and warm clothing. "Make sure you keep your clothing dry and dress in layers.

The total cost for this trip was \$30 per person.

Liz Benson is a sophomore at ACC. She is majoring in Accounting and plans to get her bachelors degree at LSSU and then her CPA. She enjoys working with numbers and hopes to work in an accounting firm one day.

Her hobby is dried flower arranging. She has been doing this for about four years.

She started doing this with her mother, Barb. They enjoy working together to make wreaths, swags and arrangements.



She enjoys decorating her house with her creations and giving them for gifts.

Liz picks wild flowers and hangs them upside down to dry. "Bell Bay area is a good place to go for a walk and pick unusual flowers for drying," said Liz. Also, she suggests growing your own or going to the Harrisville Art Show and buying them. "They always have a great selection!"

She suggests that you just start experimenting. "Start with eucalyptus and add your filler flowers, such as baby's breathe, next add your delicate dried flowers until your arrangement is full.

The start up cost is relatively small. Liz only uses the grape vine and dried flowers. She doesn't use glue, but does recommend a dried floral spray

to maintain the color.

"It is very rewarding to see the end result. The arrangements add to your house and make others happy to receive them as gifts," stated Liz.

Jamie Gwilliam is a student at ACC and SAC and is in the process of completing his teaching certificate requirements. His minors are in Mathematics and History.

He is excited about the different ways to teach students math. "I believe there is a need for math teachers who can approach it from a practical hands on aspect, especially at the intermediate level," explains Jamie.

His hobby is racing cars. This will be his first year racing full time at the Onaway Motor Speedway.

For anyone interested in the

sport, he suggests, "Just visit the pits one race night. I've approached all the racers with a question or two and all of them have been courteous and helpful."

One can get involved in the "Bump & Run" class for as little as \$500 to the Late Models in excess of \$25,000. Jamie races the "Street Stock" class, which is an entry-level regular series.

Gathering sponsors is important to the sport. Jamie would like to thank Cardinal Real Estate, Fleis Excavation, Richard's Clothing, Romines, Wood Winds Restaurant, Witucke Oil Artistry and his part time mechanic Pete Lawrence.

"This is a really safe sport," said Jamie. They are required to have a full role-cage, race seat with five-point harness, fire resistant race suit, fuel cell, fire extinguishers and a suitable helmet. There is also an ambulance present at every race.

"Saturday-Night Racing creates a friendly atmosphere to compete at a local level with men and women with similar interests," said Jamie.



Photo by Roxane Zann

