

Bob Eller Hangs up His Hard Hat at Semester's End

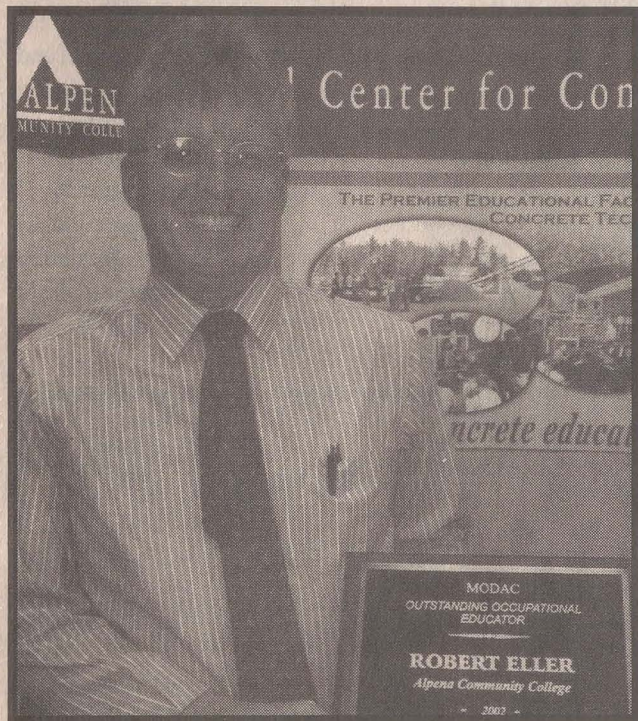


Photo Courtesy Jay Walterreit

Bob Eller proudly displays his National teaching award.

KARA EUBANK
Features Editor

Bob Eller is the senior Concrete Technology instructor at ACC, and he is the 2002 TRENDS in Occupational Studies Outstanding Educator.

Too bad ACC will lose his services to retirement at the end of the academic year.

Bob Eller was born and raised in Alpena. His first two years of college were spent here at ACC.

He then transferred to Michigan State University to finish out his education.

Eller graduated from MSU with a degree in Civil Engineering.

After college he moved

to Wisconsin to work for the Highway Department of Transportation.

Eventually he ended up moving back to Alpena after he was offered a job with the Besser Program.

While working for the Besser Program, Eller was asked to teach the concrete technology program at ACC. He's been here ever since.

"The students are my favorite part about teaching to be honest with ya. I like the mix of old and young, it creates a good atmosphere," Eller stated when asked what his favorite part about teaching was.

"I feel more like a big

brother than a professor to the students," Eller also added.

With his love for hunting, snowmobiling, boating and NASCAR, it is no wonder he is like a brother figure to this students. "I love anything with a motor as you can tell," said Eller.

When asked if he could meet anyone dead or alive, he picked Dale Earnhardt. He has always been a big fan of his.

With this type of bond with his students, Eller was given the Occupational Studies Teacher of the year award.

To receive this award you have to be nominated. Then a committee made

of Occupational Deans otherwise known as the MODAC reviews and picks the best candidate.

He was flattered to have even been nominated for the award.

Eller plans to get out of the game while he is still young enough to enjoy retirement. He said, "My wife has been retired from teaching K-12 for two years now, and I see she is having fun, so I figured it was my turn now."

Thank you, Bob, for all your hard work and dedication to the Concrete Technology Program, ACC, and your students.

You have made an everlasting mark here.

Nourishing Nibbles for People on the Go

Healthy Eating Tips, Homemade Recipes for Fighting off the 'Freshman Fifteen'

AMY ABRAHAM
Huron Shores

Almost everybody likes to snack-especially busy people on the go. Ready-to-eat snack foods are convenient and fast, but their content is sometimes questionable.

The calorie, sugar, fat, and sodium amounts in candy bars and chips can quickly add up.

Junk food snacks do not offer the consumer enough nutritional value to get their engines revved for the work day ahead.

"Eating healthier snack foods can help you have better mental alertness,

mental recall of information, and can help you study better"

announced Doug Kalman, Registered Dietician and Director of Clinical Research at Peak Wellness Center, in an ABC news interview.

Snacks higher in protein, and lower in sugar, feed your brain and enhance brain function.

Eating snacks higher in protein produce hormones that make you feel awake and alert.

Healthy snacks satisfy your body's need for fuel. These snacks tide you over longer, so you snack less.

High sugar snacks push your blood sugar levels high for a short period of time. Then your blood sugar levels plummet.

Eat smaller, more frequent meals to keep your blood sugar levels on an even keel.

Your brain will benefit if your blood sugar level is kept more stable throughout the day. Mental recall will be enhanced with healthier snacking.

High protein snacks that you can eat on the go are; yogurt sticks, cheese slices, fruits dipped in peanut butter, and low-fat nuts.

Eating healthier snack foods will not take you from dunce to Einstein, but will better enhance your brain's productivity.

Keeping your body healthy and strong helps fight off viruses and illnesses, an unwanted companion.

Drinking plenty of fluids, preferably water, will keep your body hydrated and flush out the toxins in your bloodstream.

Next time you sidle up to that vending machine go for the peanuts, crackers, and peanut butter combination, your brain and perhaps even your grades will thank you for it.

Homemade Granola

1/4 cup honey
1/4 cup peanut butter
2 Tbls. light butter or margarine
1 1/2 cups old-fashioned oats
1/2 cup raisins
1/2 cup unsalted peanuts
1/4 cup wheat germ
1/4 cup nonfat dry milk powder

In a large mixing bowl, combine honey, peanut butter, and butter to blend. Stir in remaining ingredients, mixing thoroughly. Spread evenly on a greased cookie sheet. Bake

in a 300-degree oven for 45-55 minutes until golden brown. Stir several times while baking. Store in an airtight container. Recipe compliments of www.about.com

Mix-n-Match Trail Mix

1 cup whole-wheat Chex
1 cup soy nuts
1 cup multi-grain Cheerios
1 cup raisins
1 cup dried cranberries
1 cup sunflower seeds
1 cup yogurt-covered raisins or nuts

Crave Pizza????

There is nothing like Pizza Hut
For Lunch

\$4.49 Lunch Meal Deals
Personal Pan, Stix, & Pop

Or Try Delivery for Dinner
356-6655

FAMILY PAIRS®
One Specialty Pizza
& One 1-topping Pizza
Medium size for \$13.99
Large size for \$17.99
Your favorite topping on
Pan or Thin 'N Crispy® Crust
Dine-In/Carryout/Delivery*

Valid at participating locations. Present coupon when ordering. One coupon per order. Not valid with other discounts/coupons or the purchase of multiple pizzas unless otherwise stated.
*Limited delivery where available.
Minimum delivery order: \$8
Delivery charges will apply
©2002 Pizza Hut, Inc. 1/20 cent cash value
Expires:

PIZZA & STICKS
1 Medium 1-Topping Pizza
& 5 Breadsticks
\$8.49
Your favorite topping on
Pan or Thin 'N Crispy® Crust
Dine-In/Carryout/Delivery*

Valid at participating locations. Present coupon when ordering. One coupon per order. Not valid with other discounts/coupons or the purchase of multiple pizzas unless otherwise stated.
*Limited delivery where available.
Minimum delivery order: \$8
Delivery charges will apply
©2002 Pizza Hut, Inc. 1/20 cent cash value
Expires:

The Best Pizzas Under One Roof

Witnessing is the First Line of Defense in Stopping Crime

TREVOR BULLOCK
Staff Writer

When witnessing or reporting a crime, there are many things to take into consideration.

With crimes being committed constantly, it is important to be observant, and know what to make note of.

The more detailed of a description a witness can give, it could make the difference between capturing an assailant or not.

Mike Roy, head of the Criminal Justice Department at Alpena Community College, believes that there are two main things a witness should concentrate on.

First, think of the vehicle. Take note of the model, make, color, full size vehicle or compact car, two-door or four-door,

and, if nothing else, a license plate number.

Second, think of the driver. The police will be interested in everything from a birthmark on the driver's face to whether or not he/she was wearing a hat.

Roy believes a good method for remembering the description of a driver is starting at the top of his/her head and working down.

Note if the suspect is male or female, hair color and length, glasses, facial hair, and anything in between.

"Having a license plate number is good," said Roy, "but if you don't have a description, you can't place anybody behind the wheel."

Roy believes a good way to make sure you remember details of a crime is to sit down

with a pen and paper and write it out.

In the case of a lengthy investigation, by the time the trial arrives, one may not remember, into detail, everything they saw.

A witness may report a crime in one of two ways. The first way is openly, meaning the witness would be willing to testify in court and possibly pick the accused out of a line-up.

The second way is anonymously.

Though reporting a crime anonymously may seem easier, willing to testify in court helps the police tremendously.

"If we want our community to remain safe," said Roy, "we must be prepared to meet our responsibilities, acting as the eyes and ears for the police so they can do their job."