

TBT a Treasure Chest of Culture

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Staff writers

Some might think of northeast Michigan as a vast cultural wasteland. But there is a "jewel box of culture" right under your nose says Chip Lavelly, Artistic Director at Thunder Bay Theater.

It however, is a jewel box in dire need of support from the community. TBT (Thunder Bay Theater) provides Northern Michigan and Alpena the one venue available for year-round live professional theater, unlike the ACC Players and Alpena Civic Theater that are only seasonal venues.

TBT is committed to providing the audience with a "taste of what they would get on Broadway or in any other major cultural market" with Off-Broadway shows says Lavelly and at \$12 for adults and \$6 for kids, TBT is a bargain to experience.

The theater boasts a core

company of professional players and an Artistic Director with over twenty years experience under his belt. Lavelly utilizes his experience on and off Broadway to maximize his budgetary constraints while providing a versatile but family oriented line-up.

Karen Thompson, Board of Directors member of TBT since 2001, is new to the region. She was skeptical of what cultural venues were in the area and expresses she is "blessed to have a professional theater of this caliber in her new home." In her opinion, "much of the community doesn't realize what a gem they have here and not enough are taking advantage of it yet."

Thompson's concern does not go unappreciated. It is warranted and shared by Lavelly. TBT is a non-profit organization that survives by the sheer will power of those involved with it. TBT must seek out grants and donations

to fund the shows and its company of players.

These grants and donations come from a variety of sources. Central Michigan University frequently rents costumes to the theater. Lafarge Corporation, recently funded, in part, the production of "Little Shop of Horrors."

This still is not enough. TBT is currently seeking newer and larger grants so they might continue the excellence of the experience. They also seek to do more for Northern Michigan, including a renovation of the historic building TBT calls home.

Along with proving a full schedule of shows year-round (three to four per season) TBT provides theater classes, to those interested in the art, for toddler ages and above. Additionally, TBT focuses 100% effort on the Children's Theater.

This is a traveling program that is produced concurrently with in-house shows and sent



TBT actors stop working to pose for a picture.

Photo by Joseph Prevost

throughout Northern Michigan and the U.P. The object—taking the cultural experience of live theater to children who otherwise could not attend.

During the production of *Pinocchio*, the Children's Theater visited many regional schools in five weeks. Those 4800 children have now shared a cultural experience with the players and learned something in the process—live theater is not like TV.

Phil Ludlow, Alpena Mayor, said "TBT is a benefit... part of the overall culture. If we didn't

have it... there would be a void in our cultural community. The community is lucky to have a professional theater year-round." Ludlow applauds their great efforts and concedes it would be a great loss if the doors ever shut on TBT.

Lavelly's contract with TBT will be up at the end of the summer season.

He will be returning home to New York to continue work on other major projects. Lavelly expressed his disappointment in the

audience turnout during his fourteen-show tenure with TBT.

With upcoming summer productions of *Oliver*, *Annie Warbucks*, and *Dearly Departed*, Lavelly assures a great time and requests the community, "Take a Shot".

To make reservations, donations, or for more information, contact Thunder Bay Theater at (989) 354-2267. They are located at 400 North Second Ave. in Oldtown Alpena, on Alpena's north side.

Fieldtrip to Civil War Battlefields

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Staff Writer

A fieldtrip to several Civil War Battlefields is being planned for the last week of summer semester. This fieldtrip is open to all students and members of the community.

Chuck Wiesen, the Dean of Economic and Human Resource Development, is currently planning the final details. Ken Radizibon, a probate judge and part time

teacher at ACC is also contributing his efforts.

The fieldtrip is an optional part of a summer history course taught by Radizibon. The battlefields covered will be Antietam, Fredricksburg, Spotsylvania, The Wilderness, and Chancellorsville.

Last year 35 people went, and about the same turn out is expected this year.

"We want to make sure they all have a good time," said Wiesen. All of the necessary precautions are taken to

make sure the trip is as safe and fun as possible.

Once a person commits to going on the trip there is an orientation to prepare the crew for what lies ahead of them.

A precise schedule is given, along with phone numbers to give to family in case of an emergency.

A paramedic goes along on the trip, and there are two bus drivers. Food and water are brought along as well.

"People get a better

understanding and awareness of what war is," said Wiesen. "We try to bring some life from history."

The park guides give tours of the battlefields. The guides are educated on all aspects of the battles they will discuss.

For those who would like to go, please contact Chuck Wiesen or his secretary Phyllis Tippman in the Center for Economic and Human Resource Development to get further information and sign up.

Herbal Supplements May be Hard to Swallow

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Huron Shores

Cyanide and arsenic are natural substances that you would not voluntarily ingest. These may be natural substances; however, they are not safe.

Natural substances and safe substances are not necessarily the same thing.

Many students reach for herbal supplements to help control their weight, increase their energy level, or to aid in depression or anxiety, thinking because they're made out of natural substances, they must be safe.

Whatever the reason, herbal supplements can be purchased in any state and there's no need for a doctors prescription. Our bodies cannot distinguish between drugs and herbs, if these products have the ability to benefit us, then they also have the ability to harm us.

One popular choice used to maintain weight and increase energy is ephedra, a naturally

occurring substance derived from the Chinese herb, ma huang.

Ephedra is an adrenaline like substance that increases a person's heart rate. It can be found in a little over two hundred unregulated herbal supplements.

Medical reports nationwide show possible side effects in the hundreds, and link the supplement to seizures, heart attacks, strokes and even death.

Supplements can also interfere with other prescription or non-prescription drugs, or other supplements.

St. John's Wort, for instance, is used as a remedy for depression. According to an article published by Personal Health Zone, certain substances such as salami, smoked or pickled foods, and even yogurt contain chemicals that react adversely with substances contained in St. John's Wort, causing high blood pressure and nausea.

Ginkgo biloba, a supplement taken to improve one's

memory, can cause thinning of the blood. Too much can also cause internal bleeding because the supplement acts as an anticoagulant.

But how much is too much? The Food and Drug Administration (FDA) doesn't regulate herbal remedies, they are considered food supplements, and don't require FDA approval.

That's why the back of the bottle says, "daily value not established."

These products do not have to be tested before they are put on the market, which could mean that the supplements don't actually contain the potency specified on the bottle.

According to a FDA news release from the Department of Health and Human Services on March 7, 2003, a new regulation is proposed to establish standards to ensure that dietary supplements and dietary ingredients are not adulterated with contaminants or impurities, and are labeled to accurately to reflect the

active ingredients and other ingredients in the product.

The FDA also reported in the news release that some supplements contained less than one percent of the active ingredient specified on the bottle, and yet some supplements tested were contaminated with excessive amounts of lead.

One manufacturing firm had to recall a niacin product after it received reports of nausea, vomiting, liver damage and heart attack associated with the use of its product.

The firm that had manufactured the product had mislabeled a bulk ingredient container and sold it to another firm, the resulting product had almost ten times the amount of niacin determined to be safe.

Avoiding herbal supplements until the FDA regulates them may be a good idea.

The bottom line is maybe the supplements we take to improve our health may actually cause damage to our bodies, and our budgets as well.

Serving More Than Pizza

Alpena Pizza Hut Hosts Tip Nights

NICOLE HATCH
Staff Writer

Our Alpena Pizza Hut, serves more than pizza. It serves the community by hosting tip-nights to raise money to support various organizations.

They have helped such causes as Hospice, Relay for Life, Alpena High School choir, and Northern Lights Arena. They even held a tip night to raise money after the September 11th tragedy. For the past six years, Pizza Hut corporations has been doing tip-nights, the first one originated in Alpena. To get a tip-night started, all it takes is a worthy cause and some dedicated volunteers to wait tables. The tips are donated to the hosting organization.

Monday, March 31, Pizza Hut hosted a tip night to help support the All Saints Catholic School. According to Mark Bizanz, manager of Pizza hut, this night for All Saints was the biggest turn out of any previous tip nights.

"We have a lot of fun, and it allows us to work side by side with individuals from the community." He also added that whenever he does a tip night, it impresses him how much support each organization receives.

Most of the customers respond well to the idea of a person who has never waited tables before serv-

ing them.

Kerri Smolinski, a customer and mother of two boys who attend the Catholic school, was touched at the turn out and thankful for the support to keep the school up and running. The crew at Pizza Hut does a nice job of helping out the volunteers.

Server Natalie Nadeau donates her time and gives up the tips she would make that evening because she believes in helping to raise money for a worthy cause. It is her way of giving back to the community.

Some of the volunteers for that evening were Mr. Morford, principal at All Saints School, and teachers', Mr. Suchey and Mrs. Lightener. They all had a good time and would do it again.

Mrs. Suchey added, "The kindness and patience of the Pizza Hut staff made our fund raising efforts rewarding."

Thank you for opening your door and hearts to the future of Catholic education.

Private schools are not government funded so they rely fund raising to keep schools running.

If you are a non-profit organization in need of financial support, and want more information on how to schedule a tip-night call Mark Bizanz, at the Alpena Pizza hut at 356-6655.