



CAMPUS UPDATE

Volume 1, Issue 3

Alpena Community College, Alpena, MI

December 13, 1978

MCAR FIGHTS FOR STUDENT'S RIGHT TO DRINK

by Elizabeth Littler

On Dec. 22 the privilege of drinking alcoholic beverages comes to an end for the 18 to 20 age group because of a substantial majority vote by the people of Michigan who said "yes" to Proposal D on the November ballot.

An earlier liquor law went into effect Dec. 3, raising the legal drinking age to 19 but, because of a grandfather clause most 18 year olds will legally be able to drink at the Winter Dance.

The later state amendment had no grandfather clause, in fact, it arrived in Lansing unadorned — no guidelines for people owning or working in establishments serving

and/or selling alcoholic beverages, and no penalty clause.

The state legislature, with the aid of the Michigan Liquor Commission spent the last month hurriedly putting the decorations on the law. As speculated in the newspapers, the House decided on a mild penalty — violators of the bill will receive a small civil fine, a maximum of \$25. The Senate will act on the bill by Dec. 15 when the legislature breaks for the holidays.

For some voters the bill is not tough enough, for others such as the Michigan Committee for the Age of Responsibility, (MCAR), it is unconstitutional.

On Nov. 27, the MCAR, chaired by Sen. Jackie Vaughn (D) Detroit, filed a class action suit in Wayne County Circuit Court on behalf of the estimated 500,000 young adults who are soon to lose their drinking privileges.

The basis for the suit is the 14th Amendment, the first and second clauses which state, "... nor shall any state deprive any person of life, liberty, or property, without due process of law; nor deny any person within its jurisdiction the equal protection of the laws."

At this time, students living at Wilson Residence Hall who have attained the age of majority are al-

lowed to have alcohol in their rooms. All that is required for a beer at a college party is a college I.D. "It's taken for granted that you are 18," states Larry Habitz, student senate president. When asked about senate action regarding the new law, Habitz replied that none would be taken until the first of the year. The Presidents' Council, however, is considering alternative activities to those centered around beer drinking.

The final word on this controversial law is yet to come, but for the present, there is a law, and a penalty.

SHARE EXPERIENCE FORMER STUDENTS

The student lounge at Van Lare Hall will be the scene of an informal drop-in rap session for students and faculty Monday, December 18. Six former ACC students, home on holiday and semester breaks, will talk about university life, comparisons of two-year and four-year colleges and other matters concerning the college transfer students over coffee at 11 a.m. in Van Lare student lounge.

(continued on p. 3 col. 4)

DISCO PLUS COMING

by Cheryl Beasley

Dance, Dance, Dance. Put on your favorite dancing togs and join in the fun at the ACC Christmas Dance. This event, which is sponsored by the President's Council, will take place on December 15 from 9 p.m. to 1 a.m. in the Besser Tech. lobby. There will be soft drinks, beer by the glass, and food for sale at the snack bar. We can't promise a visit by Santa and his reindeer or your favorite rendition of "Deck the Halls", but we can guarantee your favorite music and a light show provided by Disco Plus. Admission is by I.D. card. Guests must be registered in rm.107,VLH by noon on Dec.15. Join the party, dance the night away, and maybe steal a kiss from someone special under the mistletoe.



New members are welcomed into the Phi Kappa Theta Honorary Fraternity. Front row (left to right) Irvin Niedzwieki, President, Debra Witter, Brian Blum, Jena Browning, Jeff Johnson and Dr. Charles Donnelly. Back row (left to right) Robert Kendziorski, Vice-President, Thane Whitscell, Lois Lewandowski, Judy Gryniec, Brenda Johnson, Mark Thomson, Steve Richards and Dr. Richard Moreau, fraternity faculty advisor.

FRATERNITY INITIATES STUDENTS

by Elizabeth Littler

Holding lighted candles and white flowers symbolic of knowledge and life, new initiates were welcomed into the Phi Theta Kappa honorary fraternity by Dr. Richard Moreau, their faculty advisor.

Irvin Kendziorski, president and Robert Niedzwieki, vice-president told the audience gathered in the conference room at NRC, Sunday, Dec. 3, that, besides carrying a full load and earning a 3.2 grade point average, the student must be judged by the faculty as having good moral character and possessing qualities of citizenship in order to be selected for membership.

After reciting the fraternity pledge, the new members, Brian Blum, Ossineke; Mark Brege, Jena

Browning, Judy Gryniec, Jeff Johnson, Steve Richards, Debra Witter, Alpena; Brenda Johnson, Mikado; Lois Lewandowski, Posen; and Thane Whitscell, Hubbard Lake, came forward to light their candles and receive a white carnation. Mark Thomson, Lachine and Cheryl Zinke, Rogers City, were absent.

Dr. Charles Donnelly congratulated the students on being accepted into such a venerable society. He reminded them that academic excellence is only part of their responsibility and urged them to become leaders and serve their community.

Guests present at the ceremony included Mrs. Charles Donnelly. Following the program, refreshments, provided by Mrs. Richard Moreau were served.

SENATE CIRCULATES PETITION

by Mary Kelley

Student Senate met yesterday at 3:00 pm in BTC Conference Room. Among topics discussed was the installation of music in the lounges and the raising of the student activities fee.

The Student Senate is in the process of promoting the installation of music, either jukebox or stereo system in the lounges at a reasonable cost to students. The Senate is circulating petitions among the student body to prove to the administration and faculty that students desire music. Paul Meyers will present the petitions to President Donnelly next week.

Also of concern to the Senate is the activity-fee funds. According to Senate President Habitz, the student activity fee has remained the same for the past 10 years. Inflation has greatly inhibited purchasing ability. The present cost for activities has reduced accessibility and availability of student activities. Intramural sports, intercollegiate athletics Student Senate budget monies, EARTH and UPDATE, pop entertainment, Homecoming, Winter Dance, Spring Fling, Awards Banquet, Thunder Bay Arts Council, Speaker Series, open gym, Alpena Civic Theater, Casino Night, are examples of where student activities money is spent. Solutions to the financial problem are still being discussed.

The Student Senate is busy trying to keep Alpena Community College the appealing college it truly is.

EDITORIALS

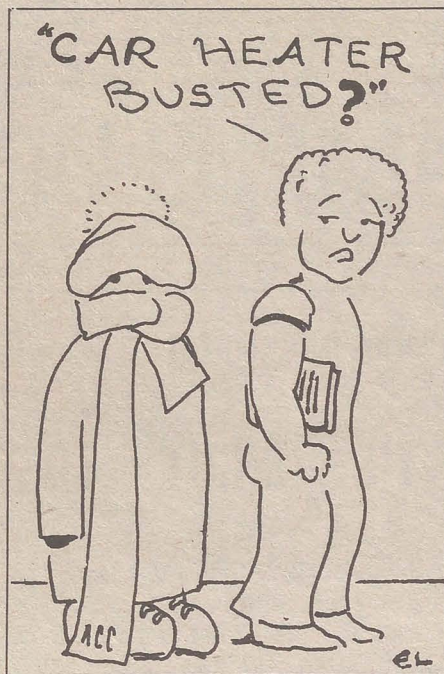
SPECIAL THANKS

Season's greetings and a special thank you to the many people at ACC for their assistance and encouragement in the often frustrating and frantic moments coupled with the tedious digging around that it takes to put a four-pager together.

Thanks first to our vigilant advisor who always has one more idea when we've run dry and thanks to the Graphics department for their machines, time and tolerance, to Mr. Bonfoey of **The Alpena News** for his patience and expertise, to Alpena Printing for help with composer problems, to the Publications Board for giving us their support and Phyllis, to the many instructors, administrators, business persons and students, too numerous to mention individually, who gave information and advice, to Shelby and Co. for our creature comforts and to the people in the community services office for acting liason — they must have thought we had a "thing" going with the IBM repairmen who dropped in at least once per issue.

Finally, thanks to our staff who kept the flow of news, pictures and ads coming, took the editing and put up with the nagging.

Thank you all and to all a Merry Christmas.



SPEAKING OF THE WEATHER

by Mary Kelley

Don't look now folks, but there's snow on the ground. When the first snow arrived, I looked out the window and mentally kicked myself because I hadn't bought those cross-country skis that were on sale last spring. My next thought was, "I wish I had spare time, I'd make a snowman, better yet, a snowwoman; I believe in equal rights.

That same day, as I was leaving home for school, I asked myself "What's so bad about winter?" I opened the outside door and WHAM! I got hit with the answer. Suddenly bad memories of preceding winters flashed before my cold-struck eyes.

As I sit, scratching this on a warmer than-I-am sheet of paper, I am wearing leather boots, furry knit socks, long underwear, turtleneck sweater, bibbed overalls, a hat, scarf, vest, and mittens, my nose reads ... forget it, my talented, temperature-sensitive nose is numb — I'm c-c-c-cold.

I walked into one of our local fast food restaurants yesterday wearing my warmest clothing. I ordered my usual—hamburger and white milk—sat in a booth, removed the top layers of clothing so as to avoid decorating my red vest with yellow mustard, ate my nice, warm hamburger, drank my c-c-c-cold but good-for-me milk and then proceeded to leave. A lady with two, too-young-for-me sons kindly inquired in which direction I was headed. I pointed my mittened hand south, towards downtown. She said, "Oh. If you were going the other way, I'd give you a ride." Startled, I replied, "Thanks, but I've got a car. It just doesn't have heat." HEAT! You lucky car owners with luxuries.

This morning I climbed out of

my barely idling car and attempted to scrape the frost off the windows. Two strokes with my arm and I realized that the frost was not on the exterior of the window, but on the interior. Now I could look at this in one of two ways: what a pain, or gee aren't I lucky, others can freeze out in the weather, I get to freeze in my car.

Think of what we'd miss if we lived in an area that didn't have snow. Did I say live? Do you call freezing to death living? Do you call crying ice cubes when your car has mysteriously dashed into a six foot drift, living? Do you call fighting against 30 mile-an-hour winds, waddling through the cruel snow to get from a class in VLH to another in NRC, living? Let's not even think of that...that...wait a minute, I'm trying to think of a nice, clean way to put it...AHA!...challenging integration. INTEGRATION? That's what I said; by it I mean that we can have wind and still have it bearable, and we can have snow and not curse it, but when some dumb jerk combines the two, we end up with a monstrous relationship.

Alright, alright, I admit, there is a nice side to snow. One can have almost...notice, I said almost...as much fun in the winter as he can in the summer. Actually, comparing and contrasting the two seasons is like comparing and contrasting one person to another; both have their good points and their bad points. However, I still prefer dri-

ving in the summer to driving in the winter; I doubt if I'm unique in that preference.

Think of those poor, deprived students who study in a geographic location that does not receive the white stuff. They don't get to experience a school day called off because of the deep snow; they don't get to experience having a snowball gracefully bash their nose in; they don't appreciate summer as much as we do; they don't have the same opportunity to explain to their instructor that their essay is late because they slipped on the ice on their way to class two weeks ago and the swiftly drifting snow relieved them from the burden of carrying 10 hours worth of notes; or that they're late because the snowplow that only plows the road when it gets lost got lost and conveniently plugged the just-hand-shoveled driveway. Hey! Look, we've got it made compared to those warm-climated creeps.

If nothing else, I've benefitted from this article in one way; I'm so jealous of anyone who could possibly have a body temperature above freezing that my blood pressure has risen to the point that finally the crystalized blood is beginning to circulate throughout my body again. Now maybe my eyes can follow my hand as I attempt to replenish my notes for my essay.

I'm not really complaining about the weather, heck, it just makes conversation.

White is Right For Christmas

Let's make it a white Christmas this year. If anyone is giving or receiving outdoor clothing at Christmas time, please consider a garment that is readily seen at night.

Clothing made of fabric that reflects light (luminous) is preferred though white or light shades of any color are also visible to motorists driving after sunset or just before sunrise.

Now that winter has arrived, the daylight period is shorter. In addition, quite often sidewalks and walkways are buried deep in snow, making the road the only means of travel. It is necessary, therefore, to take extra precautions when walking at the side of the road after dark.

Whether a person is out jogging for several miles or just visiting a neighbor, it is wise to be seen. So, when the "Dear Santa" letter is written, let it say, "Please make it white, bright and visible."

Survey Yields Federal Funds

by Susan Hunt

Monday, December 11, selected students filled out a form called the Federal Student Survey. The form consisted of a page of questions pertaining to race, goals, physical disabilities, and as one student put it, "A lot of red tape."

Students were generally annoyed with the survey. One student complained, "It says journalism at the top of the page, but the questions ask nothing about journalism." Another disgruntled student remarked "They ask a lot of boring questions that are none of their business."

Many were not happy with the survey, but it is required of ACC if we are to receive federal aid money in the coming year. The federal aid received by ACC this year totaled \$85,000, which, according to President Donnelly "... is not much, but we can't get along without it."



DORM NEWS FREEMAN NEW R.A.

by Margaret Boyea

R.H.A. is sponsoring an arm wrestling contest this afternoon in the center section of the dorm. A prize of \$5.00 is being offered for the winners of the men and women.

On Dec. 8, Doug Freeman was chosen for the position of resident advisor replacing Tom Ruedisuel who will not be returning next semester.

Some of the more fun-loving students held a football game Tues., Nov. 28 behind the dorm. There were only a couple of casualties while slipping around in the snow and ice. They all had a cold, wet, fun time.

An all-dorm meeting was held Nov. 29. Among topics discussed was the change of age for drinking.



CAMPUS UPDATE

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SENATE ACCEPTING PETITIONS

by Mary Kelley

Applications are now being accepted for students interested in running for Student Senate. As of the end of this semester, Paul Meyers will be replacing Larry Habitz as president. Larry Habitz will not be returning next semester.

A farewell gathering for Larry Habitz and the acceptance by Paul Meyers will be Tuesday at 3 in Rm. 450 of the NRC.

The Vice President's position will be filled by one of the senate members. The deadline for petitions is January 19; elections will be held the following Tuesday in BTC and Wednesday in VLH.

Presidents' Council Brainstorms

by Mary Kelley

The Presidents' Council, an organization composed of club presidents, plays an important role in the planning of our school activities. This month, the Christmas Dance has everyone directing energy towards a successful, memorable seasonal event.

Hank Valli, activities coordinator and Jim Miesen, faculty advisor, don't play a leading role in the decision-making of school activities, but do lend a hand in helping and confirming a group activity. Student representation is the most important component of the group.

Since the new drinking law passed, the Presidents' Council has directed some of their brainstorming energies towards conjuring up school activities that do not seem to center around the alcoholic beverage.

A few activity ideas have been interjected which seem to be of interest among the members. Suggestions from the student body are welcomed; suggestions may be given to Hank Valli at the Student Activities Office.

Further discussions pertaining to activities will resume next semester.

"I'm a Cranky old Yank in a Clanky old Tank on the streets of Yokahama with Honolulu mama doin' those beat-o, beat-o, Flat-on-my seat-o, Hirohito blues." by "Hoagy" Charmichael, world's longest song title - Guinness Book of Records

BUSINESSES INVESTS IN MINDS

The Business and Industry Scholarship fund was established in 1957 by a small group of local business and industrial leaders who recognized the value of investing in the young men and women in this area by assisting them reach their educational goals. It is the belief of the Business and Industry Scholarship Committee that more can be done to nurture one of the community's most important resources - the minds of its highly motivated and capable young people. Since the beginning of this program in 1957, over 575 men and women from Northeastern Michigan have been awarded a B & I Scholarship, totaling in excess of \$143,000. The Business and Industry Scholarship Committee wishes to demonstrate that business and industry is interested in supporting higher education in general and, particularly, Alpena Community College. The first of December the 1978 campaign to solicit support for this scholarship program started. One of the highlights of this scholarship program is the fact that financial need is not a factor. These scholarships are awarded to students of high academic achievement. If the student maintains at least a B average at ACC after the freshman year, the student will then be con-

sidered for a renewal of his/her scholarship for the sophomore year.

Students who have received a Business and Industry Scholarship in the past two years represent Alpena High School and other schools in our Northeastern area. Dozens of Alpena and Northeastern Michigan businesses, industries and individual citizens have contributed generously to make this scholarship program possible. Those interested in participating in this worthwhile scholarship program are to contact Owen Whitkppf.

(Rap session continued from p.1)

The program, suggested by former ACC student, Brenda Smith who's now attending Michigan Technological University, is being coordinated by Steve Schray, ACC counselor and coach.

Following the rap session and a luncheon at Wilson Dorm, the students will meet for a similar session with high school students at 1 p.m. in the Large Commons at Alpena High School.

Students participating include Craig Kendziorski and Mark Barnard, Michigan State University; Diane Gohlke and Roxanne Sterling from Central Michigan University; Janice Apsey, Eastern Michigan University; and Julie Timmreck, Saginaw Valley College. Also participating will be former University of Michigan student, Beth Townsend.

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the Bank

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Member F.D.I.C




Season's Best Wishes

Merry X-mas & Happy New Year to all the people of Rogers City. May yours be as happy as I am sure mine is going to be. Exuberant

I wish Nowaňa, Earl, Dale, Alonzo, Chris, Kim, Ronnie, Jeff, and Bockey Merry Christmas.

Cherrie—Happy Holidays for you and your family this year. Love Peg

Merry Christmas to the Good Old Buds, the champs. D.E.F.

It is said that the best place for a good time is on the 3d floor. Unfortunately only the people who live there know just how good a place it is. We then cordially invite all socializers of Russell Wilson Dorm to find out what really is going on up there. The offer is 24 hrs., because that's usually how long the party lasts. Have a Merry X-mas. Santa Clause

Merry Christmas to anyone & everyone. Lisa - may this X-mas break be the best time we'll ever have together. Scott, Greg, Randy & the rest of 1st North have a Happy Christmas. Don

A very Merry Christmas to the staff of Campus Update! It's been great working with everyone. Sure will miss everyone. Here's wishing the staff the best New Year ever! Cheryl

Eric & Mark G.—Merry Christmas—From Guy

Randy - Merry Christmas and Good Luck next July. Hope you and Donna have a good holiday. Love Peg



Photo by Susan Dreyer

Collected by Margaret Boyea and Len Gabrysiak



Mr. Jones & Tom—Merry Christmas. Thanks for your help this semester. Margaret (Peg)

I would like to wish a very Merry X-mas & a Happy New Year to:

- to my mom, who has withstood all my crazy jokes all my life, may you live with love throughout your life.
- to my brothers & sister may we exist as a family forever.
- to the people of the dorm.
- to Cheryl Zinke, the best of the R.A.'s.
- To Randy Parks, which is always pulling up the rear, even his. May Donna & him exist forever.
- To very special friends from back home, Diane Smeznik, Dawn loeler, and the Batey's and to all — Merry Christmas and may Santa claw your heart always. Scott M. Green — North Branch, Mich.

Kevin L. & Bob S.—Merry X-mas —From Guy

Merry Christmas to the Campus Update staff. Larry Aufderheide

To Joan - Merry Christmas. I am going to miss you over the break. Love D.E.F.

Wilson Dorm — Merry Christmas to everyone & especially to the supporting basketball fans. Your great, Scott Dow

Dave P. "P.P." & Les—Merry Christmas—from Guy

"I shall pass through this world but once. Any good therefore, that I can do, or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again." Best Wishes to all from the Alpena Volunteer Center

Dearest Cathy M. -- Thank you for the California mix. Yum-yum. Love you, News Mouse

All the Lumberjack B-Ball Players, Merry X-mas. Guy

Karl, Rick, Mark, & Bear — Have a great time during vacation. Merry X-mas. Cheryl

To the locals at Wilson Dorm, Party up a storm on X-mas Eve, but don't drink until you begin to heave. Have a blast. Alias

Jeff - Have a Merry Christmas & a Great year in California.

Have a Bomb(ed) X-mas. A 3rd Floor Local



Merry X-mas to everyone, especially to the best floor in the dorm, 3rd floor North.—Anonymous



Merry Christmas and Happy New Year to the Hangman and Dale Beard. From J.R.N.



Feliz Navidad Y Próspero ano Nuevo Para Todos — quick Karl



Looking good, Dr. Donnelly, or it is good-looking Dr. Donnelly? Either way, Merry Christmas and Happy New Years.

Sincerely,
Your dedicated UPDATE staff

Merry Christmas ACC. Thanks for a year and a half of excitement & challenge. I'll miss you all next semester. Scott Dow



Holiday wishes to all residents of 1 North. Have a Great Christmas and New Year.—Cheryl

To all the boys, (like Neil, Mark, Eric, Bob, Craig, and Greg), Merry Christmas. From D.P. and D.E.F.



Men's basketball team — Good luck this coming new year. We've had a slow start, but things will start to gel. All my support. Merry Christmas. Scott Dow

Merry X-Mas to all my Tawas Boys.



Merry Christmas to Renee' Belanger and all of her Little Elves on 3d floor, North! Santa



Cheryl, Kathy & Paula — Merry Christmas and thanx for the laughs we shared. Sue



Merry X-mas to the Lumberjack team, who is doing so well, your fast breaks are great, and your shooting is swell! (Keep up the good work)—A loyal fan



Per, Brenda, Kim, Don & all else on 1st floor. Have a very Merry X-mas. Scott M. Green — North Branch

Scott G.—Merry Christmas. I hope Santa brings you what you want. Peg



Merry Christmas Dee French to someone very close to me in a very special way. And for all the many times we've spent together. I love you. Scott Dow



To all my kids in the dorm, I hope ouy have a great X-mas and New Years. And I also can't forget Mel and Mongo.—Love Ma!



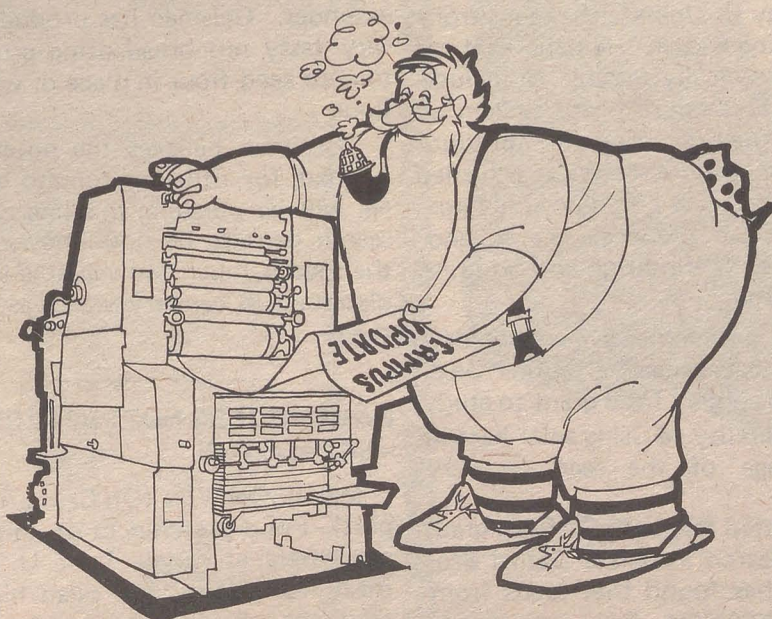
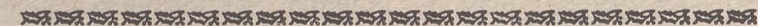
Renee' — Thanks for all the listening. Have a very Merry X-mas and we'll both try to have a productive & easy New Year.



Dr. A. Flash!...Stop the presses! We wish you and your family a very Merry Christmas and many Happy New Years. From: Who else but your favorite newspaper staff



To Linda Knapp—The best one I ever had. Merry Christmas.—Bob



I would like to wish the whole dorm a Happy New Year & a Merry X-mas. Especially the 1st floor North and my out of sight (wishful thinking) roommate,, Greg Also to my woman, Donna & Ma & Pa and the rest of my family. To my niece & nephews, I'll get you something after X-mas, not that I'm cheap, I'm just "broke" right now. I even want to tell Scott Green Merry X-mas even though he didn't save my life or buy me a hamburger. Merry Christmas to all from an ex-Santa of last year. (Didn't even need a pillow. I got what it takes.) Randy Parks



Merry Christmas and Happy New Year to the Earthworm. From J.R.N.



Bret & "Joe"—Merry X-mas—From Guy

Merry Christmas to the B Street 10 & the next I.M. champs. From D.E.F. & D.P.



E.L., ACC C.U. A.E., Merry Christmas and Happy New years. Only 8 more issues; It's cheering about. ACC C.U. E., M.K.

S.E.M. — Don't worry. Both of us will love you. Merry Christmas! SEH

I would like to wish everyone in the dorm a very Merry Christmas and a wonderful New Year! Have a great vacation too! Brenda J.



To everyone at Wilson Dorm, especially 3rd floor North, Merry X-mas and Happy New Year. See you next year.—Renee'



Merry Christmas and Happy New Year to René Johnson and No-wana Robinson. From J.R.N.



"Scotty" — Have a great New Year & a very Merry Christmas. Keep "laughing". Cheryl



A Merry Christmas & a Happy New Year to our most favoritest teachers, Keith & Sonya from your best "AD" & "Greekest" in ACC.



Peg and Brenda...have the Greatest Christmas ever. See ya soon.—Cheryl



Susan - Merry Christmas to the best pal ever! Remember I'll always be standing by when you need a shoulder to lean on. Happy New Year. Cheryl



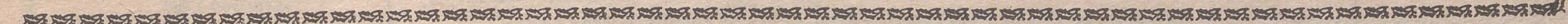
Merry Christmas Bevo, From your old pal in the Twin Chevy, you know who!



Greg & Randy — My friendly Neighbors. Have a Merry X-mas & great New Year.



Merry Christmas to Neil, Linda, Tom, Craig, Renee', & Frank. Let's have a great vacation followed by a great 2nd semester. Cheryl



EXERCISES ENERGIZE AND RELAX

by Elizabeth Littler

Do you have pain in your shoulders, an ache in the lower back and a head feeling like your hair's on too tight?

Well, you're not in love, you're studying. You may also be worried and depressed and so groggy you can't absorb anything.

Before you resort to pills and more coffee or say "to hell with it", here are some quick, easy exercises to relieve the tension, send more oxygen to the brain and generally improve your outlook.

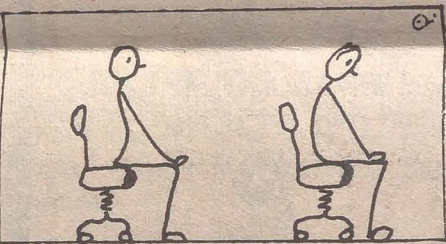
Without getting up from the chair try these tension-easers:

(1) Move the head in as many directions as possible, short of a complete rotation. Do it slowly because you are working with muscles already in spasm.

(2) Stretch both arms overhead.

(3) Lift both shoulders up to the ears, then let them sag. For a few of these, breathe in deeply as you lift and exhale as you relax. Too much deep breathing may cause dizziness.

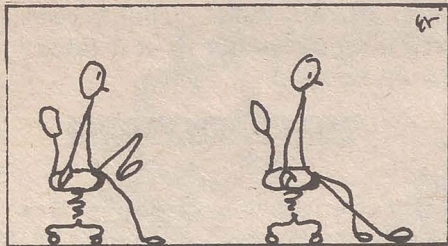
(4) Sit forward on the chair. Arch your back, now round your back. Rock forward, rock back. It's all in the pelvis and you've either got "it" or you haven't.



After sitting a few hours, the blood begins to pool in the legs. If your brains were in your feet you'd be a real whiz kid. To get the circulation going again, try this:

(1) Stretch out your legs and curl your toes. Flex the ankles, then point the toes.

(2) Moving one leg at a time, flex ankle, knee and hip hard, squeezing the calf muscle. Straighten the leg and relax it completely.



If a friend happens by, grab them for your neck and shoulder massage. To convince them how necessary it is, give them one first — it'll loosen up the writer's cramp in your fingers.

There are several methods to reactivate the brain cells depending on the extent of their zapped condition. A short brisk walk is excellent for the totally dead brain battery. Skipping rope, running in place or doing three minutes of disco dancing are quick energizers too.

Do as many movements and as much activity as feels comfortable. It shouldn't take more than ten minutes — longer if you take a walk.

You feel better! You think better! (You might even look better?) And you're out to win! In spite of all the hype, you really will feel better.

TOMATO SEEDS MAKE GOOD BREAD

COLUMBUS, Ohio (The Farmers' Advance) — Bread from the flour of ground tomato seeds may someday be commonplace if the predictions of a horticulturist for the Ohio Agricultural Research and Development Center (OAR-DC) come true.

J. R. Geisman, Columbus-based OARDC researcher at the Ohio State University, says the seed utilization of tomatoes may become as important as the present uses of the fruit in the processing industry and as fresh produce. This may not be as far-fetched as it sounds.

Tomato seeds are currently a major disposal problem for the processing industry. The seeds, on the average, make up about 50 percent of all tomato waste by weight. It is a major cost of the processor to haul this waste to landfills.

However, Geisman believes all this can be changed. The researcher found in 1976 that tomato seeds contain a high amount (25-30 percent) of protein. He says this protein is of excellent quality and should be considered as a potential protein source for a nutrient-hungry world.

In his studies, Geisman has discovered that tomato seed protein, in comparison to the protein in soy flour, is high in a number of nutritionally important amino acids. It is actually 13 percent higher in lysine, 42 percent higher in arginine, and about 49 percent higher in threonine.

Armed with this information, Geisman has set out to find a practical way to separate the seeds from processing wastes. He believes it can be economically feasible to include a tomato seed recovery system as part of the processing plant production line. Before the waste is hauled away, the seeds could be easily separated from the peels, cores, and trimmings by flotation and skimmed off the top.

Next, an inexpensive way of drying the seeds must be found. Geisman has applied for a grant to study the possibility of using solar heat in this stage of the seed recovery system.

In related research, OARDC graduate research associate Daniel Brodowski has found that seeds from green tomatoes have as much protein as those from ripe ones.



Denise Erbe, sophomore, is on her way home to prepare for a typing exam. (Photo by Susan Dreyer.)

Good Nutrition aids in Coping with Stress

Anxiety ahead! Exams ho! What can one do to avoid physical and mental shipwreck during finals.

Smooth sailing lies in coping with stress naturally. Besides being so smart that studying is unnecessary, one can use exercise and proper nutrition to keep calm.

Exercise releases tension by putting one's mind on something else. Psychologist and author of *Your Erroneous Zones*, Dr. Wayne Dyer says, "Any physical activity that allows you to relax will automatically encourage you to be less stressful."

From St. Joseph's Infirmary in Atlanta, Georgia, Dr. Alan Clark echoes Dr. Dyer's statement. Dr. Clark comments, "It is well-known that exercise is the best tranquilizer." Take out those frus-

trations on the track with jogging, or in the gym with calisthenics, or in the disco with dancing. Then, one can concentrate on cramming for finals.

Good nutrition will also help one to cope with stress naturally. With all the pressure — long hours studying, anxious moments waiting — it's time to take extra-special care of one's body. The Shaklee Food Supplement pamphlet on the B-complex vitamins says that the hectic pace of life can "deplete the body's store of certain essential nutrients." It also says that persons under stress "use up these vitamins (B-vitamins) at a faster rate than normal." If one's body does not get what it needs nutritionally, then it will not function at the peak efficiency needed during finals.

Easing tension naturally means eating food high in protein, fiber, vitamins and minerals. These include yogurt, fruits, vegetables, nuts and grains — no "junk".

Barbara Reed, a probation officer who offers nutritional counseling to her clients, says, "I just don't think there is any person alive that doesn't feel better if he eats right."

End-of-the-semester pressures weigh like an anchor on the student's health. Exercise and good nutrition can buoy one up so that coping with the tension of finals is possible.

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HAMBURGERS NOT PREFERRED — SALADS WIN

MADISON, Wis. (On Campus Report)—Food preferences of on-campus eaters at Wayne State U. rate fresh fruit, soup, and salad higher than the all-American hamburger, says a recent survey.

SPORTS HIGHLIGHTS

Delta Bounces Back

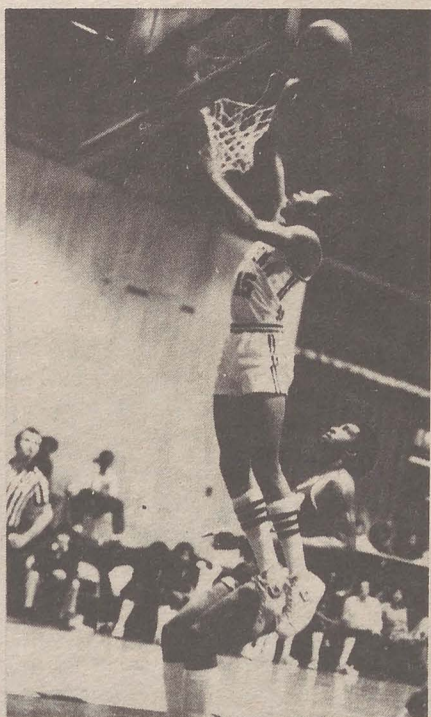
by René Johnson

Alpena Community College Lumberjacks jumped off to a fast 8-2 lead, only to have Delta Community College bounce back to go out in front by a 39-36 margin at halftime.

The Delta Pioneers extended that advantage to 57-42 with 14:08 left in the game — too much for the Lumberjacks to overcome.

Alonzo Weatherly turned in another excellent game for Steve Schray's Lumberjacks, collecting 28 points. Mark MacArthur, Earl Buckingham and Mark Desmet each added 12 points to a losing cause.

Michael Brooken topped Delta with 24 points, followed by Anthony Bell's 17, Dennis McDonough's 16, Kevin Quiroz's 14 and Cass Wilson's 12.



Earl Buckingham leaves Delta earthbound as he soars and scores.

JACKS WALLOP MACOMB 75-72

by Len Gabrysiak

In what proved to be one of the most exciting games this season, Coach Steve Schray's Lumberjacks

pulled out a come-from-behind victory over a good Macomb team 75-72, before a packed house at East Campus gym last Saturday night.

Alpena finally proved to the home crowd what caliber of ball they are capable of playing as they took a 15-11 lead with a little over 12 minutes remaining in the first half. That lead was quickly cut, however, as Macomb came roaring back and scored consistently inside on Alpena's man-to-man defense to head to the locker room with a 38-33 halftime lead. The Lumberjacks were kept close by the strong rebounding of Alonzo Weatherly and John Crooks' hot outside shooting while Jeff Zatkoff of Macomb was able to score inside with relative ease.

The second half started out in much the same way as did the first half, as both teams stayed within six points of each other. Alpena's full court, man-to-man press, combined with their scrappy offensive rebounding put them in the lead, 45-44, with 15 minutes left in the game.

Macomb's 2-3 zone defense stiffened and their offensive exploded for six quick points to vault them into the lead. Alpena managed to remain close but found themselves trailing with only 1:46 left in the game by a score of 72-65.

Two quick corner shots by Mark MacArthur brought the Jacks to within three points. With only 49 seconds remaining, Alonzo Weatherly converted an offensive rebound into a basket and was fouled. He missed his foul shot, only to recover his own rebound and score to put Alpena up by a 73-72 margin.

Macomb brought the ball quickly up the court only to miss and have Rick Nielsen of the Jacks come down with the rebound. Nielsen was fouled and converted both ends of his 1-on-1 to put Alpena up with eight seconds remaining on the clock. Macomb's last shot went astray as the buzzer sounded to end the game.

Alonzo Weatherly was the big man for Alpena as he hit for 21 points, hauled down 16 rebounds and had four blocked shots. Dale Beard ended the night with 16 points, most of those coming in the second half while John Crooks chipped in with 12.

For Macomb, Jeff Zatkoff ended the night with 20 points while Gordon Koschtial had 14, Ron Teal also had 14 plus 15 rebounds.

Alpena's next game finds them travelling to Highland Park on the 16th of December.

Schoolcraft Controls Lumberjacks

by René Johnson

Alpena Community College Lumberjacks suffered their fourth straight defeat Wednesday night, as Schoolcraft Community College rallied in the second half to pull out an 80-74 decision.

The Lumberjacks, led by Earl Buckingham, grabbed a 43-40 halftime lead and scored the first bucket of the second half to take a five point lead. Schoolcraft took control of things after that point, however, and eventually built its lead to the final six-point spread.

Buckingham topped ACC scoring at 13 points despite being blanked in the second half. Alonzo Weatherly and Dale Beard added 12 points each, while Mark MacArthur chipped in with 11 and John Crooks with 10.

Dennis Waltey was high for Schoolcraft with 17 points, while Cedric Olden had 14 and Hoy Monk had 13.

Gerry's Stairs Immortalized

MADISON, Wis. (On Campus Report)—Gerald Ford's old fraternity at the U. of Michigan is being revived after being off campus for nine years. Delta Kappa Epsilon members show rushees the original chapter meeting site and tell them, "These are the stairs Gerald Ford fell down."

"O Dem Dry Bones"

Human bones found in an old, discarded trunk at Catholic U. in Washington D.C., are thought to be linked to initiation rites of an inactive Puerto Rican fraternity. Police say the bones came from at least four different bodies and are over ten years old. Foul play is not suspected. Phi Eta Mu alumni contacted recently in Puerto Rico admitted to knowing about the bones, which they say came originally from the island.

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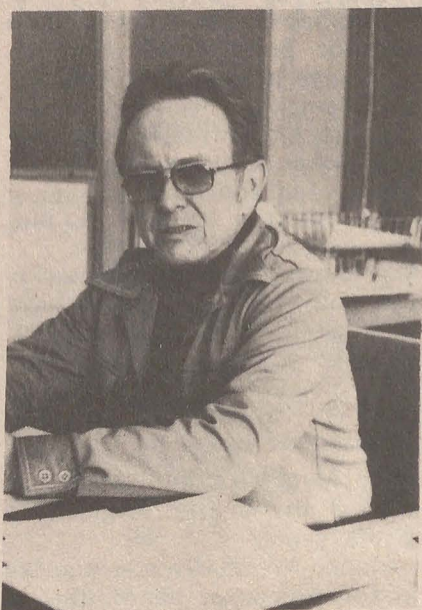


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FACULTY FEATURE



HENRY VALLI

by Suzanne Kitts

Henry Valli, counselor and director of student activities at Alpena Community College has worked in Alpena at ACC for 16 years.

After receiving a B.A. from Northern Michigan University and an M.A. from Eastern Michigan University, Valli taught science courses for six years at three different locations, one of which was Germany.

He became interested in helping and counseling his students and gradually turned to counseling full-time.

He was offered a job here in Alpena in 1962 as a counselor, and then he was the college Registrar for five years. He went back to counseling again when the registrar job was terminated. "(He) preferred people to paper", he said.

Along with being a counselor, Valli is also the coordinator of stu-

dent activities, is on the Pop Entertainment, Movie and Finance Committees, sits in on the Presidents' Council, and is secretary to the Faculty Council. He also manages the Campus Activities Board budget and is involved with the work-study and career education programs. The jobs advertised by Valli in the Splinter are part of these programs.

Coordinating student activities entails much work and participation. It gives him a chance to work with students and people in many different ways which he greatly enjoys.

Renting buildings and equipment, reserving bands and acquiring liquor licences are just a few of the jobs that go along with coordinator.

Asked about student apathy, Valli said, "Involved students are involved." He realized that for many students the main objective of going to college is to study. Still, there are many who like to participate in extra-curricular activities, and he is happy to see the ones who turn out. To have an opportunity for involvement, to have information for whatever they need, and to have someone help them with it, is the reason he is there.

Valli has a wife and two daughters. He enjoys fishing, cross-country skiing, cards, and singing in his church choir.

Asked if he had any future goals in mind, Valli said that right now he has found a niche in which he is comfortable and he doesn't want to change it.

He enjoys getting involved and working with people and said, "(The students of ACC make my job enjoyable."

People Love ACT— Vice Versa

by Cathy Mason

In *The Modern Drama*, Ludwig Lewisohn writes, "In all ages the Drama, through its portrayal of the acting and suffering spirit of man, has been more closely allied than any other art to his (man's) deeper thoughts concerning his nature and his destiny".

ACT was founded by Homer Story about 25 years ago. Productions were sporadic and staged in different buildings around Alpena, (most frequently at Ella White School.)

Since 1963, ACT has continuously put on plays at their present location at 401 River Street. The theater group which is a non-profit organization, leases the building from the city of Alpena for \$1 per year. All ticket proceeds go toward production costs and building improvements. Last year new seats and carpeting, as well as a new piano were purchased.

All the people involved in ACT are volunteers. It takes many people to produce a show not only actors. The ACT Board of Directors is comprised of three groups: officers, technical department heads and directors.

The officers are: Kristy Dodge, president, Jerry Lannoo, vice-president, Bill Maxwell, treasurer and Phyllis Druckman, secretary.

The department heads, and the technical area they manage, are: Clarence Dailey, lighting and sound,

Joan Dailey, make-up, Sue Maxwell, props., R.G. Beegen, set construction, Sonya Titus, publicity, Phyllis Druckman, costumes, Carol Lannoo, stage manager, Dave and Connie Dierking, box office, Jerry and Carol Lannoo, reservations.

The directors for the '78-'79 season are R.G. Beegen with *Night-watch* and Keith Titus with *Oedipus Rex*. Both of these productions were presented. Still to come is Dave Elliott with *Blithe Spirit*, Barb Elliott with *Flower Drum Song* and Clarence Dailey with *And Miss Reardon Drinks a Little*.

Try-outs are held at the theater a day or two after the closing of the last production. The community and ACC students are invited to come whether their interest is performing or working backstage.

The college purchases tickets for each show and makes them available to students, free-of-charge.

Secretary for ACT, Phyllis Druckman echoes the view of many in the community when she says, "The type of things ACT is doing are things done by other civic theater groups in cities much larger than Alpena, because of the people and facilities we have, and the kind of support we get from our audience."

In the Lewisohn tradition of drama, ACT's "portrayal of the acting and suffering spirit of man" finds appreciation locally.



Designer Cashes in on Castoffs

DETROIT, MI (The Detroit News) —When she opened her first Fabulous Second Hands shop on the Wayne State University campus eight years ago, most people considered Marianne Penzer and her enterprise a bit strange. At that time, few young women would have been daring enough to wear 1920-vintage dresses and high button shoes, let alone try to merchandise such relics. But Penzer was determined to fashion a career and, if possible, a profitable business from the sale of other people's castoffs.

"When I started, people would come into the shop and look and be amused by what they saw," says the former model, who grew up with five sisters on a farm near Battle Creek where hand-me-downs were the rule rather than the exception. "I remember when a big day was selling \$20."

The recent nostalgic trend in clothing design has changed all that. Suddenly, ecru lace, padded shoulders, and pleated pants are back in style. Customers who once would have blanched at the idea of buying someone else's discarded clothing are flocking to the racks

of her Harmonie Park shop in the old garment district.

"People are getting tired of mass produced polyesters and are coming to appreciate old clothes because they can see the care that went into making them," says the 33-year-old designer, who is now creating her own period clothing from old patterns and remnants. Penzer says she travels extensively and spends days rummaging thru old retail stores, estate sales and other people's attics to find the: Art Deco jewelry, French-made silk teddies, and fox fur boas that fill her shop shelves. "But we have to be more resourceful now," she explains, "because so many vintage clothing shops are opening up."

Penzer herself has become a recognized authority on antique clothing and has helped stimulate interest in the Detroit area by organizing period fashion shows, giving lectures at Wayne State and Cass Tech, and displaying pieces from her own \$20,000 collection at local art galleries.

"I don't think there's ever anything new in fashion," she concludes. It's always just remembered. **Claudia Capos**

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TO SHARE! FREE FUN! Come to try-outs for the next Alpena Civic Theater production, *Blithe Spirit*, Wed., Dec. 13 (TONIGHT), at 7:30 pm, 401 River Street. SEWING & ALTERATIONS done. Everything from a wedding gown to a zipper in your pants. 727-3269 (It's a party line, so keep trying.)