

editorials

How to shock teachers, remain in school

Do you feel as though the same old things are always happening? There's no doubt about it, parking tickets, a messy lounge, late arrivals to class, incomplete homework, lack of participation in class, responsibility avoidances, etc., have trenched a rut for college students. Let's face it, we're no different from other college students; we blend right in. To be recognized, we must participate in unique activities. Riots and mild revolts have occurred repeatedly and they no longer have the impact on us that they used to. We are just going to have to do something that is believed to be impossible. One suggestion is to revolt in a new way--surprise the heck out of people--do what is not expected of us--do everything right.

How do you suppose the faculty, administration and other authoritarians would react to student perfection? More than likely they wouldn't be capable of handling such preposterous absurdity. (Are we objective-minded enough to avoid possible success-shock ourselves?)

Because we all like a "good laugh", it might be worth our while to make extensive efforts towards acquiring straight A's participating in class and avoiding parking tickets. (Everyone had better attend class prepared

by wearing a hard hat because, although the stability of the building structure is strong, the sudden change in the atmosphere might drive the building crazy; it might even turn to climbing its own walls. When that starts happening, do the unexpected--hand the instructor a hard hat.)

While we're making memorable history, we might as well add to the list by arriving to classes on time. Everyone knows (even English instructors) that human is spelled l-a-t-e. Let's take roll of the amount of instructors who manage to talk with any degree of sense when everyone in class arrives on time. Students' experiences at the present indicate that an instructor stumbles over words when he is denied the opportunity to stare at a later-than-everyone-else student.

We don't want to be forgotten easily! We can't delay our strategic actions any longer if we're going to do this before the end of the semester. Let's begin planning our course of action now. Who's going to be in charge of answering the 24-hour nursing department telephone that we will be forced to install because of the predicted need for shock treatment, (we might as well give the nursing students educational experience.)

wafb report

Wurtsmith names LaFond outstanding student for 1978

By Greg Longacre

Peggy LaFond has been named recipient of the 1978 Outstanding Achievement award for the Wurtsmith campus of the college. LaFond was selected for the award by the ACC/WAFB Student Advisory Committee. The award will be presented at the Wurtsmith graduation on May 6.

The award is designed to recognize outstanding academic achievement, and also to recognize outstanding contributions to the Wurtsmith Center.

The Student Advisory Committee indicated that "it was easy to choose Peggy because everything she did with the college was outstanding."

Greg Longacre, the WAFB Program Director, stated that "Peg is one of the few people I've met who genuinely 'cares'. She did so much for the college and for people. I'm very glad that she's getting some recognition."

LaFond graduated from the college with a 4.0 average. She served as vice president on the 1977-78 Student Advisory Committee. She was also an active member of the Graduation Committee.

She served as editor of the bi-weekly student newsletter, the Alpena Chit-Chat, and was a contributor to the Earth magazine and the Polemic(now Campus Update). LaFond also directed and participated in the last two ACC Interpretative Reading Dinner Theaters at Wurtsmith.

In an interview with LaFond, she indicated that she was "really proud to receive the award--it made me feel good. I wish everyone could experience how good I felt when I received the letter notifying me of the selection."

College at the Wurtsmith Center allowed LaFond "the opportunity to express myself. I learned what I was capable of...and I'm not going to settle for anything less than what I want to be."

Publicize easy courses

MADISON, Wis. (On Campus Report)--Easy courses (as determined by average grade distributions) would become more widely known if the faculty of the College of William and Mary had their say. In a recent poll, over half said such distributions should be made public.

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bohydrates, often thought of as the villians that cause obesity, are now in favor, providing the carbohydrate food is high in nutrients per caloric unit. The senate committee, therefore, suggests a reduction in refined and processed sugars which contain no nutrients.

They also suggest that people decrease foods high in cholesterol and salt. The cholesterol level is not a simple issue since individuals vary in the way their bodies handle it. However, there is good evidence that large amounts of sodium (above 2 gms. per day) causes high blood pressure.

Limiting butterfat, eggs, animal fat and organ meats in the diet will reduce cholesterol intake. Cutting down on salt, shellfish, cured and smoked meats, bacon and sauerkraut will lower sodium intake.

Limiting certain foods is what is upsetting the food industry especially since the scientific evidence is not clear-cut. Kolasa pointed out that the guidelines were only suggestions and that there is no one perfect diet.

The guidelines, if carried out, may give protection from the major killer diseases, such as, heart disease, cancer, stroke and diabetes, but, it provides no guarantee, only a strong probability that the recommended diet will reduce the risk of disease.

Society needs mistakes

By Mary Kelley

The United States' news media is promoting error free news reporting. After a three year research period, the U.S. Insurance Corporation, a non-partisian insurance company, concluded that reporting errors are made by reporters who are not professional in the field they are reporting.

They have proposed to Senator Griffin that he introduce a bill to the Senate mandating that all news makers write their own news article. Therefore, all who commit suicide, all who murder, all who get killed in car accidents, all who are in politics, all who are involved in any event that generally would be in the news media will have to write their own article.

Griffin commented yesterday on the dangers of error-free news reports, "Our citizens are not well enough adjusted for perfection. The move would be detrimental to a society that evolves around such errors."

'Don't write letters' contest

"Why I don't write letters to the editor of the college newspaper,"--in 25 words or less.

A cash prize of \$5 will be awarded for the most original and thought-provoking letter submitted.

All letters must be typed, placed in an envelope, addressed to Campus Update and put in the C. U. mailbox in the business office, VLH by March 30.

Don't forget to write your name, address and phone number on your entry.

The winning letter will be published in the April 4 issue. All applicants will receive a free one year subscription to the Campus Update.



Cyclists pay

MADISON, Wis. (On Campus Report)--Bike parking in lots near the center of campus will cost students a \$5 yearly fee at Iowa State U. under a new plan approved there. Free lots are placed at the edge of campus but planners estimate 8,000 cyclists will pay the \$5 fee for close-in parking.



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