

CAMPUS UPDATE

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Alpena Community College, Alpena, MI

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ISP Launches Successful Second Year

by: Lynn Lightner

The Interdisciplinary Studies Program, initiated with the support of the National Endowment for the Humanities, is in its second year of operation once again under the direction of Terry Hall and Lawrence Boyer.

The general purpose of this program is to provide students with an alternative first year college experience, stressing the humanities disciplines and the education of the "total person."

Many significant changes have been made from last year's program. "Last year was a year of problem definition," stated Hall. "We are much more able to define what needs to be done for the students this year." As a result of redefining and restructuring, Hall feels "more comfortable" with this year's program.

Hall cited the major change in the program as being a shift from abstract to more concrete learning materials. Since last year's students had a hard time dealing with the level of abstraction and since "the students attracted to this program are more concrete" the switch was made.

A result of this major revision is the introduction of an analytical reading component in the English courses. It is designed to help move students to thinking in more abstract terms.

Another major change in this year's ISP is the added feature of a highly structured group process activity operates in the form of support groups which consist of four or five students who lend one another assistance in dealing with problems of both an academic and personal nature.

Frank McCourt has been supplemented into the program to serve as a counselor to the ISP students. McCourt meets weekly with the group to discuss and answer questions about college life. Attending the workshops offered through the Learning Skills Center is also another group activity that the students benefit from.

With a year of trial and error to look back on, the 1983-84 Program's course objectives are as follows:

1. A reading level between grades thirteen and fourteen as measured by the Nelson-

Denny Reading Test. This reading level includes an equivalent score on vocabulary and assumes appropriate analytical as well as mechanical reading skills.

2. A certain level of writing proficiency which includes a score of 75 percent on the Academic Competency Communications Test and a comparable score on the Alpena Community College Writing Assessment Test.
3. An I.Q. (or Generic Skill Index) between 120 and 125.
4. A score of 70 on the WMRT, a test of mathematical reasoning.
5. A certain level of psychological maturity that includes the ability to appraise realistically one's educational goals and values, to pursue appropriate educational programs, and to plan for a career that is

consistent with one's interests and achievement.

Students who may be especially attracted to this program are those who fail to meet any one of these five objects. One should not misconstrue this, however, to imply that the ISP is for below average students. Hall vehemently states that this "is not a remedial program." There exists within its framework real opportunities for students at all academic levels. The present group, according to Hall, is certainly comprised of a well-balanced cross-section of student abilities.

One facet of the program that hasn't changed, and which Hall cites as perhaps the single most successful component of the whole program, is "the environment" that is created. With the students all taking the same classes together, Hall states that the "peer interaction is wonderful" and it is a "great support system in which friendships are easily formed."

With all of the ISP courses plan-

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Student Senate Plans Daytona Beach Trip

The Campus Activity Board, under the suggestion of the Student Senate, has formed a three man committee to investigate the possibility of a vacation-styled trip for college students during the Spring break, Feb. 27-March 4.

The Committee is chaired by Student Senate Representative Ron A. Ross, and under his guidance has put together a low cost, fun-filled trip. *Daytona Beach Florida!* is the call this year for Alpena Community College students interested in getting away from the cold, frosty Alpena environment.

"Our committee had organized a low cost vacation to Daytona Beach," stated Ross. The cost, a meager \$204.00, covers transportation to and from Daytona Beach, 8 days and 7 nights in the luxurious Hawaiian Inn,

located on Florida's famous beach. This price is based on 4-to-a-room occupancy and also includes full use of the hotel's kitchenettes.

"We feel this is a great price for this type of activity," remarked committee member John Loflin. "In addition, we are offered various side trips for around \$20.00 each, all optional." These side trips, according to Loflin, are day-long events, and include Disney-world, deep sea fishing, touring St. Petersburg, and many others.

"The reason we are able to offer this package for such a low price," says Ross, "is because they are sponsored by the many American beer companies." Apparently the beer companies aim these trips at using adults for promotional advertisement. These companies have been

known to sponsor free parties and to give away free T-shirts, frisbees, and other items which display their product.

"It's going to be a great time!" piped Loflin. The trip is definitely on according to committee members, since there is no minimum required attendance. The trip is available to all. Sign up sheets are posted in traffic areas of the college. A \$50.00, completely refundable, deposit is due by December.

Other colleges in Michigan attending the activity include, Michigan Tech and Ferris State.

Starlight Beach Receives Improvement Grant

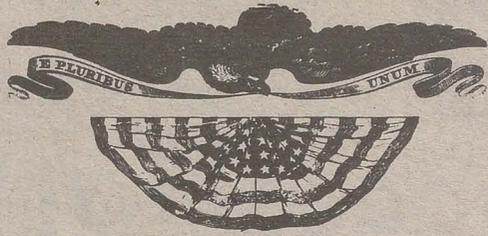
U.S. Congressman Bob Davis recently announced that the City of Alpena has been awarded a grant from funds that have been released by the National Park Service to the Michigan Department of Natural Resources.

The \$65,867 grant will be used for Starlight Beach improvements such as road repair, parking, and a bike path. It will also include renovation of the picnic area.



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EDITORIAL PAGE



The time has again arrived when we, as American citizens, have the opportunity to exercise one of the most powerful tools at our disposal. That, of course, is our right to vote.

A simple course in history will tell us that the general American citizen has not used this right very much over the past 200 years.

In the early years of this country, people thought they really had no say in governmental affairs; so they didn't bother to vote. In the 1800's, however, there was a span of about 20 years when seemingly everyone got involved in politics. At this time, it is estimated that about 85 percent of the population of this country cast ballots during elections. From about the 1830's to the present, voter participation has been steadily declining with a few exceptions, mainly during the war years.

In the past 12 years, the most voters turning out to a national election has been about 37 percent of the total population, the Presidential election of 1976.

Well, voters in this area do need to worry about a national election this time around. However, many important local issues and positions will be decided in the upcoming general election. Issues such as how much money the local school system will receive to operate, and if the citizens care enough about the schools to better the educational process by helping to reinstate sixth hour for all students and extra curricular activities for the district. Positions, such as the leader of the City of Alpena, seats on the local school Board of Education, and closer to the college students, two seats on the college Board of Trustees.

You may say, "Well, most of those issues really don't affect me much, so I won't bother this time." What if 200 people in this area said the same thing? It is known that, in this area, a difference that seemingly small can mean a completely different outcome of an election.

There are approximately 500 freshmen this year at A.C.C., all of which have just acquired their right to vote by turning 18; that magic number that makes us all legally adults. Hopefully these 500 new adults have registered to vote. That many votes could easily decide an election in this area.

The United States is the only country in the world which has frequent, complete private and free election of public officials and issues. I would ask that each of you take time out of your busy schedule, which all of us have, and exercise that valuable right to vote.

If you are one of those who say "My vote won't count anyway, so why bother", then you have absolutely no right to complain after the results are tallied.

Remember to vote November 8



Letters to the editor may be submitted to the Campus Update mailbox in room 107 VLH. Letters must be in type written form and signed by the author in order to be considered for publication. Letters may not contain any vulgar or offensive material.

A MUSING II

by: Lynn Lightner

Not since Lassie has there been a canine creature who's pawprint is in such great demand. But now, Alex, the talented Stroh's beer retriever, who achieved national stardom last week by winning Strohs the "Tops in TV Ads" award, has been forced to lay all four legs to ink at a time.

It just so happens that I ran into Alex the other day at the Speedy-Way Grocery when we both reached for the same box of Kibbles-n-bits.

ALEX: Hey jerk, let go of that!

ME: Why, why aren't you Alex, the Strohs dog from television? The one who opens beers and then drinks his master's beer?

ALEX: Ya, ya, what's it to you? What do you want? Here, take \$5. Will that do?

ME: Well, no, I don't want your money. I just wanted to congratulate you on winning the top TV commercial of the year.

ALEX: Thanks. I'm sorry for barking at you, but I've been on the end of my rope ever since this whole celebrity thing started. Personally, I wish Kathy Rigby would have won. I think she's kinda cute.

ME: But don't you find it exciting being in the public eye?

ALEX: Nay, I'd rather be out chasing cats. Night and day people are pounding on my doghouse. I got no privacy. Miller, Bud, Pabst, Busch--you name it, they all want to buy me over. Playdog won't get off my back.being a star is rough. Ruff, Ruff, Ruff.

ME: I'm really sorry to hear this Alex! I guess it's tough being talented.

ALEX: Talented--HA! It's all a scam! I don't even open the beer bottles, let alone drink one. I hate beer! Never touch the stuff!

At this point in our conversation, a scream of "There He Is!" echoed from the Produce Section and Alex was suddenly stampeded and carried away by a herd of female German shepherds, collies, poodles and daschunds.

Poor Alex!!!!!!!!!!!! I guess being a national hero isn't all that it's cracked up to be.

While we are on the subject, keep watching for Alex's soon to be released movie, "The Day I Buried My Bones and Went to Hollywood." Film critics everywhere loved it. *The Washington Post* said: "A howling success! It is a touching and insightful portrayal of the life of a celebrity. A real tail-wagger."

Look out Reagan, rumor has it "ALEX FOR PRESIDENT IN '84" bumper stickers are turning up everywhere. It might be hard going from peanuts to jellybeans to Kibbles-n-Bits but who knows.

Law Enforcement

by: Madeline Hoppe Trip

A field trip to gain first hand experience was taken last week, October 26-28, by 20 ACC law enforcement students and instructor Herm Bordewyk. The trip included visits to four southern Michigan Correctional institutions.

Thursday the group observed the facilities at Jackson Prison and the Center for Forensic Psychiatry at Ypsilanti State Hospital.

Friday they toured Milan Federal Correctional Institution at Milan, and the W.J. Maxey Boys Training School at Whitmore Lake, before returning to Alpena.

Meetings are held Wednesdays at noon in Room 120, VLH. Any student who is interested in law enforcement may attend.

Club members are, President, Jeff Weiland, Vice President, Diana Kelsy, Secretary, Julie Henkel, Treasurer, Ed Palmer and Advisor, Herm Bordewyk.



CAMPUS UPDATE

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ISP

(Continued from Page 1)

ned and co-ordinated together; rendering reinforcement of ideas from one class to another is also another highly valuable learning opportunity in this integrated approach.

One fact that speaks for itself about the success of the first year experience program is that 83% of last year's students enrolled in the program returned to ACC for a second year. This compares with ACC's average returning freshman rate of 36%.

One ISP graduate who returned to ACC for his second year is Dave Beronet. He speaks very highly of his first year college experience.

Beronet feels the Program improved his study habits a lot and helped him to develop Academic skills - especially aiding him tremendously with his writing ability. He cited the loose structure at the Program as having "allowed me to do well. . . normally if I had come into my first year of college, I don't think I would have."

Beronet claims to have had no trouble with the transition this year to the regular classroom. Upon reflection, Beronet added, "The only problem I have encountered lies not with the class or the teachers but with the students. I miss the interaction that was possible in the ISP and the way friendships were easily formed. I've been disappointed in that respect. . . the ISP made students more active and willing to participate.

Being an above average student, Beronet was presented the question of whether or not he felt held back academically in any way in the ISP. He responded, "Last year I must admit I was challenged most of the year. The loose structure allowed students to go at their own rate. It made a believer out of me. And I was probably the most pessimistic in that respect."

The ISP is continuing to make believers out of freshman college students. Whether or not new converts will be accepted in the upcoming winter term though has not yet been decided.

by: James Sanders

Witches and warlocks, goblins and ghouls.

This was the scene last Thursday afternoon and evening as the Wilson Dorm students presented their annual spook house. The spook house is a tradition held each year for the past 8 years for the handicapped students of Pied Piper.

The Pied Piper students were off to a screaming start that noon as they wound their way

through the four rooms of horror and amazement. Some fled as they caught sight of a witch and other scary creatures in the first room, which was constructed by the second floor Dorm students.

Those who were brave enough, continued on into the unknown finding themselves in a grave yard complete with a grave robber. A gruesome scene constructed by first floor Dorm students.

As for the third floor Dorm students, they came up with their interpretation of a sinister villain, claiming innocent victim.

The tour was rounded out with a trip to the laboratory of a mad scientist where Pied Piper students were entertained by the antics of Igor the lab assistant.

Then as evening came and darkness fell the spook house took on an even creepier look as a fresh host of gruesome

Museum Highlights

by: Joan Brown

November is an exciting month at Jesse Besser Museum beginning with the Annual Northeast Michigan Artists Juried Exhibition on November 6.

The juror exhibition includes original art work submitted by artists residing in Northern Michigan. Among the entries in this year's exhibition are quilts, stained glass and paintings. Eugene Jenneman, Assistant Director at the museum said, "The exhibition has been improving over the years and I expect this showing to be very strong."

The exhibitors get the professional assessment and critique of William Story, this year's juror. He is director of the Saginaw Art Museum and former director of the Ball State University Art Gallery in Muncie, Ind.

Approximately 25% of the open media entries submitted for jurying are accepted. Out of those, three cash prizes of \$75, \$60, and \$50 will be awarded by the juror. Many of the works will be for sale.

A one-man show by former ACC student Brian Gougeon will be at the museum November 14 through December. Gougeon has studied in France and has won several awards for his work. Jenneman said this is an important show since Gougeon has a very unique interpretation and style. He is also one of our own.

A Christmas exhibit is planned by the Northeastern Doll Club of Michigan. *Childhood Memories* will feature toys, trains, dolls, and performances by local artists. This exhibit will be at JBM November 17, 18, 19, and 20.

Still at the planetarium is *All Systems Go!* which is dedicated to the people of NASA and recounts our country's amazing journey into space.

Circle - K



Front row, left to right: Carol Szymanski, secretary; Tammy Chimner, Barbara Manning, vice president; Kim Reynolds, treasurer. Back row, left to right: Jenny Schram, Kim Thum, Dr. Richard Moreau, advisor; Mary Moreau, Pat Lambdin, Linda Pokorzynski, district secretary/treasurer. Missing: John Loflin, president.

Forestry Students Work on Island

by: Tim Grulke

During the past few weeks, students from the Urban Forestry class at A.C.C. have been improving the island behind the Wildfowl Sanctuary in the Thunder Bay River known as Sportsman Island. By planting various grasses, shrubs and trees, the students hope to stimulate other plant growth and prevent erosion, in order to make the island an afternoon enjoyment spot.

When asked why the students were improving the island, advisor Jay Wright said, "It is a learning experience for the students. They are able to take the skills they have learned in class, and put them to use."

The island, which is actually a large sand dune, lacks the proper soil make-up to keep trees and plants growing. With assistance from Wright, the students have spread top soil, mulch and fertilizer over many areas of the island to give the ground some vegetation. They also planted

flowering crab trees, for beauty in the spring when they bloom colors of white, red, and pink. Along with the crab trees, the students planted various other trees, ornamental shrubs, and beach grass, which serves as a ground cover and soil retainer.

The group used aerial photographs of the island to help them in the planting process and also in constructing a hiking path. These photos benefited the students because they could see all the areas of the island that needed improvement. The biggest project, according to the students, was the building of a stairway/ramp so that the handicapped could view the beautiful scenery of the island.

Eventually the City of Alpena wants to make Sportsman Island into a public park. Families could spend a day on the island for a small fee, with all money collected being spent for more improvements. Currently the island is open to the public.

Wilson Dorm Students Host Annual Spook House

characters came to life for participants in the Big Brothers/Big Sisters Organization.

All in all it was a wonderful event with games and prizes for the "spooked" visitors.

Those involved in the spook house are sure that the participants from Pied Piper and Big Brothers/Big Sisters will remember this event for a long time.

Eating Right - Some Healthy Tips

How often do you skip a meal or munch-out on your favorite brand of chips instead of eating a well-balanced meal? Food alone cannot make you healthy, but good eating habits can help you stay healthy and even improve your health.

What should you eat to stay healthy? There is no easy answer to this question. People differ and their foods may vary according to age, sex, physical activity and general health. In addition to diet, health can depend on heredity, lifestyle, personality traits, mental health, attitudes and environment.

One of the first steps in good nutrition is to eat a variety of foods. No single food item supplies all the essential nutrients in the amounts that you need. The greater the variety, the less likely you are to develop either a deficiency or an excess of any single nutrient.

Daily selections from the major food groups: Fruits and vegetables; cereals, breads and grains; meat, poultry, eggs and fish; milk, cheese and yogurt; is one way to assure a well-balanced diet.

Another way to stay healthy is to maintain "ideal" weight. If you are overweight, your chances of developing some chronic disorders are increased. To determine what the "ideal"

weight is for you, check with your doctor. Your doctor knows your medical background and can prescribe a diet that will get you to your "ideal" weight.

One thing is certain, to lose weight you must take in fewer calories or increase your activity --or both.

Fats and sweets are high in calories and low in nutrients. They should be eaten very moderately if you are trying to lose weight. Speaking of calories, our bodies need them. The number of calories we need depends on many factors--like how much energy we use, our growth and body size. Eating more calories than your body needs can cause you to gain weight.

Most Americans also consume more sodium than they need. You should consider reducing your sodium intake. You can do this by limiting your table salt and salty foods such as potato chips, pretzels, salted nuts and cured meats.

By now you are probably asking yourself if all this is really necessary to stay healthy. The answer is a resounding yes. What people eat--as infants, children or adults--can affect the length and quality of their lives.

Remember, good eating habits are essential for good health!

New Service Available for Students Considering Career in Law

A major new service for students who are thinking ahead to decisions about post-graduate and professional degrees and future careers has been announced by the Law School Admission Council and the Law School Admission Services. Developed by organizations that administer the Law School Admission Test (LSAT), the new service is called The Law Package.

A four part program of publications, services and self-evaluation materials, The Law Package will help students explore and evaluate their interest in law school. Students can take a "tryout LSAT" and request to evaluate their strong points and weak points.

The Law Package will also help students explore questions about the admission process and law school, the aims of legal education, and the range of careers available with a law degree. To

assist those who decide to apply to law school, The Law Package provides a guide to the admission process.

The Law Package will help students make important decisions about professional training and careers. It is designed to acquaint students with the analytical thinking and problem-solving abilities they will develop in law school, and help them decide whether they really want a career in law. Freshmen and sophomores who are indecisive about their career paths will benefit from this introduction to legal education and legal careers.

DON'T FORGET!!
There are
only
52
shopping
days
until Christmas.....



BODY TONING

by: Anthony Terry

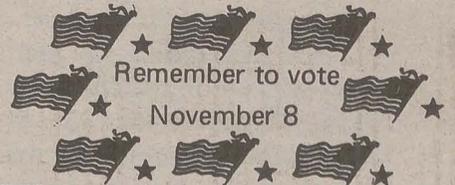
The college's body-toning class, part of the intramural program, has proven worthwhile.

It's an exercise class similar to the one Richard Simmons performs on television. It has the music, fun, and plenty of room, but not the camera.

Terese Townsend is the instructor of the class and she does an excellent job. What she does exceptionally well is motivate. She helps you keep your mind off the work with an electrifying smile. She talks to you, and tells you the purpose of each exercise. Also, Terese gives you that extra push when needed.

The participation is great with at least 40-50 people in attendance each night the class is offered. The only down point that can be said about the program is the participation of men. Presently only four to five men show up on a regular basis. Men should realize that this is not a feminine activity. Body Toning classes like this one are enjoyed by men all over the country. Professional sporting teams make this a part of their daily workout. It gives participants flexibility, stamina, and endurance. The body toning class is pre-

mented to everyone needing to relax or just get away from it all. It's offered every Monday and Thursday from 6:00 to 7:15 at East Campus and the cost is free.



Movie Review

by: Julie Taylor

Jennifer Beals renders an awe inspiring performance in Adrian Lyne's "Flashdance".

Beals portrays a fiesty, street wise, Pittsburgh dancer named Alexandra. Encouraged by a retired dancer who is aware of her talent, Alex applies for admission to the prestigious Pittsburgh Dance and Repertory Company. Although Alex is only 18 years old, she is employed as a welder and a modern dancer at Mawby's Bar to support herself when, and if, the company accepts her.

Jennifer Beals' fantastic dancing and acting abilities, along with stunning choreography, costume design, set design, and music, make "Flashdance" a film one must not miss.

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"GIMME A BREAK" cards will not be available after November 30, 1983. So stop in and pick up your card today! Watch for details of monthly specials at your local McDonald's. Offer good only at McDonald's of Alpena, Oscoda, and East Tawas.

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