



campus activities



A.C.C. Sports



ACC Men's Cross country team. Back row, left to right, Carl Scheuler, Tony Misiak, Matt Parcels. Front Row, Randy Elsworth and Bruce Kuchnicki.

ACC Cross Country

October 13 was a rainy Saturday, but the ACC cross country teams braved the chill and wetness and raced at Ferris State College.

The competition was the highest caliber in the state, with teams such as Lansing, Southwestern and Northern also racing.

"All the schools we raced against have four year programs-most of the runners were recruited" coach Joe Gentry stated.

Most runners of the ACC teams improved their times from previous races. Tony Misiak and Lou Ann Mahalak took highest honors amongst the Alpena racers on the hilly course.

The next meet is scheduled for Saturday, October 20, at the Alpena golf course.



ACC Women's cross country team. Back row, left to right, Candy Hiser, Monica Wozniak, Janie Levitan, and Coach Joe Gentry. Michelle Campbell, Val Willis, Louann Mahalak

Lady Lumberjacks Tune Up

The 1984 Lady Lumberjacks basketball team has started working out at the Superior Health Club in the Thunder Bay Shopping Center. The club has agreed to give the team six weeks of free membership in order to better their endurance and strength. Their work outs, which are three times a week, consist of body toning and exercising the legs, abdomen, hips and upper body. Every person has their

own program, depending on what areas need improvement. The health club also provides a dry sauna, steam sauna and showers. Aerobics are offered three times daily.

The Lady Lumberjacks appreciate the use of this facility. Other ACC students can take advantage of the Superior Health Club through ACC's intramural program by signing up for eight weeks in Van Lare Hall, room five immediately.

By S. Clark

I'd rather say nothing,
than have nothing to
say and say it.



Halloween Costume Dance

Saturday, October 26

~~Civic Center~~

Phil Donakowski's 8618 French Rd.

All ACC Students Welcome

Free Admission B.Y.O.B.

(Bring Your Own Boo!)

A.C.C. CROSS COUNTRY
VS. SCHOOLCRAFT
SATURDAY OCT. 20th
ALPENA GOLF COURSE
MEN'S 10:00am WOMEN'S 10:40am

WANTED: Student spring break Representatives for Collegiate Tour and Travel. Earn Comp. trips and cash. Call right now for more information. (612)645-4727 / 1-800-328-5897 or write to Paula 2111 University Ave., St. Paul, MN 55114.

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