

Escaping Stress

By M. W.

There are many methods college students use to escape the pressures which come with obtaining a higher education. One of the most popular means of escaping, albeit short term, is through the use of alcohol. For some, liquor is used to temporarily forget their worries.

Two major reasons liquor is used are its availability and familiarity. While attending college, one associates with a good number of legal age drinkers. The occurrence of having someone "buy" for minors is commonplace. While some students resort to drugs for a high, the majority stick with alcohol, because it is so accepted. Most have had some experience with alcohol prior to attending college, and regard it as relatively safe. They rely on the old "my parents drink and they're okay" syndrome.

Parents contribute to the alcohol consumption of their children, even if they do not supply the cash for booze. The high expectations placed on former honor students can be tremendous. The once-outstanding member of the Honor Society, better known as a

"brain" in high school, now struggles to maintain a 2.0 average. He then may resort to alcohol as a result of feeling he has failed in his parents' eyes.

Another correlation with parents and their college children who drink stems from the high school years. The initial reason for drinking for many was to have a means of avoiding parental rule by rebelling. In feeling aroused via alcohol becomes a need after disappointment.

Eventually, the excuses for drinking can reach both ends of the scope. The scholar who once was only satisfied with A's, now celebrates when a B is achieved. The excuses for this means of escape can range from "I got a B on my test, let's party!" to "I just bombed a quiz, let's get wasted!"

The college student who drinks is running the risk of not only forgetting his immediate problems but adding to those problems the possibility of alcoholism. The time which could be used for studying to improve the low grades which the student can't accept, is now spent on forgetting, yet causing, his troubles.

"OOPS"

By Sienna Samp

The Campus Update staff wishes to apologize to Monica Jahnke, one of the staff's reporters. Monica spent two weeks studying the election issues and talking with the candidates to bring you the well constructed election review that appeared in our last issue. The Campus Update regretfully acknowledges the fact that we forgot to use Monica's byline crediting her for her review.

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By Hubert Haske

The new born Lamb of Spring,
Whispers gently through the trees.
Testing brand new legs of sun,
Wobble, fall, walk, run.

Where it dances on still snow,
Trickling water soon will flow.
Winter blanket, disappear!
The new born Lamb of Spring is here!

Slowly prancing through the wood.
Moment resting, could he? Should?
Looking up from where he lie,
Through forests window sees blue sky.
Their leaves are gone he wonders why?
Then sleepy dreamer closes eye.

Winters Lion smells intruder.
And sees his work of frost in ruin.
Reaching south with freezing power,
The beast will hunt, and find, devour!

Soon snow covers wakend land,
With just one breath of winters hand.

The lamb is hidden out of sight,
For snow and wool are both so white.

Now the lions anger grows,
He cannot see his tiny foe.
Violently shaking trees,
He finds the Lamb, he turns, he flees.
A mighty Lion searched for the Lamb,
But baby cub wakes angry Ram.

Curved horns of Summer Hammer.
Once ferocious Lion stammers.
Retreating Winter tries to fight.
Two gladeators day and night!

Through ones window viewer sees.
Caught in the battle are the trees.
They are awakend in the storm
And seem to yawn and stretch when warmed.

Flexability returns,
Beneath is found green floor of fern,
Where grazing Ram will soon learn,
What into cubs of autumn turn.

Volunteer Center Celebrates

By Tracy Urban

Belated birthday greetings to the Alpena Volunteer Center.

The Alpena Volunteer Center celebrated its seventh birthday on Saturday November 10, at the Alpena Mall from 10 a.m. to 9 p.m. with free birthday cake and coffee.

Also available were free lists of useful information on recreation groups and activities, senior citizen discounts in areas covering pharmacies, restaurants, beauty and barber shops, motels and miscellaneous businesses.

Another list available was a listing of hot lines and toll free numbers offering information or help in areas like legal assistance, pregnancy, car purchases, organ donations, and taxes.

There was also a list of programs and services for young people which includes areas of interest such as alcohol and other drug problems, counseling, employment, rape, run-aways, and suicide prevention. One other list available was a loan directory and free services listing for people who need to borrow sickroom supplies and equipment.

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