

THE BENT TREE

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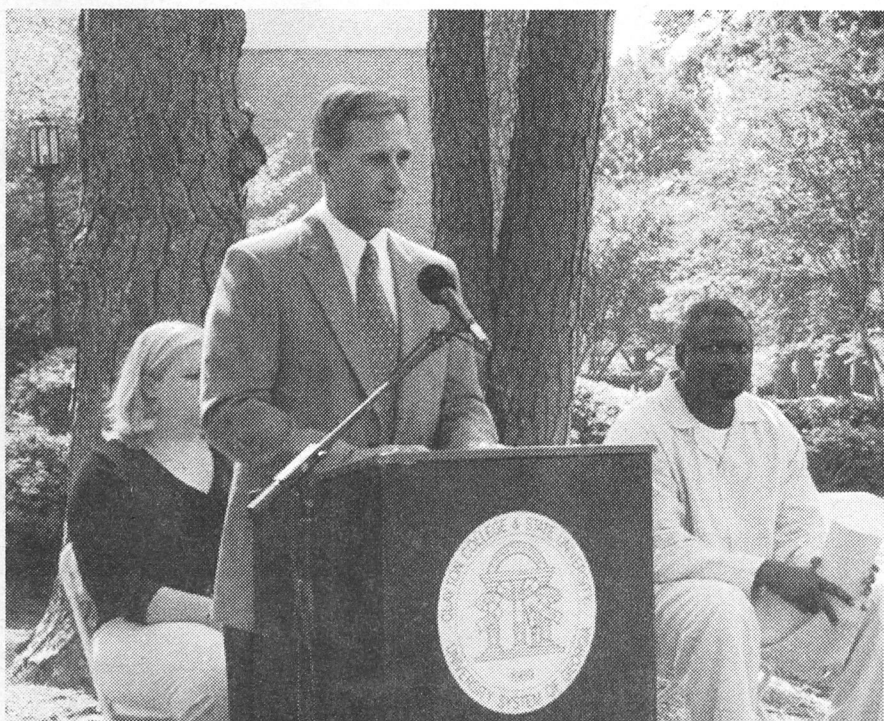


Clayton State Has a New Policy on Smoking

By Redd Horrocks

A monumental point in CCSU's history occurred recently, one which will hopefully benefit many people in the years to come. On Thursday, September 25th President Harden signed the "CCSU University Policy on Smoking" which has been in the works for a long time now from the diligent representatives of the Student Government Association. This new policy was created for the purpose of protecting from unwanted smoke any member of the CCSU campus community, as the policy states. It also states that its purpose is to protect life and property where smoking would present a safety or fire hazard. This policy is one that many health conscious staff and students have been demanding for a long time. With more and more people falling in every day from the adverse effects of smoking it is heartening to see such drastic action being taken to improve our health and environment. The new policy states that smoking is prohibited inside all campus facilities as well as in the following outdoor areas:
 Every university-owned or leased outdoor area in which smoking would present a fire or safety risk (i.e. tent etc.)
 ·Every university-owned or leased outdoor stadium or event area where spectators and/or participants are crowded together
 ·Smoking is prohibited within 30 feet of all building entrances/exits/open windows

These new rules mean that there will be no walking through clouds of smoke to reach the building where your next class is being held. The policy will rely on the thoughtfulness and consideration of others for it to be effective. The literature of the policy states that faculty, staff and students are encouraged to politely inform or remind people that are seen violating the policy. The Department of Public Safety will also be enforcing the policy and violators will be subject to criminal prosecution. There will soon be signs up over campus indicating the smoke-free zones. These will include placement around building entrances, exits and air intake ducts.
 The signing of the policy was held outside in front of the library with members of SGA and President Harden present, as well as other members of the community. The signing was also mentioned on WSBTV Channel 2 Action News. We as a campus should thank the hard-working members of the Student Government Association, especially their President, Rachel Van Ness for making this policy possible and also President Harden for being willing to sign it. The Student Government Association would like to thank Tonya Lee and Student Services for all their help with the creation of the policy. The full policy will soon be available in the Student Handbook. For more information regarding the policy, please contact the Student Government Association.



Photographs by Sondra Landrum

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Opinions

Our Generic Nation

The Consequence of the modern Economy is a Bland Country

By Jonathan Gillespie
csu12323

My girlfriend recently took a trip to Iowa. I was happy for her; I've often told her that Georgia (specifically the stretch around the metro Atlanta area) is hideously ugly, and how I'd rather be somewhere, *anywhere* that possessed variety in appearance. Georgia lacks this, of course. With the exception of a few notable areas (Savannah and parts of Decatur come to mind), the bulk of the state is crowded by one cookie-cutter city after another.

The formula of growth for a Georgia city is this: Begin with a small town, usually with a business district or town square full of buildings dating to the 1880's. Add a massive warehouse or factory on the periphery of the town, creating jobs. Invite developers in; acquire land and split into 1-1/2 acre lots, sell houses (all of which are virtually the same from town to town). Bring in a few small restaurants. Wait a few years. Add a Wal-Mart. Increase housing. Add a Home Depot, seven strip malls (all selling wings, dry cleaning, and nail services), and a host of department stores. Move onto next town and repeat.

Thus, nearly every town in Georgia is beginning to look the same, if they don't look identical already.

When my girlfriend came back from Iowa, I was expecting her to tell me about neat little towns nestled in rolling hills and the old, beautiful architecture of the colonial era. Instead she informed me that every town on the way to Iowa, through and

back looked essentially identical to Georgia's towns and cities. I was aghast, and yet it makes sense. This is the state of our nation. It is the very nature of inevitability; a portrait of the irresistible force of our free-market capitalist economy.

Before I go further, let me say that I'm *not* attacking capitalism. If I had to pick any economic model to live under it would surely be this one. Merely, I wish to point out that what I am going to discuss is a by-product of such an economy—the price of prosperity, if you will. I'm sure some of you out there would probably paint me as a Marxist cry-baby if I didn't make my position clear. Just bear with me.

I've started taking a close look at our cities, at our people, at the "fabric" of our nation. This is not a nation of individual towns with small mom-and-pop businesses making up the majority of our GDP. Rather, we're now one massive corporate maelstrom from sea to shining sea. This breeds in ambiguity. Seldom do towns and cities have a unique character that makes them worth remembering. Instead they all blend together, forming a super-sprawl that extends from the center of towns, eating woodland and leaving asphalt in their way. If I travel from town A to town F, every town along the way will have a McDonald's, a BP, and three or four new subdivisions with cookie-cutter houses.

Perhaps it is an inevitability of our culture. We glorify and idolize those

that have created tremendous fiscal empires. Those that have been able to create such vast corporations have done so primarily by driving product costs down. If there is one primary motive of our spending, it is towards cheaper products. This by its nature impacts small businesses negatively, where margins are already paper-thin. Thus, the American consumer is partly to blame. Everyone says they want the best service and everyone wants to be waited on hand-and-foot—to be given an hour-long lesson on computer buying when they walk into an electronics store. When they are given such, they usually walk right next door to where the product is \$50 cheaper and purchase it. Often the lower price exists in a massive warehouse store; the "big box" concept of retail enterprises where everyone complains there is no one to help them (and yet they can't pull themselves away from a shirt that is \$2 cheaper).

The American consumer has spoken, and thus our landscape is crowded with super-mega marts, adding to our generic landscape. Indeed, when a town has a warehouse store move in, it's like a rite of passage. People think the town has made it.

There's also a psychology behind our need for the familiar. It's comforting to see what we know on every street corner. When we're on the road, finding a town without a corporate landmark frightens us, i.e. "You mean you actually expect us to eat at a

restaurant we're unfamiliar with?" People want to explore and "see the world", but god help them if they can't find a Burger King.

When we buy products in stores, brand name is a very important part of our shopping process. Indeed, for many people, brand name becomes such an integral part of their identity that they'll literally wear it on their sleeve.

With every passing day, America fades more into a land of product placement and consumerism. Just as capitalism brings us unparalleled economic prosperity, so does it paint our cities and towns in one generic brushstroke. Corporate branding now extends beyond market sectors; becoming instead a cluster of huge buildings and smaller facilities that any town of decent size in the United States is sure to acquire.

It is a swath of "business as usual" from one coast to the next, populated by people driving the same cars, eating at the same restaurants, and buying the same products at the same buildings, then driving home to their stamped-out houses to do the same thing the next day. I recognize that there are advantages to this kind of lifestyle, but that certainly doesn't mean it isn't boring.

Therein, perhaps, lies the ultimate appeal of travel to another country. It is only there that we see something new.

There certainly isn't much variety here anymore.

I Don't Vote!

By Bernard Asubonteng

Perhaps you hear or might have heard this (apathetic) statement all the time—I don't vote—especially among the youth of today. Many a time the reason most people use to "justify" their apathy is that "politicians and/or office holders care less once they're voted in to office." Others also claim that they're not into politics or don't care about whom is eventually elected into office because all politicians are the "same." Even though there are some elements of truth in most of these accusations leveled against politicians of our time, refusing to exercise one's voting rights and/or one's civic responsibility is a gross disservice to one's own humanity. Not only is this "no-vote" attitude disheartening, but it also goes a long way to give credence to the widely-held perception that those who deliberately choose not to exercise their voting rights appear to have been lost in the wilderness of political ignorance.

Good old Aristotle once said something to the effect that every human being by nature is a political animal. He might have made this smart observation centuries ago, but it

still holds sway today more than ever before. Whether one has mortal hatred for the government or one dislikes politicians, policies initiated by politicians affect all of us from cradle to grave in every civilized society. Stated briefly, if you decide that you don't have anything to do with politics for whatever reasons, politics has a lot to do with you, period!

Let us come down to earth. Are you saying that you don't want to vote or you don't see the need to vote because of "this or that reason(s)"? Well, as stated early on, politics affect our lives every day either directly or indirectly. For instance, do you drive and/or own a car? Do you have to take your car or your family car to have an Emission Test? How about the fees covering Tag & Title after buying a vehicle, licensing, and the like? Do you have a job or have you ever worked before? Do you understand the concept of the Minimum Wage cap? In other words the minimum level, which no employer by law can go below to set pay for his or her employees. At any rate, who set all these rules and regulations? Fact is: the government and its various appendages craft these policies for you and I. Now the question is how do these politicians get there to enact the laws for the voters and non-voters alike? The answer is through voting. That is why

refusing to vote in any election is a defeatist move.

According to the Committee for the Study of the American Electorate, only 29% of eligible 18-to 24-year-olds voted in the 2000 presidential election compared with 54% of eligible voters. Voting is one of the most important processes in any democratic dispensation; therefore one wonders why most eligible voters in this great nation like America, which has a time-tested democratic system in place should take voting for granted. For most of us who have lived and experienced military dictatorship before, refusing to vote in an election in our adopted country—the U.S.—is perhaps unthinkable. Keep this in mind: anytime you refuse to vote just take a quick but a dispassionate reappraisal of the makers of all the numerous laws weaving through your life. After this reflection, stick your chest out and "proudly" proclaim to yourself: *I don't vote!*

**Why do you or don't you vote?
Tell the *Bent Tree* at
Btree@mail.clayton.edu**



**"Shhhhhh!
Be vehwy
quiet. We're
hunting new
writers for
the
Bent Tree."**

For Love or Publicity

By Michelle Lawrimore
csu13263

My grandparents dated for a mere six weeks in the 1930's before tying the knot, and I have always been amazed that two people who barely knew each other managed to stay married for more than 60 years. I cannot imagine dating less than two months and feeling like I truly knew someone well enough to commit the rest of my life to him, much less doing it all on television for everyone to watch! Unfortunately, this seems to be the latest craze in reality television. What is more captivating entertainment than watching people fall in love, get dumped, have sex, and get catty while competing over one perfectly sculpted, wealthy, ideal Mr. or Ms. Wonderful? It's a brilliant move for the ratings-sellouts at the major television stations that are jumping on the reality show train, but how might it be shaping our culture for upcoming generations?

In recent months, we have argued with our friends over whether Aaron Buerge would choose the sensible but giggly Helene or the naïve coed, Brooke; we have made fun of Georgia's very own "Alcoholic Amber" for telling the very wealthy Andrew Firestone that her favorite restaurant chain was Olive Garden. We were fooled by all of the Internet rumors that Trista would choose Charlie, and then relieved to see that she chose the adorable shy guy, Ryan. We watched that trashy Evan Marriott fool 25 girls into believing that he was a sophisticated millionaire only to find out that...yay...their real prize was his "love"; poor Zora didn't even walk away with that. She was, however, compensated for her disappointment with a cool \$500,000. Lucky Chad V. also received \$500,000 after *For Love or Money II*'s Erin agreed to "split" her \$2,000,000 with him (she's apparently bad with math). The contestants on *For Love or Money* are led to believe that they might ultimately win the guy or girl and the million dollars, but are informed toward the end of the show that they will be forced to choose. Erin, being the second season *For Love or Money* pro that she was, beguiled Wade and Chad V. until the very end, when she shrewdly made the choice between two nice guys that would earn her \$2,000,000. There seems to be something so unauthentic about a relationship that is at least partially motivated by possible financial gains. This brings us to the most offensively trivializing shows, *Paradise Hotel* and *Temptation Island*. The idea behind *Temptation Island* makes me so angry that I refuse to watch it. All I know about it is that couples go on the show to test the trust and commitment in their relationships, and are then tempted by dozens of gorgeous, scantily dressed, slutty people. Come on, humans are animals too; we can't help but feel that occasional lustful tug, but let's not submerge ourselves in it. That's just asking for trouble, and that's exactly what the ratings-sellouts want. *Paradise Hotel* is the cruelest game of musical chairs; its entire premise is that contestants can stay on the show as long as they manage to pair up with a member of the opposite sex, but there is always one odd man or woman out that gets eliminated from the show and loses his or her chance at the to-be-

announced "Grand Prize". The only person who has claimed to be in love on that show is perhaps the most vindictive, manipulative, unstable woman in the country. Her name is Amy, and a few weeks ago, she unleashed a wave of rage on Keith, the new guy, that ejected her equally evil beau, Zack from the show. Hmm, sounds like a perfectly normal, healthy relationship to me, especially considering the fact that before Zack was eliminated, he kissed every other woman there to try to cover his proverbial tail and stay on the show. Too bad the guys eliminate the guys and vice versa for the ladies; the only person who has caught on to this minor detail is the quiet nice girl who has wisely paired herself with the most annoying dork on the show that no other woman wants to room with. Paradise, it is not. Instead, there is constant infighting and one-upping to try to stay on the show for a silly prize.

There are rumors that the people on MTV's *Real World* and *Road Rules* were offered monetary incentives for sleeping with other roommates on the show; maybe that explains why Statesboro's sleazy bar-owner, Ace, cheated on his beautiful girlfriend

with the very bland Mallory on the last season of *Real World*. Ace isn't too ashamed of his actions. He apparently has held parties at one of his three bars in Statesboro every Saturday night at 10pm to watch himself on the show. How humble. Speaking of humble, last spring's *Bachelorette*, Trista Rehn is currently planning a very meaningful, private wedding to the introverted fireman, Ryan, mentioned above, that will no doubt accrue much more publicity for the ex-cheerleader when their nuptials air on TV this fall. Ironically, the self-loving *Bachelor*, Aaron Burge said about Trista, "She loves herself and promoting herself, and Ryan seems to love her..." Trista has star qualities and obviously wants to pursue a career on television, given her audition as a host on the Mrs. America Pageant a few weeks ago, but maybe getting engaged and married on TV is not the best idea for promoting her talents. Clearly, she has an ulterior motive for her appearances on television; hopefully that motivation will not get in the way of her supposed true love. Poor Ryan. Despite all of my skepticism and criticism of these shows, I have to admit that last Wednesday, I was

hopelessly glued to my television like everyone else, to watch the quirky, average Joe, Bachelor Bob, meet 25 new cat-fighting beauties. Why are these shows so fascinating? They're not even realistic. If Bob was not on TV, he would never in his life have 25 women fighting over him, much less the hundreds who applied for the show. And in what alternate dimension is it ever okay to date someone else seriously, including having a sexual relationship, right up until the day you get engaged, while the other person is forbidden to date others? Never. No one would subject himself or herself to that kind of frustration willingly, unless they were not interested in love but in the publicity they may gain for their own future careers in the limelight. If this is not the case and these people actually do think they can find love on TV, within six weeks while competing against 15 - 25 other people, I pity them and the new dating culture that they are creating. They have no appreciation for their right to privacy or for the sanctity of those first few developing weeks of a relationship that should be something personal and special between only two people.

Reality TV

Who bets they vote off the Secutor next?

By Jonathan Gillespie

Many people have tackled the issue of reality TV. The obvious comments have issued forth: these shows go too far, they are sick (some even twisted), they appeal to the baser nature of human beings.

Re-hashing the same territory would be pointless. Rather, let's look at things from a different angle. Let's look at it from a historical perspective. The Romans were once the most powerful society on the planet, encompassing a quarter of the world's population within their borders. Rome gave the world its first paved-roads, contributions in arts and sciences beyond measure, and was (at least at its onset), a democratic republic. Rome's final decades saw machines and tools being perfected that the civilized world wouldn't see again until well into the Renaissance. Arthur C. Clarke once calculated that if Rome had lasted perhaps a hundred years more that the Romans would have stumbled onto the secret of the steam engine, propelling man into a much earlier Industrial Age, and that we today would have colonies on every planet in the solar system as a result of this would-be leap forward in development.

Yet, with the Roman prosperity came corruption, both of the people and their government. Dissent brewed constantly in an environment where Roman citizens were outnumbered by slaves in many provinces. The Romans were the first people to truly realize that idle people were by nature more inclined to take issue with the government. They needed a distraction; they needed entertainment, and Rome's government gave its people what they wanted.

At first entertainment was standard fare, but as the civilization grew so did the demand for something new and exciting. What started as a one-

time funerary sacrifice of slaves battling to the death became the national pastime. Gladiatorial combat, the ultimate life and death struggle, became the entertainment of choice for Romans. Today, we remember the Romans not just as brilliant scientists, thinkers, and artists but also as a people that loved bloodshed. Whether or not that perception is true, it is no accident that a person thinks of gladiators soon after the Romans come up in conversation. Societies must be careful to ensure they are remembered in a more positive light. In any enlightened society, people must constantly question what is defined as acceptable, be it government, entertainment, or anything else. Whether they do this through religion, law, or logic is up to the individual to decide, but it must be done. A democratic society will always face a period of time whereby its belief in the right of free speech is challenged by the subject matter that speech delivers.

We face a similar problem today with reality TV, and once again we must ask ourselves if we are becoming Roman or not. People are entranced by watching brides and grooms select each other on national television, where what was once regarded as intimate and private is served up as entertainment. Many of the shows border on brutality, skirting the fine line between entertainment and cruelty. There has been everything but bloodshed thus far. One must ask if our gladiators are waiting just behind the curtains.

We risk becoming a second Roman society. Our freedom of speech lends protection to these shows. Our armies are spread across the world; our economic might seen everywhere. Reality TV is just another notch in an increasingly decadent society's evolution.

I'm torn between my love of free speech and progress and what I see as the continual erosion of our society. I can't help but think that these are the years that will one day be looked back on and marked as the turning point in American history. I wish I had the answer to the problems we face as a nation at its apex of power, but I don't and I won't pretend I do. I merely wish to make it clear that people have to keep their eyes open, and not necessarily on the TV. In a perfect world, we would all simply ignored the first of the reality TV shows (*The Real World*), and let all subsequent shows fall off the ratings charts. But we can't, because in a Roman-style society decadence and ethical corruption are endorsed unwittingly by the majority of the population. The very fact that these shows have proliferated illustrates the need for continued self-vigilance. We must all be more careful of what we endorse. Each new Reality TV show gets more bold in its content as networks struggle to wrestle audiences from each other. We must be careful to keep our gladiators off-stage. I'd like to leave you with an excellent quote a good friend of mine posted to a bulletin board. Think it over:

"The average age of the world's great civilizations has been 200 years. These nations have progressed through this sequence: from bondage to spiritual faith; from spiritual faith to great courage; from courage to liberty; from liberty to abundance; from abundance to selfishness; from selfishness to complacency; from complacency to apathy; from apathy to dependency; from dependency back again to bondage."

- Sir Alex Fraser Tytler
(1742-1813) Scottish jurist and historian

Features



How Happy is Happy Hour?

By Christina Mapp

Go! Go! Go! Go! BUUUUUUUUUUUURRRRRRRRRRRRRRRRPPPP! You may have heard (or smelled) this salutation in your friendly, neighborhood nightclub, bar, or anywhere else there is a "happy hour." Unfortunately, the person who has *broken* your peace at the bar has reached past the level as a casual drinker. You may ponder to yourself how unattractive they are, or sympathize with the fact at how he, or she, drinks without limits. It seems that this dire pattern exists not only within the transition from high school to college; rather, drinking is hitting the youth, as well. On the contrary, I am not chastising those who safely indulge in a drink or two. Nevertheless, there is a huge difference in the results from casual drinking and alcoholism.

Society really has a *jacked up* picture of how heavy alcohol consumption really affects your body. Every time you view an advertisement for alcohol, you are influenced with pictures of pure bliss: sandy beaches, healthy people, and kegs of beer. If those regulars at "happy hour" really knew what the ultimate consequences of alcoholism were, they would realize that "unhappy hour" is indeed closer to the truth! Now you might be asking yourself: *WHAT'S THE BIG DEAL?* Well, it's a really BIG deal. Let's talk about your liver, shall we?

The liver, weighing in at only 3.3 lbs., has over 200 different functions in the body. However, it would surely take up entirely too much time to cover all of them! Generally speaking, the liver is involved with metabolic regulation, blood (hematological) regulation, and bile production. That's right;

that's the visceral organ responsible for the producing of those "number 2's!" More specifically, the liver is responsible for removing toxins (alcohol), drugs, and other waste products circulating in your body. However, alcoholics are in extreme risk for developing a chronic disease called cirrhosis. This ultimately means liver failure, due to destruction of hepatocytes, its cells. Although commonly diagnosed for heavy drinkers, it may also result from a viral infection, blockage of the passageways (hepatic ducts) that carry bile away from the liver, or also diminished blood flow (ischemia). Furthermore, once your liver fails you experience morbid pain. What is more, doctors or nurse practitioners can't even prescribe you Tylenol, in the risk that it will be toxic to your body and KILL YOU DEAD! One pill! In order for anything to run in your body, whether it's your own blood or a prescribed drug, it has to *check in* at the liver first. Also, people who suffer with cirrhosis of the liver have eyes that appear yellow, due to contracting jaundice, and enlarged abdomens.

Cirrhosis is a very deadly disorder. Although having other related causes, the majority of those diagnosed are due to over consumption of alcohol. It seems that drinking alcohol is a popular pastime for most, but not all, college students. Moreover, it has become the main *entrée* for all party atmospheres. We may all be a little guilty of asking, "*What do you have to drink?*" at a party. Thus, drinking on the weekends turns into drinking during the week, until it comes to a daily habit. However, if you are delighted with the vision of appearing like a 9 month, pregnant mother from a *Thriller* video, who cares about your liver, as long as you are *happy*.

Pilates

The Balancing/Strengthening Exercise

By Linda Godin

"We should recognize the mental functions of the mind and the physical limitations of the body so that complete coordination between them may be achieved."

- Joseph H. Pilates
The New York City Ballet, San Francisco Ballet, The Houston Ballet, Martha Graham Company, San Francisco 49ers, Cincinnati Bengals, the cast of "Miss Saigon", Gregory Peck, Kristi Yamaguchi, Nancy Sinatra, Vidal Sassoon, Lou Gossett Jr., Ali MacGraw, Bill Murray, Jill Clayburgh, Norma Kamali, Martina Navratilova, Candice Bergen, Marla Maples, and Jasmine Guy. So, what could all of these dance companies, athletes, actors, and actresses have in common? **Pilates!** - yes, this "new" exercise craze has been around for more than 50 years. The latest craze tones and develops your "core" muscles - the abdominals, gluteus, and lower back so that the rest of your body learns to move with more ease. A properly developed core can also mean less fatigue and lowered incidence of back pain and injury. Developed in the 1920s by the legendary physical trainer and founder of the Pilates Studio™ Joseph H. Pilates, The Pilates Method is an exercise system focused on improving flexibility and strength for the total body without building bulk. Instead of performing many repetitions of each exercise, Joseph H. Pilates preferred fewer, more precise movements, requiring proper control and form. Because your mind is required to engage with your body to perform the movements correctly, you experience a new awareness of muscle function and control. The "powerhouse" - abdomen, lower back, and buttocks - is supported and strengthened, enabling the rest of the body to move freely.

Pilates has proven itself successful as a fitness endeavor and as an important addition to professional sports training and physical rehabilitation of all kinds. Widely embraced among dancers for years, the exercises—"elephant," "swan", the language—"pull navel to spine, and breaaaathe," and the look—bright-eyed, refreshed, buoyant-without-necessarily-sweating, is popping up in fitness classes, physical therapy offices, corporate retreats, luxury spas and wellness centers across the country. There are six principles on which Pilates is based - concentration, centering, control, precision, breath and flow. Joseph Pilates believed in quality versus quantity. A high number of repetitions is not the main focus, but the slow control of the body movement. You must control your breathing and focus your concentration to realize the optimum benefit.

Practiced faithfully, Pilates yields numerous benefits. Increased lung capacity and circulation through deep, healthy breathing is a primary focus. Strength and flexibility, particularly of the abdomen and back muscles and coordination-both muscular and mental are key components in an effective Pilates program. Posture, balance, and core strength are all heartily increased. Bone density and joint health improve, and many experience positive body awareness for the first time. Pilates teaches balance and control of the body, and that capacity spills over into other areas of one's life.

Note: Information for this article gathered from the following sources: http://www.spring-training.com/html/pilates_meth.html, <http://www.care2.com/channels/solutions/self/435>, <http://www.bodyprecision.com/whatispilates.htm>

What Does it Mean to be a LIBRA?

By Christina Mapp

Romance

Libras are compatible with:
Gemini: May 21 - June 20
Leo: July 23 - August 22
Aquarius: January 20 - February 18
Sagittarius: November 22- December 21

Famous Libras

Julie Andrews
Mohandas K. Gandhi
Charlton Heston
Julio Iglesias
Jesse Jackson
Snoop Dogg
John Lennon
William Faulkner
Barbara Walters
Johnny Mathis
Ed Sullivan
Ray Charles
Dwight D. Eisenhower

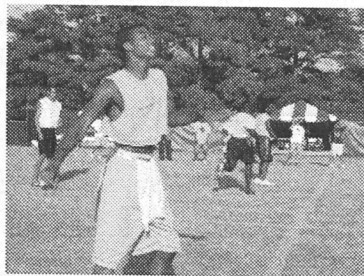
Good Side

Libras have a finely honed appreciation for art and beauty, and an artistic flair unmatched by any other zodiacal sign. Moreover, they are extremely affectionate. Represented by the symbol of the scales, Libras exude justice and emotional balance. Libras are very easy to like, possessing an influential charm and elegance in their nature. Libras are true romantics, easy going, and highly socially inclined.

Dark Side

Libras, although pleasant, truly have a flip side to their personalities. In functioning unions, Libras can be at their happiest. However, when stripped of these familiarities, Libras risk the fate of losing their positive outlook on life. Libras can be very indecisive, which may cause them to hastily declare their affections before being totally sure. Thus, they may discourage or provoke their lovers.

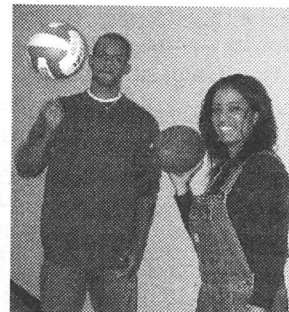
Play Intramural Sports at CCSU



Basketball, Football, Softball, and Tennis. Compete for free trips, prizes and hey just have some fun! Show off, be active, get involved!



Nike... no but now is your chance to Just Do It! Play the sport of your dreams without being a Collegiate Athlete or an All-Star. Clayton State Intramural presents the opportunity of a lifetime! Play



Check out Intramurals on the Clayton State Student Life web page, <http://adminservices.clayton.edu/studentlife/IntramuralSports.html>

Sports



Coach Totty and Clayton State Women's Soccer – Ready for a Championship Season!

By Linda Godin

Clayton College and State University Women's Soccer is ready to return to the Championship playoffs according to Coach Totty, Women's Soccer Coach. The team was runner-up in the Peach Belt Conference Tournament last year with a loss to Kennesaw State in the Finals. There are four returning seniors to the team, including Nkiru Okosieme. Nkiru, "NK" to her fans, is currently playing for Nigeria in the World Cup Soccer Playoffs!

Coach T.O. Totty, who is originally from Nigeria, is very excited about this season. A three-time NCAA Division II All-American, a member of an NCAA National Championship squad and a member of the Nigerian National team, Totty O. Totty enters his fifth season as head coach of the Clayton College & State University women's soccer program. I asked him to tell me about himself, his achievements, and his message to the CCSU student body.

Coach Totty grew up in Nigeria, where soccer is one of the major

sports. Track and Field and Basketball are also top sports, although if you are less than 6'5 you are not encouraged to play basketball! The major difference between soccer in the states and Nigeria is the organizational factor. In the states, kids play soccer in organized recreational leagues, traveling teams and school. In Nigeria, it was more of a pick-up game with your friends in the neighborhood, where you practiced and played for fun. High School is where you began receiving coaching and playing soccer more competitively.

Coach Totty lived in Nigeria until he was 21. He was a three-time All-American and four-time All-New England Athletic Conference selection at New Hampshire, and led the Penmen to the NCAA Division II national title in 1989. He went on to play for the Nigerian National Team and then played in Nigeria's qualifying matches for the 1990 World Cup. When I asked him his position, he replied, "My position was sweeper

or back, and then forward - really any position that nobody else played!" He graduated in 1993 with a Bachelors Degree in Business Communication and earned a Masters in International Business in 1995.

We are fortunate that he chose to come to CCSU in 1998 and became the Head Coach for Women's Soccer. I asked Coach Totty about his athletes, their schedules, his expectations, and what it takes to be a student athlete. "College sports demand a high level of commitment, dedication, and competitiveness. As well as daily team practices and training sessions, our athletes carry a full schedule of classes with 12 credit hours or more. For those students interested in becoming an athlete, a high academic performance is expected. There are different GPA requirements dependent on their level of school (freshman, sophomore, etc.); overall, the GPA of the athletes is above average over the general student body. These athletes also work part-time, as many as 20 hours, plus carrying a full course load.

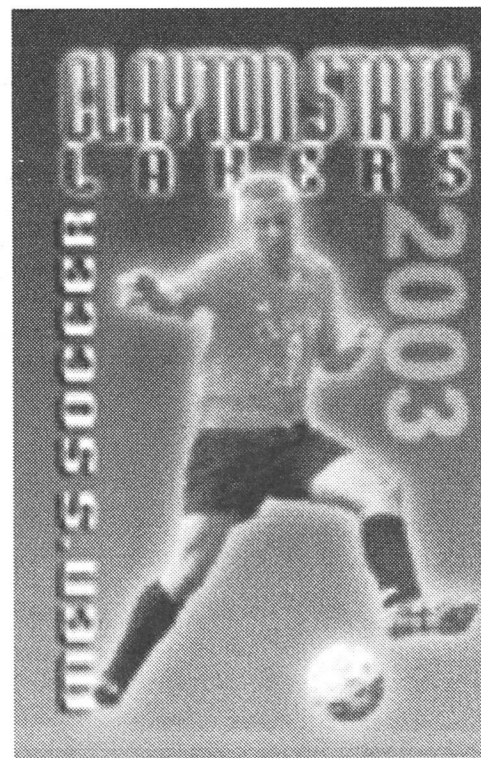
As I said, their level of dedication has to be above average, in sports, and in their studies".

When questioned about this season's recent loss to North Florida, he replied "We had a few key injuries, but we should be healthy and should peak at the right time for the playoffs." The teams' toughest opponents this year will be Kennesaw and Francis Marion. The season began August 10th and will continue to November 1st, with conference playoffs and championship runs from November 4th through November 8th. Coach Totty appreciates all the support from the students as they come and cheer on his lady Lakers and could always use more!

Everyone come out and show your support for these talented athletes - they represent the school with dedication, true competitiveness, and spirit. By the way, anyone looking for an extra player in a pick-up game just look for Coach Totty - he is always ready to play the game!

DATE	OPPONENT	LOCATION	TIME/RESULTS
Aug. 29	GC&SU (exhibition)	Milledgeville, GA	W-3-0
Sept. 1	Tusculum	Morrow, GA	L-4-1 (0-1); Game Stats
Sept. 3	Alabama-Huntsville	Morrow, GA	L-2-0 (0-2); Game Stats
Sept. 10	Carson Newman	Jefferson, TN	L-5-0 (0-3); Game Stats
Sept. 13	North Alabama	Florence, AL	L-2-0 (0-4); Game Stats
Sept. 17	North Georgia	Morrow, GA	T-0-0 2OT (0-4-1); Game Stats
Sept. 20	*North Florida	Morrow, GA	L-1-0 (0-5-1); Game Stats
Sept. 24	Thomas	Thomasville, GA	L-3-0 (0-6-1);
Sept. 27	*USC Spartanburg	Morrow, GA	3:30 p.m.
Oct. 4	*Lander	Greenwood, SC	1 p.m.
Oct. 8	Spelman	Morrow, GA	5 p.m.
Oct. 11	Longwood	Morrow, GA	4:30 p.m.
Oct. 14	Montevallo	Morrow, GA	4 p.m.
Oct. 18	*USC Aiken	Aiken, SC	1 p.m.
Oct. 20	Shorter College	Rome, GA	6 p.m.
Oct. 22	*Kennesaw	Morrow, GA	4 p.m.
Oct. 25	*#UNC Pembroke	Morrow, GA	1 p.m.
Oct. 27	Spelman	Morrow, GA	3:30 p.m.
Nov. 1	*Francis Marion	Florence, SC	1 p.m.
Nov. 4-8	Peach Belt Tournament	TBA	TBA

*Peach Belt Conference matches; Home matches in bold; #Homecoming/Senior Day



Features continued

Dr. Greg Hampikian to Hold On Campus Book Signing for *Exit to Freedom*

By John Shiffert

Imagine serving Life plus two 15-year sentences for a crime you didn't commit. Now imagine being exonerated after 16 years thanks to DNA evidence. This is the true story of Calvin C. Johnson, Jr. as recorded in "Exit to Freedom," coauthored by Clayton State biologist and forensic expert Dr. Greg Hampikian. You can buy a signed copy of "Exit to Freedom" on Saturday, Oct. 25, when Hampikian will be present for a book signing to be held from 8:30 a.m. to 10:30 a.m. in the Atrium of the Harry S. Downs Center for Continuing Education, located on the Clayton State main campus in Morrow. This event is held in conjunction with Clayton State's 2003 Homecoming

and the Clayton State Alumni Association's annual Pancake Breakfast. All events - the book signing, the breakfast and the rest of the Homecoming events - are free and open to the public. So who's talking about "Exit to Freedom?" Only one of the biggest names in forensic science. Dr. Henry Lee, considered the nation's foremost forensic expert and notable testifier in the high-profile O.J. Simpson case, writes, "'Exit to Freedom' is a powerful moving story of how one man deals with his loss of freedom, and turns bitterness and defeat into personal success...[it is a tale of] the tenacity of the human spirit and the truth and justice of modern

technology." Others who have commented on "Exit to Freedom" include Barry Scheck and Peter Neufeld, founders of the Innocence Project - the non-profit legal organization that attained Johnson's freedom through DNA evidence. Writes the Atlanta Journal-Constitution's Steve Weinberg in a congratulatory book review, "Presented in Johnson's voice, the book is part full-life memoir, part prison chronicle, part indictment of the criminal justice system...It is almost always gripping and inspirational - a rare combination of traits in a first-person victim account." Thanks to Hampikian's knowledge of the criminal justice system he and

Johnson make, what Weinberg calls, "a good match... this one will be hard to top." Don't miss your chance to buy your copy of "Exit to Freedom," and have it signed by Hampikian. To find out more about Clayton State's Hampikian and "Exit to Freedom," e-mail Hampikian at GregHampikian@mail.clayton.edu or call Clayton State's Office of University Relations, (770) 960-2109. Clayton College & State University, "Your University" for Atlanta's "Southern Crescent," is a state university of the University System of Georgia, located in Morrow.

Entertainment

Cooking With R'Eddible and G-licious

By Redd Horrocks and Gerald Heavens

It's the weekend, and you are hungry. Your friends are coming over to hang out and you need to feed them all, but you are so sick of Taco Bell and need some real food. This can pose a serious problem, as you are also low on cash. The easiest thing to do is head to the store, pick up a couple of ingredients and raid your cabinets to find some simple spices. I usually do the spicing by eye, but I have tried to give you approximate measures here. You can create this very easy meal in about twenty minutes. You may find you have some rice left over, which is great to put in little Tupperware containers and munch on between classes.

Redd's Curried Chicken and Yellow Rice

Ingredients:

5 Chicken Breasts, Boneless and Skinless
2c White Rice
4c Hot Water
1/2tsp Turmeric
1/2tsp Ground Cumin
1/2tsp Ground Cinnamon
1/2tsp Ground Cloves
1/2tsp Cayenne Pepper
1/2tsp Curry Powder
1tsp Paprika
1/2tsp Salt
1/2tsp Pepper
1tsp Oil, preferably Olive
A little extra Salt

Now, I know this looks like a lot of different spices (and if you can't find all of them, don't worry) but this blend is fantastic. The curry powder is essential though. What you want to do first is to cube your chicken up into small pieces of about 1 inch square. It doesn't have to be perfect of course. Now, throw the rice into a pan and add the oil. Turn the heat on and mix it around a bit. Now add the turmeric, cumin, cinnamon and cloves and mix it well. Pour the water over the mixture, add the extra salt (about a pinch) and bring it to a boil. Once boiling, cover the pan and set to simmer for as long as the rice packet says you should (usually 15-20 minutes). Now throw the chicken into a non-stick frying pan and turn the heat up to medium-high. You can start with a hot pan if you like but be sure to start flipping the chicken with a spatula from the start if you do that. Once the chicken has turned milky white, shake the cayenne, pepper, salt, curry powder and paprika evenly over it and then continue to mix it around with a spatula. Turn the heat up a little and keep an eye on the chicken, flipping it around often to make sure the cubes cook evenly on each side. When the cubes start to go a little brown, cut one of the largest ones open and make sure it's all white and not pink inside. If it's white, take it off the heat and set it aside. Take the rice and pour it out into a large bowl, mixing it with a fork so it isn't clumped together. Tumble over the cooked chicken and serve. This is a very well flavoured meal that is great to munch on while sitting around casually. Please feel free to email me for troubleshooting on this recipe at csu14389.

Gerald's Depression Chocolate Cake

Grease a 15x10x1" pan
Pre-heat Oven to 350°

Ingredients for Cake:

1c Butter
1c Water
1/4c Baking Cocoa
2c Flour
2c Sugar
1tsp Baking Soda
1/2tsp Salt
1/2c Sour Cream

In a large saucepan bring the butter, water and cocoa to a boil. Remove from the heat. Combine the flour, sugar, soda and salt and then add to the cocoa mixture. Stir in the sour cream and mix until smooth. Pour into the prepared pan and bake for 25-30 minutes or until a toothpick inserted into the center comes out clean.

Ingredients for Icing:

1/2c Butter
1/4c + 2Tbs Milk
3Tbsp Cocoa
3 3/4c Powdered Sugar
1tsp Vanilla

In a saucepan melt the butter; add the milk and cocoa. Bring to a boil. Remove from the heat and whisk in the sugar and vanilla until smooth. Pour over the warm cake. Cool completely before cutting. Serves 15

**Have an idea for the next
Campus Question?
E-mail it to us at
Btree@mail.clayton.edu!**

Campus Question

What is the Strangest Dream You Have Ever Had?

I always have dreams that I am running from someone. Nighttime, daytime, running, running, running. Who am I running from? I don't know but I feel scared and in danger. What does this mean?
Chloe' Wongus

In my dreams, I always need to use the bathroom. Sometimes there is no bathroom, or the toilet has no doors, or it is really nasty, and there are always lots of people around and I cannot go. I have this dream at least once a month.
Anonymous

This wasn't a dream that I had, but a dream that my mom had when she was on medication from her surgery. Here goes:
She had just gotten out of the hospital and was lying in bed and our pet

hippos were roaming freely around the house when one of her friends called and wanted to come over to wish her well. In order to make our house look wonderful for our guests, mom decided to put the hippos out back in their pen. She called me to help her. We called them by their names, I think there were at least 2 of them and one was named Susie, and we tried to push them down the stairs and out of the door. Well, when we would push them, they'd fall onto their sides and turn into a log. Well, apparently, I wanted to get Susie out of the house in her normal state, so I kept tilting her upright turning her back into a hippo. Well, apparently this was a stupid idea because my mom was fussing at me and telling me it was easier to get them down the stairs that way. I don't know if we ever got them outside or if her friend

came by to visit, this was when she woke up.
Jillian Jones

A friend of mine has this recurring dream involving water. It's not the same dream, but it does involve water problems of some kind—leaks in basements, overflowing toilets, mildewed walls, water soaked carpets. In her dream, she buys a new house by a lake or along a river and moves in, only to encounter a water problem. What does this dream mean?
Anonymous

I dreamed that my husband, children, and myself were in our apartment and we were all dressed in these white gowns/robes. We were sitting in a circle while my husband read a story to us. There was no ceiling just sunshine and brightness. The odd

thing was that it was pitch-black outside. I could see my surroundings outside the apartment. I could hear these women outside my patio saying that they were trying to bless someone but they had no more blessed oil. I heard them from inside my place and offered them some oil that I had. As I passed the oil to one of the women she said, "Oh no we can't use this it has to be blessed again." The women joined my family in the circle and we began to pray and one of the women laid her head in my lap, but it seemed natural as if it were supposed to happen. I looked up and the other lady that accompanied her said to me, "the Lord told her this was her heaven."
Royalena Moore-Wynn

I am on a roller coaster by myself. And this roller coaster is very long. It goes all the way through the city of

Bent Tree Picks of the Month

By Sarah Morgan

A Night on the Town

Time for another Friday night so grab your significant other or good friend and head for some fun. However, you can't have fun on an empty stomach. So head to the local Azteca Grill, a fine Mexican food establishment that suits any budget. You can sit outside on the patio or inside surrounded by the Mexican art. Either way the service and food are great! Some favorites are the green chili, chicken fajitas, and the Memphis tacos. If none of those sounds appealing to you there are more items to choose from on the menu. My favorite meal is two crunch tacos and French-fries. After you have filled your stomach head to the movie theater for what is sure to be a classic. Sticking to the Mexican theme go see the new hit movie, Once Upon a Time in Mexico, a movie that is sure to delight. It is the third movie of the mythic guitar sling hero, El Mariachi, and it is action packed. The other movies include El Mariachi and Desperado. This hit movie stars Antonio Banderas, Salma Hayek, and Johnny Depp a trio that cannot be beat. It is set in Mexico in a time of corruption and greed. Sands (Depp) a corrupt CIA agent brings El Mariachi (Banderas) out of hiding to help him overcome an evil cartel kingpin Barillo, who wants to assassinate the President of Mexico. However, El Mariachi has his own reasons, which include revenge and retribution. This movie brings El Mariachi to new levels of excitement that leaves the viewer wanting more. The comedy of Depp's character adds a completely new dimension to the movie that makes it so great. This movie is **Rated R** for strong violence and language and can be seen at the local theaters. I give it 4 out of 5 stars.

A Night on a Budget

Being a college student dinner and a movie can hit your wallet hard. Don't stand in the lines at Chili's or Longhorn, just head for some pizza. One of the best pizza places that will make your money stretch is C.C.'s Pizza. You can have all the pizza you can eat for under \$4.00. There are plenty of locations around so finding one is not hard. After you have washed the pizza sauce from your lips it is time for a movie. The place to go for a good inexpensive movie is the dollar theater in Fayetteville. Two worthy movies would be The Italian Job and Bad Boys II; two great action-packed flicks mixed with a little comedy. The Italian Job is about thieves seeking revenge, starring Mark Wahlberg, Charlize Theron and Edward Norton and **Rated R**. After Norton steals the gang's gold they decide to regroup and get him back. One of the high points of the movie is the Mini Coop race across Los Angeles. The movie is lined with clever and interesting schemes that leave the viewer wishing they could do that. Bad Boys II is the sequel to Bad Boys starring Will Smith and Martin Lawrence and **Rated R**. Smith and Lawrence are two narcotic detectives assigned to a high tech task force to investigate the flow of designer ecstasy in Miami. It is packed with plenty of comedy and action. Both movies are sure to please and make a dollar well spent. If you want to hit the dollar theater on the weekdays wait for Tuesday when tickets are just 50 Cents!
The Italian Job: 3 out of 5 stars
Bad Boys II: 3 1/2 out of 5 stars

I'm in the Mood for Dancing

By Redd Horrocks

It's amazing how when you go to a concert these days, you can find yourself surrounded by thousands of people, chanting out the songs you yourself love. It's also disappointing when they are so loud that you can't even hear the person you came to see singing. That coupled with not being able to see makes me feel like it's just better to go home and listen to my CD player. There is so much money to be made from concerts. You can get away with packing thousands of people in at \$60 a ticket, and selling a baby-doll tee-shirt with less material than a cushion cover for \$45, not to mention charging \$6 for a hot dog. These facts have made me so disgruntled that I have found myself steering away from not only mainstream concerts, but mainstream bands as well. I have found that heading to a place like the Masquerade, or even the Riviera can find you among just a few hundred people, blissfully absorbed in good solid live music. I went to see a band named Covenant, a band that I love. The concert was a couple of hundred people dancing to great music. We were able to stand at the front and to yell into the microphone when it was held down to the crowd and to hold out our hands to support the lead singer when he stood right on the bar

that separated the concert-goers from the band. Those kinds of personal touches are what I long for and miss. I saw my ultimate favorite band, VNV, Nation make a special appearance to about 100 people and we were able to sit down and hang out with them and chat to them about their music. I was able to get into a discussion with the drummer who comes from a place near where I grew up. This fantastic experience cost me just ten dollars; ten dollars to see a band that has been number one on the German pop charts many times. I wish I would be able to see some of the other great bands and solo-artists be as caring towards their fans. Now it's all about security, backstage passes, expensive tickets and astronomically pricey merchandise. These bands all started somewhere, playing in local clubs to small audiences. I wonder if those who make it big sometimes miss the smaller venues where you can actually get to know those people who appreciate your music. I know that money makes the world go round, but sometimes it seems so sad that music takes a back seat to profit. Musicians often say that they want to thank the fans, maybe it's time that they just did it personally, face to face, instead of when they collect the awards that we ourselves helped them achieve.

Hocus Pocus, Let's All Focus

By Helena Mensah

The 21st century is marked by not only technological advances but psychic connections as well. How did we become so fascinated with those who can delve into our past and proclaim our future? In the mid 90's America was intrigued by psychics who could help them reconnect with a lost loved one, ease their financial woes and ignite a flame in their romantic lives, but how valid are their claims?

For a price usually upwards of \$2.99 per minute all your problems can be solved and you could be on your way to ultimate fulfillment and happiness. These psychics portray a "genuine" concern for your well-being and act as if they can relate to your specific dilemma with a perfect solution. How have we become so duped by new age storytellers and tarot readers? Is it because we're a generation that wants

immediate answers rather than to let life take its course of its own? Life's dilemmas are what distinguishes our personal experiences and sometimes an easy fix won't make all of them easily disappear. From these trying situations we build character and a stronger sense of self, and that is more than any psychic reader can provide. What's lasting, however, is finding out how you can find ultimate happiness without the aid of trusted psychic, but rather within yourself. So the next time you see a psychic commercial or read your daily horoscope from Hotmail, think about how much someone else is making by predicting your own future. We all possess the power to control our own destiny and it's our choices in life that define and shape our futures.

Campus Question: Strangest Dream continued

Atlanta. It passes through Six Flags. It passes through a water park and the roller coaster has a lot of turns and curves, and it goes upside down. At the end of the ride I end up at this building (the same building every time!) and when I get there I get off the roller coaster and walk in. This building is bare. Just one big building with stairs. But every time I have this dream and enter this building I am very happy. I'm not with anyone, no one is in the building, but I am very content when I am here. And after being in the building for about an hour or so, I wake up. Every single time!
Anonymous

I am going up this escalator. The escalator is very steep. Every time I get to the top of the escalator I always look back. And because the escalator is so steep, I get nervous and start to hold on to the rails really hard. But I always fall back off the escalator. I never hit the ground or anything because I always wake up at this part.
Anonymous

A few days before my Organic Chemistry II test last semester, I dreamed that molecules of hexane were chasing me around. I was

screaming and asking Dr. Terapane to help me make them stop. He was just standing by the side laughing and saying, "I have taught you what to do. You should know it all." I kept screaming and begging him to help, and he just kept laughing at me. (no stress on that test.)
Margaret Mills

I had a dream the other week that I ate some raw broiled chicken that I did not cook well enough. I believe I had that dream because I had thought about cooking some chicken for the past week, but I was too lazy to do it.
Anonymous

I am afraid of spiders. Not just a little afraid, but seriously screamingly shaking afraid of spiders, even little ones. I dreamt once that there was a spider crawling up my arm, and then it was sitting on my hand. This was fine in the dream until I saw just how big and hairy it was, with red eyes and everything. I promptly starting screaming and shaking my hand to try and get it off. When I woke up I was bashing my hand against the wall, and it gave me a terrible bruise the next day!
Redd Horrocks

Write for *The Bent Tree*!

Our next meeting is Wednesday, October 15th at 11:30am in D-221A.

Join us to plan the Homecoming Edition of the newspaper.

Share your creative ideas for articles with us and give us feedback on how we are doing and how we can make *The Bent Tree* a better newspaper for you.

You can submit articles even if you cannot attend the meetings or if you do not want to officially join the staff!

Just e-mail your ideas to Btree@mail.clayton.edu. We will e-mail you back and tell you if your idea is approved, and then you can write it and e-mail it to our copy editor, Redd Horrocks at reddbentree@hotmail.com.

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