

THE BENT TREE

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CCSU STUDENT NEWSPAPER



Exit to Freedom

Dr. Greg Hampikian's New Book

By Redd Horrocks

CCSU has another esteemed author in our midst. Dr Greg Hampikian is the co-author of the book "Exit to Freedom" which tells the story of Calvin Johnson, a man who spent 16 years in prison after being wrongfully convicted of rape. It took fresh analysis of DNA evidence to finally release Mr. Johnson. The book, which is told in Johnson's voice, took nearly three years to complete and was released recently. The book came about when Dr Hampikian read Johnson's tale in the Atlanta Journal Constitution and felt compelled by his tale. He met Mr. Johnson and found that he wanted to write the story. It is told from Mr. Johnson's point of view, as it is his book and his life. Dr Hampikian sat in numerous interviews with Mr. Johnson to compile the tale. Dr Hampikian describes the book as "The story of a man's fight to maintain his dignity and prove his innocence". In order to write the book, Dr Hampikian found that he had to get inside Mr. Johnson's psyche. To gather the information for the book, Dr Hampikian would interviews with Mr. Johnson. After an interview he would put together the information that he had gained, and Mr. Johnson would go over it to make sure it was entirely accurate. Dr Hampikian also had to go to the prison where Mr. Johnson had been held to verify some of the books content with other inmates. This seemed to have been a difficult and to an extent, frightening experience. Dr Hampikian also went through all the transcripts from the hearings and the trial, as well as the police reports that were filed. The book went through no less than fourteen rewrites before it was completed. Dr Hampikian told me he was extremely

grateful that he had such a good editor, as there were many errors in the first draft. When I asked Dr Hampikian if he had ever doubted Mr. Johnson's innocence during his work on the book, he explained to me that it wasn't quite doubt, but a nagging feeling in the back of his mind that made him double check every piece of evidence. He seems quite convinced now of Mr. Johnson's innocence, as do many of the people that originally believed him guilty, but there are those out there that still think that he committed the rape. The circumstances of the original conviction are interesting in themselves, as there were two identical rapes in different counties, and Mr. Johnson was found innocent of the rape in Fulton County. It is suspected that the jury convicted Mr. Johnson partly because of his race. Dr Hampikian is now working on another book with a young woman whose father was wrongfully convicted of murder when she was just a child. The man in question, who was a wealthy businessperson, died before his conviction was ever overturned, and it is now evident that he was innocent. Dr Hampikian hopes that this book will be finished in a year or so. Dr Hampikian will be signing copies of "Exit to Freedom" on the 25th of October from 8:30pm to 10:30pm. Copies of the book are available in the school bookstore as well as from other major bookstores.

Dr. Hampikian is a Professor of Biology, Genetics, and Sex & Gender at CCSU. He is also a playwright and a poet. His play, YourName in Bold, was performed at CCSU last year.

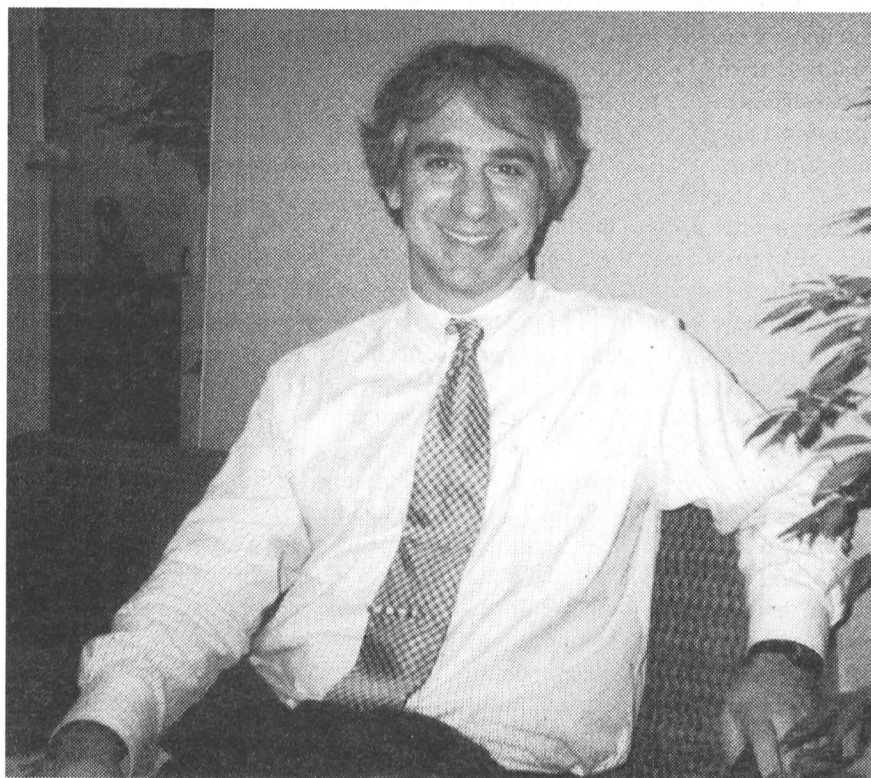


Photo by Redd Horrocks
Edited by Micheal Smith

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Opinions

In These Glittering Times

By Bernard Asubonteng

In this contemporary world we are living in, it appears that all that glitters is gold rather than the other way round. In other words, almost all societies have dramatically shifted emphasis from substance and/or reality to flashy images, sound bites, looks, mediocrities and what have you. Most people no longer care, or they are more concerned about the "text" of a story than the subtext—the underlying but perhaps the most important part of the story. I guess you know where I am coming from. For example, there are many people who put high premium on the looks or on the physical attractiveness of a prospective spouse, boy-or-girl-friend, rather than what is inside a person. Thus, to most guys these days, as long as a woman has certain "flashy" physical features, whatever her true character is, is irrelevant. In the same token, there are most women who also look for certain external features, fancy cars, riches, and so on; it does not matter whether this guy in question is violent, disrespects women, or more important, lacks moral values.

This brings us to the modern society's craziness about the so-called celebrities and the low level to which the term is applied. Times have changed, indeed. Societies, it seems, have sacrificed substance on the altar of materialism and mediocrities. Thus, in these "glittering times" all that one

has to strive for, in order for the society to deify you and/or make you appear larger-than-life, is for one to make few TV appearances. And soon after the omnipotent media starts labeling you as a celebrity, the person under consideration nearly assumes a mantle of an "angel." Many people then begin to idolize and develop deep-seated admiration for that person because of his or her celebrity tag.

It should be pointed out, though, that there is nothing wrong for one to express an admiration and/or a profound respect for someone who has accomplished something of substance in life. In fact, we all want to be famous one way or another. However, achieving a celebrity status does not make one infallible and/or a *de facto* role model. Unfortunately, this is the existing state of affairs. Indeed, the concept of celebrity has assumed an astronomical proportion that even in our legal system, the law itself, more often, becomes mesmerized by the "magic" of celebrity. People hiding under the cloak of Celebrity can almost get away with anything, notwithstanding their foibles.

Down in the West Coast, California, the people were so disenchanted about the political state of affairs that they decided to "recall" their governor, Gray Davis. They elected a former movie star, Arnold Schwarzenegger, as a new governor. It's true that no one can question the latter's entrepreneurial

skills in entertainment or movie business, but does that make him the best candidate for the governor's seat? If the Democrat Lt. Governor, Bustamante, didn't deserve to be elected, why not vote for the true Republican Tom McClintock? The answer was because they did not fall into the society's definition of celebrity. No doubt, the main if not the only reason the majority of Californians voted for Schwarzenegger was his "glittering" position in society. Everybody knows him; he is a celebrity and a Terminator-in-chief. Who can prevent him from bulldozing his way in to the governor's mansion in the nation's largest state? Neither the accusation that the "Terminator" deliberately didn't vote in elections for years, nor the multiple sexual harassment charges against him could have any negative impact on his election as governor. Like I said, we are living in glittering times; as a result, most people have mistaken sham for reality.

Honestly, which group will turn our school upside down in terms of pulling huge crowd, should they decide to visit CCSU campus? I'm referring to singers Snoop Dogg and Justin Timberlake on one hand, and Dr. Paul Lauterbur and Sir Peter Mansfield, on the other. Of course, the whole campus would nearly shut down just to go and catch a glimpse of the singers rather than the latter

group. To most of us who truly believe in substance instead of fleeting images, medical researchers, teachers, hard-working farmers, and the brave soldiers fighting to safeguard our freedom, are the true role models and celebrities. But does the present-day society really care? Dr. Lauterbur and Sir Mansfield, for example, won this year's Nobel Prize in Medicine for their pioneering roles in developing Magnetic Resonance Imaging (MRI). This system provides detailed images of the interior of the human body without the harmful radiation used in X-rays. This is a noble achievement for all humanity. Meanwhile, how many people would view these unique Nobel laureates as real heroes and celebrities? Your honest guess is as good as mine.

At this point, I will leave you with this thought-provoking reminder from my hero, William Shakespeare. He warns that "A gilded tomb do worms unfold." In other words, the glittering or white-washed tombs one sees in the cemetery all the time does not tell the true story till one opens it and sees an entirely different spectacle.

Time Savers and Americans

By Ashley Spillers

Imagine a stereotypical person in Atlanta sitting in his or her car, talking on their cell phone, reading a newspaper, and eating a cheeseburger—all at the same time. The general idea of this situation is that this person is "saving time." After all, the old saying goes: "time is money." But in the time of computers, fax machines, microwaves, and fast food, how much time are Americans actually saving? Most people are the busiest and most stressed that they have ever been. Once a person saves time with one aspect of our technologically efficient world, that time is immediately taken by another activity. In a time when two days of work can be jammed into two hours due to new technological advances (mostly with computers), we are not suddenly thrown into a life of leisurely two-hour work days. We are thrown into fifty-hour work weeks with work to take home. Employers will hire employees that can make them the most money. People that work long hours and work quickly are great assets and earn the most money. This goes hand in hand with Americans' need to make more and more money. Most people in the modern day are fueled by an incessant need to make

more and more money, no matter how much time it takes or how much life is missed. While being technologically efficient is a huge way for society to grow and prosper, how many time savers do we need?

Cellular phones and e-mail have turned into the most popular forms of communication in the new age. While these forms of communication are fairly impersonal, it is regarded as the norm to pick up your cell phone in the middle of a restaurant and call a friend. Instead of having time to yourself in your car, you could be bombarded by frequent calls from everyone you know (including your boss), asking you to do favors, or come in for an extra day of work. Instead of enjoying the ride home, you could become even busier in the span of a fifteen-minute drive. Fast food restaurants in America have almost single-handedly made America the fattest country of them all. It's true. The grease and fat that is fast food is consumed daily as a time saver. Obesity is at the worst that it has been in years in America. The time that it takes to cook a decent meal at home (which in reality could take less than 30 minutes) is too long and too hard. A greasy cheeseburger with 500 calories in one serving is quicker and easier to the modern generation.



We're in such a hurry that everything is a blur.

Photo courtesy of Micheal Smith

Stress is another aspect that goes hand in hand with today's time savers. Americans generally get stressed out, sometimes with the help of our modern conveniences. Computers may lock up and we may lose an hours worth of work. Well, since we have to wait for this machine to be fixed before we can continue, much stress can come along with the hour that we lose to fix the problem.

Stress causes many health problems and can lead to high blood pressure, heart disease, and other serious health risks.

The conclusion is going to be that if time savers are so great and make our country so efficient, why do we have to keep coming up with new time savers so that we have time? Sounds like a riddle, but it's true.

Sports



Clayton State Men's Basketball Team Announces its 2003-04 schedule

By Gid Rowell

The Clayton College & State University men's basketball program is getting ready to hit hardwood, and third-year head coach Gordon Gibbons recently announced the Lakers' schedule for the 2003-04 campaign.

Clayton State has a 27-game regular season schedule on tap for 2003-04, featuring 16 contests in Peach Belt Conference play to go along with nine non-conference contests. The Lakers' non-conference schedule will include six games against teams that played in postseason competition in the last two years, and includes 10 games against opponents that were ranked in their respective NCAA Division II regions last season.

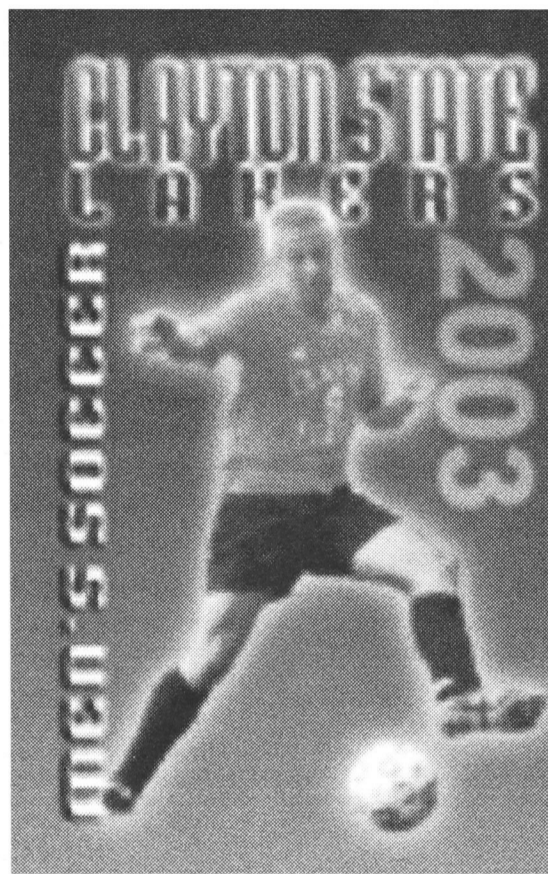
"The schedule is a demanding one and includes 23 Division II opponents from several of the top D-II basketball conferences," said third-year coach Gordon Gibbons. "Our Peach Belt Conference games are always challenging, not to mention several non-conference opponents that are recent conference champions and national tournament participants." Fans will get their first glimpse of the Lakers in two home exhibition games in early November. The first exhibition contest is slated for November 3 against Baseline USA, followed by a match-up with VASDA on November 7.

The Lakers will tip-off the regular season on November 15 at home

against Southeastern, followed by playing in the Charlotte Classic Tournament at Johnson C. Smith in Charlotte, N.C., on November 21-22. Clayton State will open the tournament against Wingate. The Lakers will host the fourth annual Clayton State Holiday Classic on December 28-29 and will play Albany State and Johnson C. Smith on those respective dates. West Georgia is the other participating team in the tournament.

Clayton State will open its 16-game conference schedule at home against North Florida on January 7. A couple of other home conference games to circle on the calendar will be against Columbus State and Kennesaw State. The Lakers will host Columbus State on January 21 in a match-up that will feature the conference championship teams from the last two years. Clayton State will host north metro-Atlanta rival Kennesaw State on February 11. Clayton State finished last season with a 17-12 record, placing fifth in the 12-team Peach Belt Conference. The Lakers have won 36 league games in the last two seasons and captured a PBC Championship. With three starters and seven letter winners returning from last year to go along with one of the nation's top recruiting classes, the Lakers are poised to gun for another Peach Belt Conference Championship in 2003-04.

Homecoming 2003



October 25, 2003

**Come out and show some laker spirit!
Welcome home and good luck to both the
women's and men's soccer teams!**

Juarez Wins Georgia Collegiate Championships

Women's Cross-Country Squad places 3rd, Men finish 4th

By Gid Rowell

Clayton College & State University senior Tony Juarez ran in his final Georgia Collegiate Championships Saturday and became the school's first collegiate division state champion, posting a new school record time. Juarez (East Hazel Crest, IL) blazed through the 8K Panthersville course in a time of 25:24.96, besting junior Adil Berkhedle's 8K record by almost 14 seconds, set last season in the Peach Belt Conference Championships. Juarez, a three-time All-State performer, lowered his personal best time by almost 36 seconds, set last year at the conference meet.

"Tony (Juarez) ran a great race and is well on the way to having wonderful senior season," said head coach Mike Mead. "He shattered our school record today and became our first runner to win the college division of the Georgia Collegiate Championships."

Sophomore Njoroge Ngaruiya (Kiambu, Kenya) joined Juarez in receiving All-State honors in the

event, placing 11th with a personal best time 26:18.25. His time was the fifth fastest in Clayton State history and garnered him All-State honors for the second straight season.

On the women's side, the Clayton State duo of junior Kim Daniel (Macon, GA) and sophomore Heather Krehbiel (Peachtree City, GA) received All-State honors. Daniel, a two-time All-State runner, placed fourth in the collegiate division, running a personal best time of 18:53.80, more than 21 seconds faster than her best set last year at the Georgia Collegiate meet. Her time was the sixth fastest in school history. Krehbiel, named to the All-State team for the second straight season, placed seventh in the meet with a time of 19:02.02, only two seconds off her personal best set last year at the Peach Belt Conference Championships. Her time was the fastest for a Clayton State sophomore runner and the 10th fastest all-time.

"Kim (Daniel) has been battling an ankle injury early this season and ran

a gutsy race," said Mead. "She ran a personal best and both her and Heather (Krehbiel) have a legitimate shot at challenging Joni Guffey's all-time record by season's end."

As a team, the Clayton State women placed third in the 14-team event with the fastest combined team time in school history. The Lakers finished with 75 points behind winner Emory University and PBC rival Kennesaw State.

Sophomore Melissa Shaw (Morrow, GA), in only her second cross country meet, came only three spots from receiving All-State honors, placing 17th with a personal best time of 19:52.58. Freshman Tanika Smit (Benoni, South Africa) finished 25th with a personal best time of 20:09.10, followed by senior Penny Tinker (Mesa, AZ), rounding out the scoring for Clayton State in 26th with a time of 20:13.21.

Junior Stephanie Gilbert (Jonesboro, GA) placed 30th with a personal best time of 20:29.53, followed by junior Brittany Precht (Smyrna, GA)

finishing 46th with a personal best time of 21:43.09. Junior Beatrice Wade (Fairburn, GA) finished 80th with a personal best time of 24:01.31. The Clayton State men finished fourth out of 14 teams in the race with the second fastest combined team time in school history. The Lakers finished with 83 points behind Kennesaw State, Emory and Berry College. Berkhedle (Scarborough, Ontario), still recovering from an early season injury, placed 19th in the meet with a time of 26:50.05, followed by junior Oscar Campos (Los Angeles, CA) in 22nd place with a personal best time of 27:08.92.

Senior Stephen Hughes (Hampton, GA) rounded out the scoring for Clayton State, placing 31st with a personal best time of 27:38.14, followed by freshman Tim McCullough (Churchton, MD) in 41st with a personal best time of 28:03.96. Freshman Eric Simmons (Carrollton, GA) finished 85th with a personal best time of 31:00.69.

The Clayton State teams will return to action on Saturday, October 11th, running in the Furman Invitational in Greenville, S.C.

Features



Update on The University Center

By Jamee Holland

In the August issue of *The Bent Tree*, a seemingly frustrated student asked if the University Center would be finished by the time he/she graduates. Lately, I've found myself wondering the same thing. The original completion date was set for February 2003. However, that date has now come and gone, and we have yet to see the finished product. So, what happened to put the project behind schedule? I contacted Patrick J. O'Hare, Vice President of Operations, Planning, and Budgeting and the Interim Vice President of Campus Life, to obtain answers to these and a few other questions.

The causes of the major delays can be easily explained. The central piping, that provides chilled water to the library, student center, and other buildings on that side of the campus, needed replacing before construction could begin. This caused the first delay. The second delay was due to the weather. All of us that have lived in Georgia, for any length of time, know that the weather is unpredictable. Construction and the

rain began almost simultaneously, and the rain often slowed down progress. Construction is coming along nicely now, but there is one more thing that has to be mentioned. As specified in the contract, the builders have a certain number of days to complete the project. Legally, we have to allow them to make up the days that were missed due to the weather. So, according to Mr. O'Hare, we are now looking at a probable completion date of February 2004.

From the beginning, the University Center was intended to be unique in every way. CCSU officials hope that it will become the center of campus life, merging social, professional, and academic aspects into one setting. It will be the signature building of CCSU, and so it should be. With a budget of \$21,000,000 and an innovative architectural design, the University Center has no equal at CCSU or in the University System of Georgia. It will be complete with a bookstore, food court, classrooms, conference room, and faculty offices. The president's office will be located



Photo by Micheal Smith

on the first floor, and the Office of Academic Affairs, suites for the Student Government, and Office of Campus Life will be found on the second floor.

This building will undoubtedly have an impact at CCSU, whenever it is

finished. Perhaps Mr. O'Hare said it best when he stated, "For this school to do this within a decade of becoming a state university is absolutely astonishing. This should tell the students a great deal about their stature on this campus."

Owning a Pet Today: What Does it Take to be a Responsible Pet Owner?

By Ashley Spillers

Owning a pet can be a great experience for anyone. A dog will greet you with a wagging tail and happy demeanor every time you arrive home. A cat will provide you with a companion when you are alone.

The other side to having a pet is taking responsibility of your pet and care for the pet. A pet owner should know the costs and time that are taken from a pet owner.

Owning a pet can be expensive. A pet always needs food, toys (so as to not rip up the furniture in play), and attention from the owner (so as to not rip up the furniture). An average pet owner can spend anywhere from \$800 to \$1500 annually.

A breakdown of the costs are as follows (on average):

Food	Vet	Toys	License	Misc.	Spay/Neuter	Collar	Carrier	Crate	Grooming	Total
\$250	\$175	\$60	\$15	\$45	\$100 \$30	\$50	\$90	\$300	\$1115	

These prices are a bit inflated, of course; this table is meant to show the costs that could possibly pile up within a year. The costs, however, are far outweighed by the love and companionship that a pet can give.

Cost is not the only responsibility of a pet owner. The owner should provide a safe environment for the pet to live. Pets are not necessarily capable of completely taking care of themselves. A fenced-in yard or pen to house the pet may be expensive, but necessary. Animals deserve the chance to roam sometimes, so a walk around the neighborhood can be beneficial and enjoyable for both the pet and the owner. That said, many states enforce leash-laws that are meant to keep animals safe, and it is best to abide by those laws.

Also, if a circumstance arises that eliminates the ability to keep a pet, it is the responsibility of the pet's owner to find the pet a good home. There are too many strays that walk the streets without a home or regular food to eat.

Another responsibility of pet owners is to prevent overpopulation of pets. When there are not enough homes for the pets that are alive today, the shelters get crowded, and many pets may be put to sleep. A way to help in the prevention of overpopulation of pets is to take responsibility and have your pets spayed or neutered. Another way is to adopt a pet, as opposed to buying a pet from a pet store. Three main reasons to adopt are:

1. 25% of pets that are "put to sleep" are purebred
2. Over 7 million pets are "put to sleep" due to pet overpopulation
3. Buying a pet that was bred for sale leads/adds to overpopulation

So, to all of the people out there that are pet owners, this is just a little reminder to maintain responsibility and keep your pet healthy! Prevent overpopulation by spaying or neutering your pet!

If you are looking into adopting a pet or want more information, contact one of these agencies in your area:

Henry County Animal Shelter	McDonough, Ga	770-954-2100
Henry County Humane Society	McDonough, Ga	770-914-1272
Clayton County Humane Society	Jonesboro, Ga	770-471-9436
DeKalb Humane Society	Decatur, Ga	770-593-1155
Fayette County Humane Society	Fayetteville, Ga	770-487-1073
Gwinnett Humane Society	Lawrenceville, Ga	E-mail only
North Fulton Humane Society	Alpharetta, Ga	770-772-7472
Atlanta Pet & Adoption, Inc.	Atlanta, Ga	770-351-7377

This information can also be found at www.1-800-save-a-pet.com

Information compiled from:
<http://www.snicksnak.com/ac/costs.html>
www.kidsanddogs.bravepages.com



Student Debt Eating You Alive?

By Jonathan Gillespie

The United States is a nation in a continual economic transition; one wherein the price of getting and maintaining a chosen career escalates every year. As I pointed out a few issues back, college tuition has risen dramatically (outpacing inflation), and many students are ill-equipped to handle this higher cost of higher education. Part of the reason that education is so expensive isn't just the initial costs—it's that many students will end up financing at least part of their education through student loans, especially if they proceed past the Bachelor's Degree and into a Master's or above. Lately, students have lucked out with phenomenally low interest rates on student loans, but according to the National Association of Student Financial Aid Administrators (nasfaa.org), the average working professional will be spending 6.4% of their post-school yearly income in order to pay off these debts. Compounding the problem are the multitude of other financial costs associated with higher education; costs that did not exist a mere decade ago. Among the items a student typically finds shelling out cash for are room and board (the cost of which still rises every year, and has beat inflation in most areas of the country), and communications equipment (be they computers and/or cell phones). The little things are still around demanding money, too. You know, little things like cars and food.

Faced with increasing costs, students can feel the financial pressure not only now but also for several years after college. Part of this problem stems from bad spending habits, which begin to take root in high school and, once in place, can impact a person's life long after they have their degree.

I'll discuss at length some of these bad habits, and suggest ways to counter them.

1. Going Overboard on Student Loans- I can't count the number of students I've seen that request funds far above what they'll actually need to spend on their education. This usually takes two forms. In the first form, the student deliberately overshoots their estimate for education-related costs (like books). Then what usually happens is the student receives the refund check from the campus after the fees are paid, and instead proceeds to

spend it. This is a horrible thing to do. Try to keep it in perspective. You will have to pay this money back one day. Whenever your expenses are covered, *immediately* write a check to the loan company in the amount of whatever is left over, and send it back to them. This keeps you from running the temptation of blowing excess money on needless purchases. It doesn't matter if you have multiple concurrent student loans, either—I recently took a refund amount from a lower APR rated loan and applied it to an older, higher APR second loan. This saves me money, especially since the principal amount on the older loan was higher.

The second folly students fall into is the "Carefree" trap. This is where a student pays all their tuition expenses with student loan funds (or possibly with HOPE), then requests additional funds to cover extraneous expenses, like car payments or apartment rental. This too is a horrible trap, and I've even seen it done by students who don't work a single hour a week to pay their expenses with interest-free cash. Once again, you need to keep the total cost of your purchases in perspective. If you use funds from a 3.5% student loan to pay towards an 8% car note, you are essentially paying a car note at 11.5% interest (financial gurus will rightly point out that the figure barely scratches the surface of what you will actually pay in the long run). Consider this: if you're having to borrow heavily in student loan funds to cover basic expenses, you need to scale back those expenses, if at all possible. And for those of you that are working very little or none and still borrowing out the nose—you should consider an alternative, any alternative. Freedom is lovely but financial freedom is a big part of that later in life.

2. Overcharging Credit Cards. It is a good idea to have a single credit card, as our credit evaluation system in this country likes to see credit card payments made on time on your credit record. *But*, that is not an excuse to charge a \$130 night out on Mastercard, or a PS2 on your Discover card. When it comes to debt, credit card hassles are the worst of the worst. The industry is notorious for excessive interest rates (particularly if you have bad credit to begin with), and is

outright feared over their zeal in sending credit agencies after non-payers.

The smart card-using student employs the plastic for emergency purchases—or small, infrequent expenses like the occasional gas purchase. Learn to buy non-exciting things with a credit card, because this will form the habit of treating plastic like a seldom-use utility as opposed to a constant-use tool of impatience. Stay away from electronics, clothes, or entertainment, as these will turn you into a rabid bulk-charger, and inspire you to charge ever more against that horrible interest rate.

If you find yourself wanting the convenience of a credit card but not the temptation that comes with it, look into debit cards given by banks. These wonderful dual-purpose cards are backed by prominent credit companies, but are tied directly to your bank funds instead of a high interest rate, limiting your ability to go nuts but still giving you the flexibility you want, even when it comes to online purchases.

3. "New" Addiction. You've heard the figures before—the average car depreciates 25% the moment you drive it off the lot, et al. Many students live on brand-new products, partly out of the myth that used products tend to be "twitchy", and partly out of simple laziness at exploring alternatives. When it comes to life in college, the smart spender gets used to used. Learn to buy second-hand everything. Used cars are excellent because you have eliminated the first depreciation hit that comes with year one,

and because these vehicles can easily be found with midlevel amounts of mileage on the odometer. Remember: A new vehicle is only next year's used vehicle.

Also, avoid buying the next greatest thing from department stores. Even stay away from small things, like the new \$15 8-blade Face Decimator razor when the disposables will do just fine. Concentrate on saving a few bucks here and there. The web especially can be an excellent tool for bargain hunters, as can clearance sales and the AJC classifieds. There are clearance TVs sitting in the Morrow Wal-Mart going for \$158 that would sell for nearly \$280 new (though you should try to get by with the \$80 model, of course). When it comes to online transactions, Ebay, Newegg.com, Pricegrabber, Amazon (especially with textbooks) and a host of other sites can save you tons of money. You don't have to buy new, and if you did, you usually lost money by doing so. Even with all this said, I've still only hit the tip of the iceberg. There are a host of ways you can save money. It's up to you—you can either save now or pay more later. Debt is natural, and it is almost unavoidable at this point in your lives, but it doesn't have to control you. Control it, instead, and you will profit from it for years to come.

Have a helpful saving tip?

Comments? Criticisms?

Suggestions? Send your e-mail to

csu12323@student.claytonstate.net
and maybe you'll see them in next issue!

Tribute for Korean War Veterans

By Will Rogers and
Micheal Smith



Last month seven panelist presented their personal views and experience concerning a war that is sometimes referred to as a forgotten war, the Korean War. They allowed us a few moments to look into a time that was almost forgotten, a time that even to the most humble of Marines displayed extreme heroism. One example from Andrew B. Jackson, who was a Chinese prisoner of war, suffered immense pain during his period as a P.O.W. But thanks to an

error in logistics was saved by other Marines who just happened to raid the wrong camp. Alive and well, and happy to share his story, he and six other U.S. service men shared their account of what the war was really like. And the horrors of war and what they had to do to survive during severe circumstances. These men deserve respect and honor for taking the time and bravery in sharing something this personal with us. (Photo also by Micheal Smith.)

Features



Campus Question: *Should the U.S. Still Be in Iraq?*

YES, I believe our troops still belong in Iraq. Our troops belong there until the job is done. If the US was to pull out of Iraq now, then Iraq would fall back into chaos as there would be no decisive leadership. Civil war would surely erupt, and nothing would have been accomplished by our whole time spent over in Iraq. America would really look bad, as we would be perceived as a country that does not follow through, and runs when things get rough.

Kirk Willoughby

YES!! I don't think that there is any safe or logical way to pull our troops out at this point. Think about it this way. We went in to topple a regime of horrible men who reined terror on the innocent people of their country. These types of people will stop at nothing to have absolute power. (Fortunately we were able to achieve that goal relatively quickly thanks to modern warfare techniques and the bravery of our men and women in the armed forces.) Saddam is gone for now, and our troops are trying to keep peace in Iraq until a new government can take over and gather the strength it needs to take care of the people of Iraq, and keep the country safe from terrorists like Saddam and other power hungry men who are waiting for the chance to come in and take over. If our troops leave now, everything we have done there will have been for nothing. The people of Iraq are not yet equipped to maintain their safety. Why is this our job? Well, I guess it doesn't have to be, and while we're leaving them to fend for themselves lets invite Hitler back to join in the fun! No, it's not our country, but it is our world, and the people of Iraq deserve the same privileges that we Americans have. Not to mention the fact that the same people who attacked us on 9/11 are probably sitting back waiting for us to leave Iraq so that they can get back to their training camps and plan more attacks on more innocent people, and yes, on Americans! So that is why it is our place to be there, and that is why we

can NOT leave Iraq until we know for SURE that it is stable. I'm sorry for the families of the service men and women that are there. I have very close friends who are there, too, and I have two close family members who have been in the service in the past. I know what it's like to fear for the safety of your husband or brother or best friend, but believe me, they know why they are there. Most of the service men I've talked to are glad to do what they are doing right now, and I've even talked to former service members who say they would jump at the chance to go to Iraq and do the job they were trained to do. Being the most powerful country in the world comes with responsibilities as well as privileges, and we are the most powerful country in the world. Instead of people insulting our military's decision to fight this war and stay in Iraq until it is finished, we need to support them in any way we can, and be proud that we live in a place where our leaders are willing to do what it takes to make our country as safe as possible and help others to get out from under tyrannical dictators like Sadam Hussein. We should not be so naive to think that 9/11 was a one time thing. It could happen again. So could the terrors of men like Hitler and Stalin and Hussein. Let's finish what we started so that the women of Iraq can stop being afraid that their children will be butchered, and the father's can stop being forced to serve a man they fear.

April Smith

Yes! Until the people in Iraq can rule themselves, America should still be involved.

Joel Emison

I'm not sure if they ever belonged there. The problem is, now that they're there, now that this administration has started this mess, they can't just leave that country the way it is; the credibility of the U.S. is on the line. Whatever it is the U.S. intended to do when it decided to go into Iraq, they must finish it. They can't leave until Iraq is stable. When that will be...is anybody's guess."

Sibongile B.N. Lynch

I think that the US made a decision to free the Iraqi people from Saddam and to create order in their chaotic society. When we invaded their country and began our campaign on the Iraqi military we embarked on a long journey that is not over yet. Our leader and the majority of the American people chose to invade and free the Iraqi people and now it is still our duty to see that the economy and government can survive in order to keep some sort of life sustained in this new structure of democracy.

Lisa Earls

Regardless of whether we were justified in going into Iraq to begin with or not, we did. Because of that we have an obligation to the people of Iraq to help get their country up and running again. We can't just go into a country, leave a mess, and pull out. President Bush realized this at the start and told the nation that we would help the Iraqi people once the fighting ended. Many liberal Democrats and isolationists are unjustly attacking him for this.

Jonathon Jones

Hello, my name is Ryan Hilton, and I am responding to the inquiry about US troops being in Iraq at this point in time. For the months of January-August 2003, I was known as Lance Corporal Hilton of the United States Marine Corps. I was in Kuwait from February 8th to March 20th, Iraq from March 21st-May 23, and back in Kuwait from May 23 to July 12. US troops should no longer be in Iraq. I was there, in the middle of the desert, wondering what the heck was going on. Watching wounded Marines and Soldiers come and go, not really fighting against Saddam, but fighting for each other, having been put into a situation where there is no other option.

It is very strange being back home, knowing that every night there are US troops over there still miserable, still anxious, still longing to come home every second of every waking moment, and then still in their dreams. From what I gathered through my ventures, the majority of the Iraqi people either don't want us there, or

want us there as long as we are giving them food and money.....what is going on? I once read a sign while riding through an Iraqi town near An Nasiriyah, Iraq, and it read in Arabic on one side and English on the other: "We don't need your food-We don't need your water-We don't need your democracy"

If you want to print any of this please contact me and let me proofread -**Ryan Grant Hilton**

It is not a question of whether we stay or go. It is a question of why we are there in the first place. I am a career vet and did not agree with the decision to go, but the decision was made and our friends and families are serving the best interest of our country (you and me). Lives are being lost and many service members are coming home disabled, but this should not be a cause of early withdrawal. The many Iraqis who have died because of differences of opinions can not be forgotten nor should we allow this to continue. Some people want to compare this war with other conflicts, but there are no comparisons. This war cannot be compared to Vietnam. I was not old enough to volunteer for that conflict (war), but I watched our news anchors on television counting the dead and wounded for many years. Mothers and fathers cringed when the draft numbers came out and their son's number was up. Let democracy have a chance in a world that holds on to ancient scrolls, tradition and the repression of women, children and religious freedom throughout their country.

Since this is my opinion and only an opinion, let our troops and government finish the job and allow the Iraqis a chance to choose their future. If this turns out to be another Russian Afghanistan, we should all join hands and force the return of our brothers and sisters who fight so proudly for our safety and country.

Michael Patterson

Play Intramural Volleyball!

ONE DAY, to show and prove! On Saturday, November 1st, Clayton State intramurals will be hosting the biggest Volleyball tournament that Clayton County has ever had. That's right. Right here on your own campus, it's going down. Don't look any further because it's right here. There are no excuses, come by yourself or bring your own team. Come ready to sweat, compete and claim the Championship title. Visit the web site at <http://adminsivices.clayton.edu/studentlife/IntramuralSports.html> or feel free to contact Cassiopeia, Ron or Angela. We would also like to thank the football players for a great season, and best of luck to the teams going to Florida.

10 Simple Steps Toward Practical Spirituality

By Thomas Spurlin

These recommendations should be taken with a grain of salt, and should aid in leading yourself to the possibility of becoming a better person. Also, realize that these things can be done with little or no money; yet they require noteworthy investment into your development as a person. Characteristics in parenthesis are the aspects that the act strengthens (i.e. Trust).

1. Brush Your Teeth and Eat Breakfast (Routine / Stability) –

This action comes first and foremost because in the sequence of our days it starts our day off with this time-honored tradition, which is a terrific jump-start. Establishing this routine does many physically enhancing things. With the consumption of breakfast, whether it is a Nutri-Grain bar, a bowl of cereal and a piece of fruit, or your Waffle House All-Star eggs and sausage, your metabolism is activated earlier in the day which is great for the absorption of nutrients and for weight maintenance. Brushing your teeth in the morning is pleasant and refreshing, but it also prevents the possibility of getting those nasty cavities and plaque diseases. The act overall establishes an order about your day, which establishes a sense of stability.

2. Doing Volunteer Work / Community Service (Humbleness) –

When you get out into the work force as college graduates, you will be able to do labor at higher rates and with less physical demands than others might have to. Through physically demanding volunteer work you gain a sense of what it is like doing hard work for little pay, tightening your grip upon the realities of this life. Through the less strenuous volunteering positions we gain a sense of humbleness and satisfaction in committing ourselves to a cause without receiving compensation.

3. Watch a Sunset / Sunrise (Constitution) –

A tough day filled with work and stress, being worn out from endless work for minimal results (a letter grade or green paper currency) can drag down anyone. Sitting down and watching the day

begin through sunrise or, preferably, the day end through sunset, gives you a sense that even though this world has its trials and tribulations, a beautiful result will be delivered. Nature has its own beauty, and this pure occurrence reassures that the design and actions of this world have meaning.

4. Eat Nutritious Foods, Sometimes (Strength and Maintenance) –

The idea of your body being a temple applies to this example. Respect it by consuming things that contain the nutrients it needs, at least for some portion of the time. Lay off the fried foods and chocolate a little and eat a salad, piece of fruit or some simply grilled meat, and make your entire body happy instead of your mouth.

5. Learn an Art Form (Creativity) –

Whether performing arts such as playing a musical instrument, or creating a form of art through paintings and writings, these activities can serve as an outlet for the thoughts and emotions withheld inside you. Who knows, maybe something beautiful will be created through your efforts! Furthermore, it lets your inner voice be heard for the entire world to see, which claims your rightful place as a person by providing your contribution to culture.

6. Saying Hello To a Stranger (Defeating Inhibitions) –

Remember when that person you didn't know gave you a polite "Hello" or a warm gesture? Remember how it felt to be recognized by a stranger? Spread the warmth! Acknowledging someone (same sex or opposite sex depending on your comfort levels and relationship status) you don't know or barely recognize through a class or at a restaurant can uplift their spirits and open yourself up to the world around you.

7. Set a Challenging Goal (Determination) –

This can have 3 results – 1) your goal is achieved, problem solved, 2) your goal is not achieved, and you learn to be grounded with your ambition, or 3) your goal is not achieved, yet you

discover your true wants and try again with another. Either way, setting a high goal will have a wonderful impact upon your drive and inspiration towards success.

8. Commit a Selfless Act (Generosity) –

Urban myth has spread that it is impossible to commit a selfless act due to the "feel-good" factor (your satisfaction of doing the deed). Ignore that statement; commit the act and feel good about it because you helped another person. Learn to be as generous as you can allow yourself. The levels of generosity can differ – from lending a small amount of money for copies, to parting with a pencil or taking 2 sets of notes in class, do what you can.

9. Go on an Adventure (Bravery and Transformation) –

This act transitions your mind and body from one stage of your life to another. Traveling wherever you can is a great way to accomplish this; when you do travel, go somewhere aesthetically gratifying to you, so that the journey is worth the result.

10. Accept People For Their Differences (Awareness) –

Nobody is perfect, yet everybody has something to offer. Realize that people make mistakes and act differently, and your appreciation for all things can flourish. Come to this realization about your parents especially, and shift your ideas of them from the moral pedestal they resided on when you were a child, to accepting them as the people they are.

There you have it, 10 steps one can take in attempt to better themselves as people physically and more importantly, mentally and emotionally. I strongly encourage people out there to try at least one of these things that you don't normally do with your day, and experience how it gratifies you after the act. After you have accomplished that, try and create a checklist with these things, like an overall To-Do list. Good luck with school, everyone.

The Origin of Halloween: An Old Celtic Tradition

By Ashley Spillers

Everyone knows about the holiday that takes place on October 31st. Halloween! This very popular holiday consists of costumes, parties, trick-or-treating, and games, like bobbing for apples. People may wear scary costumes or decorate their homes with spiders, ghosts, witches, and the like. But where did these customs originate? Why do we celebrate this holiday every year? And what do the symbols of Halloween mean? A very long time ago, the Celtic people of Ireland feared the evening of October 31st. November 1st was considered the first day of their New Year, so they held a festival to honor the dead that died the prior year. The festival was called the "Festival of Samhain, Lord of the Dead." During this festival, the spirits of the dead were said to roam the streets. Lord Samhain would arrive in villages in search of spirits to take them to the underworld. The Celtic people were afraid of Samhain, and tried to please him with bonfires that were considered sacred. During the festival, the Celtic people made sacrifices to their pagan gods: criminals, prisoners, and animals. These sacrifices allowed the people to view omens for the future. They believed that the spirits were powerful, and if they were

pleased with the people, they would help them with the predictions of the future. The Celts believed that some spirits were indeed evil. On the night of the festival, they dressed up in elaborate costumes to frighten the spirits and make themselves unrecognizable. This is the origin of wearing costumes on Halloween. Another way to please the spirits was to leave food outside of their homes. This allowed the Celts to live in peace since the hungry spirits would take the food and leave the Celts in peace. This was the origin of trick-or-treating. So the next time this holiday comes around (perhaps in the next week and a half), think about the traditions that this holiday stems from! FYI: Halloween is 2nd to only Christmas in Holiday spending. Americans spend over \$2.5 Billion during Halloween! Disclaimer: This article was gathered from various sources and is not meant to be representative negatively or otherwise, of any religion.

Me, My Body, and I:

Effects of Stress

By: Christina R. Mapp

*Lub Dub... Lub Dub...
LUBEEEEEEEEEEEEEEEEEEEP!* "We lost another student to that terror lurking the CCSU campus!" "Who is it doctor?" "Not who... what, nurse. **STRESS!**"

To stress, or not to stress—that is the question that plagues everyone, including CCSU and all college students, worldwide. Realistically, stress is a very natural state of cognitive noise that occurs due to collegiate, scholastic factors such as test anxiety, learning difficulties, grades, and cash money, as well. However, the eventual affects of chronic stress or anxiety can truly affect physiological homeostasis, a.k.a. YOUR BODY ORGANS functioning properly!

The deadly effects of this endemic "disease" is truly a red flag for malfunction of your brain, heart, blood dynamics, perception, as well as other systems in your body. Because stress creates such profound effects on your body, the scientific community continues to indulge in heavy research for stress related problems. For instance, stress causes decreased blood flow to your vital organs. This is extremely significant because blood transports necessary nutrients to our various organs. Moreover, if you already experiencing a persisting illness, stress can delay the overall healing process, and even drastically worsen others. Such a problem can be seen with people who suffer from chronic high blood pressure, or also known as hypertension. In this instance, when paired with external stressors and very high blood pressure, the person is at an extreme risk for a stroke or heart attack. Now don't start *freaking* out because you may tend to be stressed a great deal lately. For one thing, most of us are done with midterms; thank God, while others hustle to finish last minute assignments. Nevertheless, there are a few healthy tips for stress that you may want to indulge in besides your common partakes in excess coffee and cigarettes.

The following are a few tips to counterattack stressors, both physical and environmental: 1) Pick a form of exercise that reduces stress, such as tai chi or walking, 2) Spend some time alone every day; 3) Time manage for proper sleeping intervals; 4) Evaluate the significance of the stressor and your level of reaction; 5) Spiritual therapy; 6) A close friend for venting; or 7) Adjust nutrition to moderate protein, high carbohydrate, and low fat consumption.

To die, or not to die—that is the question you may be asking yourself when analyzing the results of constant stress. It is indeed normal for every one that is reading this very article now, even the people who are not to experience some form of stress for various reasons. Conversely, it is deadly to allow stress to encompass your entire outlook on life. Whenever you may come across your fellow peer, appearing overheated, with sweaty palms, and a tense look, tell him or her to just *relax*, rather than to be haunted with the extremely deadly terror of Mr. Death himself, stress.

Features

continued



Amanda Buckner

Senior; Major – Psychology; Nominated by Cheerleading Squad

Interests – Cheerleading, Volunteer with EDIN (Eating Disorder Information Network), School Outreach –Eating Disorder Awareness.

Goals – I plan to continue my education through Graduate school and pursue a career in Marketing.

Why do you want to be Homecoming Queen?

It is a great honor to be nominated by my peers and it would be a privilege to represent CCSU.

Why should CCSU students vote for you?

I am personable, friendly and feel I would represent CCSU on and off campus, thorough leadership, dignity and class.

Final thought- It has been an honor to be a part of CCSU family for the last four years.



Rebecca Daniel

Junior; Major – Pre-Med Biology; Nominated by Honor Student Association

Interests – President of Honor Student Association, Student Orientation Leader, Admissions, Ambassadors Assoc

Goals – I plan to continue my education through Med School at Emory or Medical College of GA.

Why do you want to be Homecoming Queen?

I have never been a homecoming queen and I want to represent Honor Student Assoc and present a good name for Honor students.

Why should CCSU students vote for you?

I am very involved on campus, contributing my time and energy to various activities. The Honor Student Assoc contributes a lot through our campus.



Destinee Townsend

Junior; Major – Administrative Management; Nominated by American Humanics Student Association

Interests - Student assistant in the Office of the President with Dr. Harden.

Student Government Association Senator, Student Orientation Leader, Ambassadors Club, American Humanics President 2002-2004, Circle K, Clayton State Women's Forum Laker Dance Club and CCSU Fire n' Ice Performing Arts Group, owner of a small home-based business, Destinee's Gifts and Baskets,

Goals – My future goals are to grow my gift basket business into a much more lucrative business. I plan to attend law school upon graduation from Clayton State next year so that I can use my law degree to help less fortunate people to get decent legal representation and legal advice without paying out their life's savings in the process. My Jurist Doctorate in law actually will be more in my spare time. I ultimately plan on teaching full-time in an elementary or middle school in the field of Language Arts.

Why do you want to be Homecoming Queen?

I would like to represent the school as Homecoming Queen because I have worked hard during my stay here to help improve students experiences while attending college. I have represented our school in numerous capacities and feel that I have become a mentor and friend to quite a few students here on campus and represent them well as their Homecoming Queen

Why should CCSU students vote for you?

The students should vote for me because of my track record thus far at Clayton State. I have been very actively involved in programs throughout the campus, such Military Recognition Day, American Humanics Student Association President, and most currently the Laker Dance Club/CCSU Fire n' Ice Performing Arts Group. My involvement on this campus has been to improve and enhance student participation in events. That, I feel speaks for itself.

Final thought – Her motto is I can do ALL things through Christ who strengthens me.



Michelle Palan

Junior; Major - Communication/Media Studies; Nominated by Student Government Association

Interests – Student Life Activities Committee, Ambassadors Team, Student Government Association

Why do you want to be Homecoming Queen?

I enjoy the school and want to represent it in a positive way.

Why should CCSU students vote for you?

I feel I represent the Clayton School Spirit-I am involved, and I am fun and I want to wear the Crown! (I finally got someone to admit it!)

Final Thought: "Be the change you want to see in the world." Ghandi



Meet Your 2003 Homecoming Court

*Interviewed by Linda Godin
Photos By Micheal Smith and Steven Straker*



Cora Johnson

Senior; Major – Business Management; Nominated by: Ambassadors Club
Interests: Ambassadors Club, SLAC- Music & Movies Chair, Student Orientation Leader, Student Program Coordinator, Advisory Committee-Campus Life, Lyceum Committee, studied abroad in England in Fall 2002. ON the Governing board & Chaperone for Bethel Teen Community Center, Relay for Life and AIDS Walk.

Why do you want to be Homecoming Queen?

I love CCSU!

Why should the CCSU students vote for you?

I am hardworking, dependable and extremely loyal to CCSU.

Final thought: Every Oak tree started out as a couple of nuts who stood their ground.

LaDeanne Wilson

Senior; Major – CMS; Nominated by SLAC

Interests – Secretary for Student Life, Variety Showcase, Aids Walk, Relay for Life, Participate in Piney Grove Baptist Church feeding homeless and providing blankets, clothes and shoes. Mentor for brother and friends-getting them involved in sports.

Why do you want to be Homecoming Queen?

I feel I am a good leader, participate in many activities. I want to get people more involved in campus life. I feel I would represent CCSU very well.

Why should CCSU students vote for you?

I am easy going, nice and willing to help others.

Final thought: Hard work will pay off!

*Photo Not Available
for LaDeana Wilson*



Joshua Marr

Junior; Major – IT; Nominated by Honor Society

Interests – He is active in his church, The Point, a non-denominational church and computer systems.

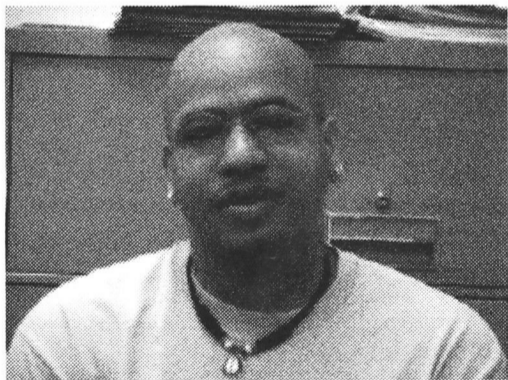
Goals – He will continue his education and pursue a Masters and a Doctorate in Technology at Georgia Tech. He plans to pursue a career in management or a college professorship.

Why do you want to be Homecoming King?

I love CCSU; the faculty, the staff and want to be more involved and represent the school in a positive way.

Why should CCSU students vote for you?

I would make a great Homecoming King because I have good academics and support the school both on and off campus. I always encourage prospective students to attend CCSU.



Steven Straker

Sophomore; Major – IT/Communications; Nominated by SGA – Student Government Association

Interests – Student Life-Graphics/Video/Photography, ITA-Digital Video Class for Dr. Spence, Web Master for SGA, Photo editor for Bent Tree, Student Assistant Coach for Women's Soccer, ALTA Tennis player, Recreational league-Soccer

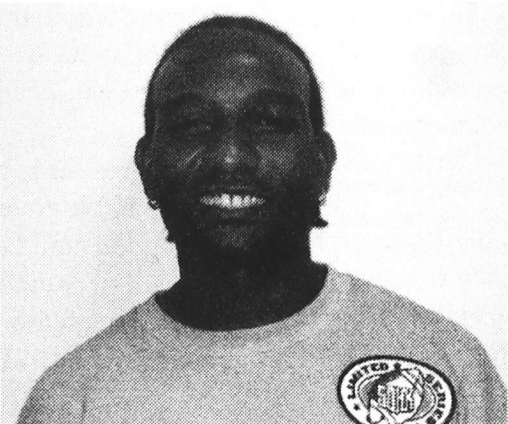
Why do you want to be Homecoming King?

Since I am from Barbados, I think it would be cool to represent Caribbean people as Homecoming King.

Why should CCSU students vote for you?

I am a good guy, am very involved in campus activities and I would represent the school in a positive way.

Final thought: Favorite expression – “One good thing about music is when it hits-you feel no pain.” Bob Marlee



Terence Bates

Junior; Major: Technology Management; Nominated by Ambassadors Club

Interests – Ambassadors Club, BCAA, President of Lakers Dance Club, CCSU Fire & Ice Performance Arts Group, Baptist Student Union, Campus Crusaders for Christ. Mt Moriah Baptist Church-Feed the homeless, college students. Participates in three choirs, and is the part-time Choir Director.

Why do you want to be Homecoming King?

I am well-known, and I reach out to people. I am very involved on campus and I love CCSU.

Why should CCSU students vote for you? I feel homecoming king should represent what CCSU is about and I feel I am that person with my involvement and love of the school.

Final Thought: A Vote for me is a vote for the Best!

**Vote Online: <http://adminservices.clayton.edu/studentlife>
King and Queen will be crowned Friday, October 24th at 9:00pm in the CE Atrium.**

Entertainment

Where's Wallace?

By Anna King
csu19592

I am sick and tired of nice guys. Completely and utterly disgusted with them. Before you wonder to yourself if I'm the type of person who likes the "bad boy" or who is just too weird to want a decent fellow, let me correct your thinking. I recently read "Wild at Heart" by John Eldridge. It is perhaps the most life-changing piece of work I've ever had the good fortune to stumble upon. In this book the author delves into the innermost desires of the human soul, both masculine and feminine, and explains exactly why each of us have the natural desire to be either William Wallace clenching a sword upon the battle fields or the Golden Haired Woman being pursued by a man who will fight for her. If you have seen the movie "Braveheart", more than likely you remember the scene where Wallace returns to the village where his wife was murdered and proceeds to cut the throat of the magistrate who killed her to entice Wallace to fight. He and a band of men take over the town and kill the soldiers, and when all are defeated, Wallace kicks the magistrate down a flight of stairs, pushes him roughly against a wooden stake, and slices his throat without a word or second thought. Brutal? Yes. Savage? Yes. I must say, were I to choose, I would want a man like Wallace to split the jugular of the man who would harm me, not the farmer who stood motionless with his hand in mine hoping he wouldn't have to step up if the bloodshed got too fierce. Is this not the secret dream of every girl? To have her man stand up for her, fight for her, protect her and love her with all the passion that drives him to be nothing less of what he is, and that is by not living a lie. To address my fellow females of my audience, how many of us have wished for a man to approach us, look us in the eye, and say, "You are beautiful. I want to fight for you. I want to protect you and cherish you and ensure you are taken care of, and I will stand beside you as an equal." Why do girls love making their

boyfriends jealous? Well, because indirectly it is showing he wants to fight for her, that she is something worthwhile, that he wants to keep her love and doesn't want anyone else to touch it. What better feeling is there than knowing the one you love wants nothing more than to keep you safe? This is what Eldridge explains is the mentality of a Golden-Haired Woman, the one who lets her beauty entice the man who loves her, who pursues her, who cherishes her, who will love her. Again to quote Braveheart, the Princess visits Wallace to deliver a message from King Edward and one of the guards speak to her in Latin, calling Wallace a savage and a liar, unaware Wallace is educated and well versed in many languages. Wallace looks them in the eye with terrifying directness and says, "I am not a liar. But I am a savage." How many of you can tell me you have met a man who intimidates you with his ferocity, but calms you with his self control? I have met many good men in my life that are intelligent, hardworking, and decent. However, I have yet to meet one who within mere seconds could convince me he knew exactly who he was and was radical enough to let go of all his fear, his doubt, and his inhibitions and simply live. Nice guys? Well, they are, uh... nice. They go through life doing what they should, smiling at strangers, helping old ladies across the street and providing for their families. They do the right thing, live a moral life, pay their taxes, keep a good job, and yet at the end of the day wonder why there is still a dull ache in their soul for something they cannot define. All the nice guys out there lack one thing- heart. It is when we find our heart again, John Eldridge explains, that we truly begin to wake up and be alive. What greater purpose is there in life than to simply live it? Out of context, this seems to be a fairly straightforward statement. Live your life. Well, what else do you have to do with it? Aren't I living right now? Some of you may be. When is the last time something chewed away at the

corners of your conscience because of how wrong it was and you stepped up and righted it? It is where it all begins, for when we've lost our heart, we have lost who we are. It is only when we begin to realize the calling whispering in every ear since birth to take up the sword and fight for ourselves, our family, our loved ones, that we become the person we all instinctively desire to become but for the most part never acknowledge.

If most of us are honest with ourselves, we can admit that we do fall short of this Wallace mentality. I have. It is when we begin to let our heart grow wild and free that we truly become who we are. Men become warriors. Women become secure with an inward strength that says, "I am worthy to be pursued." What an incredible combination, the passion of living and the passion of loving. I don't want a nice guy. I want one who'd ransack an entire town because the magistrate had the ridiculous nerve to kill me.

Cooking with G'Licious

By Gerald Heavens

White Chocolate Mousse with Raspberry Sauce

Ingredients for the Mousse:

10oz Grated White Chocolate
3 Large Egg Yolks

1/3c Powdered Sugar

2 1/4c Heavy Cream

1Tbsp White Crème de Cocoa

Beat the sugar and egg yolks over a pan of simmering water. Add 1/4c cream and chocolate and melt, whisking until smooth. In another bowl, whip the remaining cream and crème de cocoa until stiff and fold into the chocolate mixture. Pour into 12 dessert dishes.

Ingredients for the Raspberry Sauce:

1c Fresh Strawberries

1c Fresh Raspberries

1/4c Sugar

Juice of half a lemon

Puree all of the ingredients in a blender or food processor until smooth. Refrigerate until ready to serve. Divide equally and pour over the mousse.

Garnish with whipped cream and fresh berry if desired.

R'Eddibles Guide to Impressing People

By Redd Horrocks

Sometimes the only person that you need to impress is yourself. There are days when studying has gotten to be too much and all you want to do is comfort yourself. Sometimes a day at the spa, or going to a football game is not an option. For those days, try this:

Redd's Comfort Pasta

Ingredients:

Pasta Shells (Called Conchiglie where I come from)

1 Can of chopped or chunked tomatoes

Sharp Cheddar.

Pre-heat oven to 350°

I have not listed quantities here for the cheese or the pasta because it really depends how much comforting you need. I usually use enough pasta shells to make about two layers in the dish I am using, as they will swell into a nice big mound anyway.

Cook the pasta in boiling water. Be sure to add a little oil and some salt to the water as this will prevent it from boiling over, and the pasta will not stick together. When the pasta is almost completely cooked, take it off the heat and drain it. Pour it into your dish and add the chopped tomatoes. Mix around thoroughly and then cover the whole thing with a layer of shredded cheese. Sharp cheddar works very well, but if you don't have a taste for it, just use your favorite cheese. Place the whole thing in the oven for about ten minutes or until the cheese starts browning slightly.

This is great as a meal for one or two, and leftovers taste really good cold between classes. For troubleshooting for this recipe, please feel free to email me. (csu14389)

The Bent Tree staff will be having a meeting on Wednesday, 10-29-03 at 11:30am in our office. Join us to plan the next issue! Or e-mail us at Btree@mail.clayton.edu

In the Mood for a Halloween Scare?

Movies that are Sure to Send Chills Up Your Spine

By Thomas Spurlin

The People Under the Stairs (3½ / 5) – 82/100 B

If you are in the mood for a typical screamer of a horror flick, I highly recommend the *People Under the Stairs*. Wes Craven, the director of the frightening *Scream* series and the *Nightmare on Elm Street* series, directs this horrifying tale. However, as opposed to those thrillers of teenage terrorism, this story is very original and, to some degree, conceivable as realistic. The *People Under the Stairs* is about Fool, an adolescent boy who lives with his mother and sister in a lower-class neighborhood. Leroy, played by Ving Rhames, persuades him to steal a coin collection from his landlord's house. When they get into the house, they discover it is ridiculously guarded and occupied by a crazy brother/sister duo (Everett McGill and Wendy Robie) who murder imposing company in their house and lock kidnapped people in their basement such as Roach, the occupant locked downstairs without a tongue. These people travel through the walls, especially Roach who "communicates" (as best as he can without a tongue) with a young girl, Amy, who is entrapped upstairs. Once inside the house, Fool must rely on the assistance of Amy in order to help him escape from this house of horrors. The acting is surprisingly decent for a horror movie, with each character portraying convincing parts throughout the plot. The most electrifyingly frightening thing is the make-up and set direction, acclaimed higher by Wes Craven's masterful skills of scaring the pants off his viewers. To top it off, Craven got the ideas for this movie from real-life tales of children locked inside their homes. This movie is a ghoulish pick; a frightening tale great for that Halloween viewing alone in the house, wondering what the creaking in the walls was ...

The Ring (4.5 / 5) - 93/100 A

If you are in the mood for a psychologically frightening film, look no further than Gore Verbinski's tale of mystery. The movie is geared around a video that, once viewed, curses the viewer. After the film is finished, a phone ring echoes in the room, and after the person answers the phone, the voice on the receiving end declares that the person will die in seven days. Naomi Watts plays Rachel Keller, a single mother who has a niece that is the first (recorded) victim in our story. Watts does a fine job building the suspense for the story's many twists and turns. Rachel's son adds a deep sense of fear through his characteristics. This self-dependent boy who has intense facial expressions and

mannerisms plays a major role in the aspects of fear. The most frightening attributes of this movie revolve around the deep cinematographic techniques. Panning cameras over scenery, connecting images through unifying flashes from the videotape, as well as plays upon the lightness/darkness throughout this tale fills your spine with tingling shivers. The use of the pale shade of blue throughout all the scenes of this movie encompasses the aura of fright, which proves to be quite chilling and alluring. All of these characteristics create a movie-going experience that is as fun as your typical horror movie, yet emotionally appealing through the strong cinematic elements. The *Ring* is not a typical scream-a-minute movie; it is designed to build a chilling amount of suspense throughout every frame of the film. It is, however, one of the scariest movies I have ever seen. One thing is certain – you will never be able to look at or hear the snow from your faulty television the same ever again. I highly recommend this movie for all occasions, Halloween or not. The film is especially poignant during the fright season though, where the tension of the holiday builds up so intense that even the sound of the phone ringing causes you heart to leap from your chest.

Wes Craven's New Nightmare – (1.5 / 5) – 45/100 F-

This movie can also speak for the rest of the *Nightmare on Elm Street* films, save the first one that was somewhat original and the third, which has its highlights. Freddy Krueger is the villain in this film, as he is with the other *Nightmare* films. The make-up and cinematography are up-to-par, but the storyline is horrendous, as it is with the numerous other versions of this movie. The original actress from the first movie (Heather Langenkamp) is the star as an actress on the set of a new Freddy Krueger movie. Everything is fine, until a mechanical hand the crew had constructed to look like Freddy's mysteriously kills her husband. After this, she starts to go crazy as her child starts to have nightmares about Freddy, driving him to be something similar to a possessed child. This movie is awful – the acting is very poor, the storyline is extremely weak and ridiculous, and the conclusion is by far more cliché than the rest of the story. I won't delve into the ending for those who have the gall to actually partake in seeing this "masterpiece". You absolutely do not need to see this movie; if you desire to see something classic and culturally exploited, see the first Halloween movie, the second *Friday the 13th* movie, or even the first *Nightmare on Elm Street* movie. Steer clear of this gem.

By Sarah Morgan

It is October, which means it is time for the movie industry to frighten the masses. They try, and I stress try, to do just that with the movies *Cold Creek Manor*, *Underworld*, *House of the Dead*, and *Cabin Fever*. Some of these movies know what it means to thrill and others need to look again at the definition.

Cold Creek Manor is a thriller starring Dennis Quaid and Sharon Stone. It is about a couple from New York City who decides to move to the country for a safe environment for their children. It all goes wrong though when the former owner turns out to be a psychotic criminal who lost his house while in jail. He then imposes dangers on the entire family and the safety they were after turns into horror. There are some high points of the movie but not enough to fully thrill. The only horrifying thing about this movie is the script. It is full of the same Hollywood horror clichés. However, the acting is wonderful and solid. It is perhaps better to rent this movie than spend \$6.50 at the theater. I give it a 2.5 out of 5 stars.

Underworld is a dark and Gothic monster action movie; vampires and lycans—an ancient form of werewolf—are at war. Vampires live in huge castles above ground, while the lycans live underground in tunnels. Both are equipped with the need to be on top and big guns to get them there. The film works as an exhilarating celebration of gothic style. It is a tough, fast, and gory addition to the horror-fantasy genre. This movie is worth seeing and is sure to thrill you. I give it 3 and ½ stars out of 5.

House of the Dead is no doubt the worst of these four movies. My advice to those people who want to see this is to run away, just run away. Do not waste your money on this lack luster

Kill Bill

By Micheal Smith

"Kill Bill" should have been called Kill everyone that Bill has ever known and then some. This is a blood soaked journey that a woman called the Bride (Uma Thurman) undertakes because "Bill" (David Carradine) and his Deadly Viper Assassination Squad (DiVAS) killed off her entire wedding entourage including her husband and un-born child. The movie starts with an explosive opening scene which puts the Bride into a coma obviously sets the tone throughout the entire movie. The movie characterizes the Brides transition from being in a coma to her creation of a personal hit-list. Then naturally as only Quentin Tarantino can do, the movie cuts to a scene where the Bride visits the home of a hit-listee and ex-member of the DiVAS, who apparently went strait. But to the Bride that really doesn't matter much. From here the plot develops the characters brilliantly while describing each characters beginning in the underground before becoming DiVAS. With giving a tiny slice of what their role was in the assassination attempt, the movie maintains balance between all the players' roles and does not lose any attention much like the last Tarantino flick did with "Jackie Brown." The plot coagulates with vivid character detail even with the most nuances of characters in the movie. At one point to illustrate a

horror. The plot is not even worth mentioning. It is the basic story of a group of friends stupid enough not to know how to get out of trouble. They head to an island for a rave but instead encounter "the dead" wanting to bring them into the land of the damned. The only hope for them is to reach the middle of the Island. Of course, they cannot do this without falling over and slowing themselves down. It is the type of movie that makes you want to scream at the screen and not out of horror. This movie does not even deserve a star.

Finally, comes a movie that is sure to please, *Cabin Fever*. True this movie follows the same basic plot of a young group of adults in trouble and being stupid enough not to get away. A group of college students decides to rent a cabin to celebrate graduation. Things turn messy when one of them becomes sick with a deteriorating disease. Instinct tells them to lock her in the shed, not to call 911. The viewer would think why not just take the sick person to the hospital right away. Be grateful they do not, because the result is sure to be a horror classic. It fails to deliver the big scare, but overall is unusually solid. It seems familiar to the viewer but at the same time new. It blends the elements of classic horror films from the 70s and 80s and adds a modern day medical terror. I give it 4 out of 5 stars. To be truly horrified you might want to check the upcoming movie *The Texas Chainsaw Massacre*. A remake yes, but the buzz around this movie is promising a wonderful, horrifying experience for all viewers. It is based on a true story and is coming to a theater near you starting October 17th. Check it out and let me know what you think.

main character, Tarantino masterfully entertains by drawing you into an anime clip with plenty of grotesque action scenes that will just blow you away with detail. The volume of violence does quite match up to any movie ever made, it surpasses any other movie ever made. You may want to leave the kids at home for this one. The depth of detail and well scripted scenes add even more charisma to the more ingenious of actors/actresses. The magnetic personalities of every character create such a divide between roles and separate good versus evil but at the same time giving you a sense of compassion even for the most evil of characters. Tarantino's flick never stops pounding away at your senses or sense of never really knowing what will happen next. The heart stopping special affects and *Crouching Tiger Hidden Dragon* action scenes chops away any disbelief you have in reinventing American kung-fu action films. Not only does this blow everything else away but the fast action story line makes you beg for more. The ending leaves you asking "are they really gonna' kill Bill?" Don't worry no one can just kill off Grasshopper. The worst part of the movie is waiting until the credits whisk through hoping for a glimpse of the next volume. Guess I will have to wait until February to see what happens.

Have a Safe and Happy Halloween!

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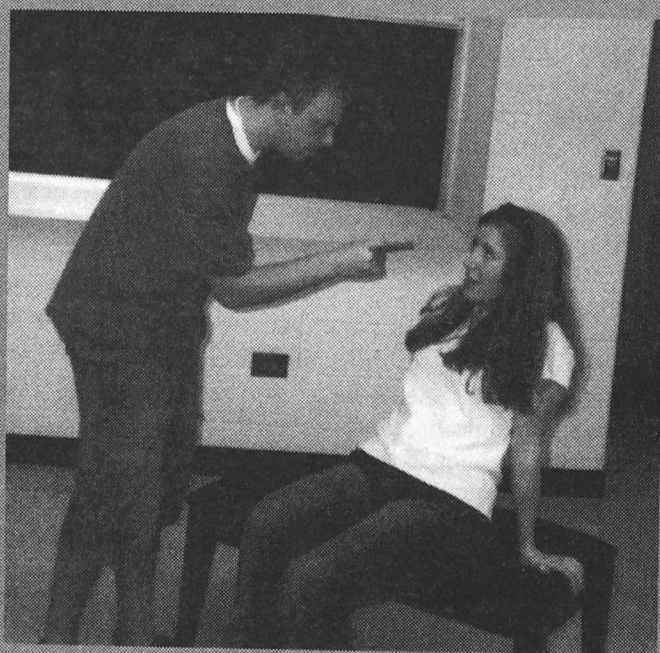


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Edited by Micheal Smith

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