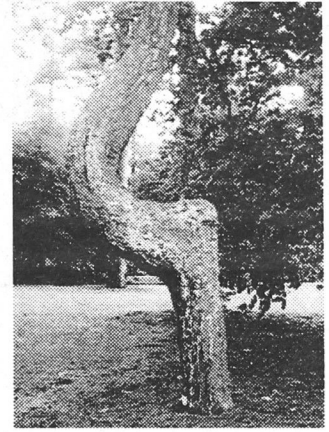


THE BENT TREE

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November 17, 2003

CCSU STUDENT NEWSPAPER



California Fires: The Aftermath

By Redd Horrocks

The news has been riddled with stories about the tragic fires in California over the last few weeks. At one point there were as many as ten separate fires burning in the Golden State. Approximately 3,582 homes were destroyed, and those who lived in them are still in shelters, having lost all of their worldly possessions. Often people thought that they were safe and then suddenly found they had five minutes to evacuate. Animals in countless numbers were not able to escape from the flames, and the brave men who tried to stop the fires found that they would suffer fatal consequences for their heroism. 183 people were injured since the fires broke out at the end of October. At least

three of the seventeen total fires are being seriously investigated for arson.

The fires and winds caused tornadoes, or "fire devils" as they were sometimes called. These dangerous whirlwinds made fighting the blazes even more difficult.

Now, as things calm down people begin the long process of trying to rebuild their shattered lives. There is little compensation to those who lost homes and loved ones, but the people are strong and they will rebuild, putting all of this behind them.

If you wish to help the victims of the California fires you can contact the Red Cross at Santa Clara Valley.



Photo courtesy of FoxNews.com

Contact the Santa Clara Valley
Red Cross at:

<http://www.santaclaravalley.redcross.org/>

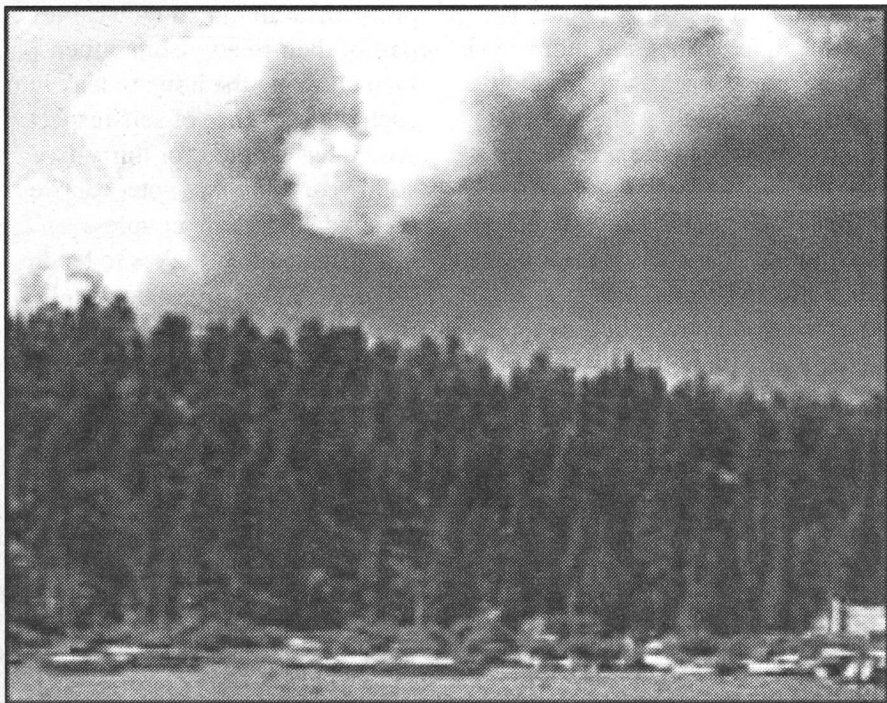
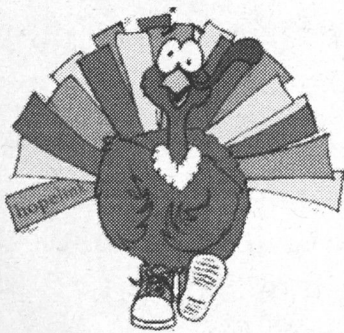


Photo courtesy of CNN.com



Happy Thanksgiving
From the Bent Tree Staff!

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Opinions

Looking For The Right One?

By Bernard Asubonteng
csu13216.

"I'm sick and tired of all these guys or women and their phony games...all that crap they show when they are having a relationship with you. I just don't understand why some people don't want to be real with y'all. Girl, whatcha think about these guys and their BS? Or, man, whatcha think about these gold-diggers who fake as if they are serious with you but only want to reach the bottom of your pocket?" Sometimes too, either one hears "I don't want to marry now" or "at the moment I'm not seeing anyone in my life." These comments are often made by ourselves, friends, relatives, acquaintances, and those we don't even know personally, but happen to engage in casual conversation with. In most cases, the main reason(s) these people offer for not willing to get involved in marriage or in any relationship (for the time being?) is their inability to find the "right person" yet. Thus, more often, you may hear people saying: "I'm looking or waiting for the right one." From where? I cannot tell you, but I can tell you that across all races and cultures, there are a great deal of people who harbor this mentality of "waiting-or-looking-for-the-right-one" to marry and what have you. A renowned psychologist and marriage expert, Dr. Les Parrot, argues among other things that there is no such thing as looking or

waiting for the right one in marriage or relationships. Rather, according to him, everything boils down to the fact that: "Marriage [relationship?] is not about finding the right one. It's about becoming the right person [yourself]. And that's a hard lesson for a lot of us to learn." I think a critical examination of the foregoing advice this learned professor makes practical sense. It's commonplace to see some people trying to set higher standards for others but unwilling to abide by their own yardstick of morality. This picture reminds one of a local pastor who constantly tells the congregation that the wages of sin is death, but goes out of his or her way to have an affair with someone's spouse. Is it not fair to say that what is good for the goose is equally good for the gander? I bet you, many of us don't see it that way. This applies to both sexes—male and female alike. I'm neither an expert in marriage, nor do I have a degree in psychology. As a matter of fact, the only training I have had in psychology pertains to the fundamental aspects—Psych 1101. However, through commonsense, including my own little real-life experiences, and more importantly, by having the chance to talk to people who have been in true relationships and/or in marriages for decades, I've come to believe strongly that looking for the "right

man or woman" is an illusionary concept. Indeed, the onus falls rightly on the shoulders of the prospective partners who are unconditionally willing to be *right* themselves. This has nothing to do with a person who has merely persuaded himself or herself to believe that by proclaiming to be looking for the right person, one necessarily will find or meet the right one. No, it does not work that way. As stated before, both potential partners would have to do some soul-searching vis-à-vis their strengths and weakness, especially on an interpersonal relation level. In fact, having most "things in common" with one's boy- or girl-friend is not synonymous with having the "right person." A lot of people make that wrong assumption. To me, the *right* person is the one who is ready to celebrate the differences and/or will not make the differences of his or her partner an issue. This person must not only be in the position to relate to the physical plane of his or her prospective partner, but more so he or she must learn to understand the emotional as well as the spiritual underpinnings of the person one is dealing with. It's a matter of "Charity [beginning] at home," as the saying goes. If you are looking for an ideal woman or Mr. Right, that is a good move; but, to what extent are you willing to be the *right* one yourself? As Dr. Parrot

rightly points out, the *right* one is not something tangible or hanging out there for you to go and grab it. In fact, it's a process, it needs nurturing every day to make it develop and endure. And the process starts first with you and your *attitude*. The Chinese or the Russian proverb that "A journey of a thousand miles begins with a single step," is applicable at this point. I know a couple who have been married for thirty-five years. I ask them the secret behind their long relationship. The first thing they say is that there is no magic wand to any successful relationship. According to them, no matter how they love each other, they realize even before they get married that there would be conflicts, disagreements and a host of other problems down the road. Thus, in the event of any misunderstanding, each of them will never trample upon each other's humanity. In other words, both of them would see the problem as an indistinguishable part of their relationship rather than allowing the issue to leak into each other's sense of self-respect. And it has worked for thirty-five solid years! On that note, can we conclude that these couples understand what it takes to be the "right ones?" I don't know so I pause for your fair answer.



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

If you'd like to contribute to
the *Bent Tree*,
contact us at
Btree@mail.clayton.edu

YOUNG DEMOCRATS OF GEORGIA

A new Organization for budding Politicos of the Democratic Persuasion is being started. Meet new people who share your Democratic Ideals, help elect Democrats in surrounding Counties and the State, and let's get together and talk about what's going on in America and how we can help steer this blasted Hummer. No dues to join. Free food from time to time. Email us at sgodfrey@ugaalum.uga.edu or call 770-383-9872 to register by phone. A meeting will be called as soon as 10 or more register. Then a student leader will petition for College Recognition.

Where Did the Solidarity Go?

By Ashley Spillers

Over two years ago, events took place in three different cities in the United States that shook the American people. What happened on September 11, 2001 affected not only the people of New York, Washington D.C., and Pennsylvania, but the entire country as a whole. First, a sense of great sadness and loss consumed America, and then anger took its place.

But what came after the anger was something that America had not seen or felt in years. The generations of people that at one time felt disconnected and unaffected by whatever happened to their country suddenly felt a great need to show pride and love for their homeland. Displays of patriotism, large and small, began to pop up all over the country.

Remember when everyone began to purchase American flag stickers that could be displayed on their vehicles? The sense of pride in America that emerged every time a car was passed that displayed this symbol was something that each generation (especially the teenagers and twenty-somethings) had never experienced before. Instead of being the clichéd disaffected youth, the younger generations took interest in the well-being of the nation. Rather than being the typical workaholics and busy bees that the older generations have become accustomed to being, they decided to take some time and smell the roses, so to speak.

This period of great love for America was short-lived. While President

George W. Bush maintained a sense of leadership and approval by the American people for a short while, it was only a matter of time before a heap of healthy and not-so-healthy criticisms of this country emerged from the public. Suddenly, a new country began to emerge.

At this point, I had not become so disillusioned that I gave up on the leadership or togetherness that had been formed after that fateful day. What really gave me a sense of disillusionment was the day I saw a man peeling off his American flag sticker from the back of his pick-up truck. What did this mean? Was there a sense of clutter of stickers on his window? If so, why was that sticker the first to go? Or, was he disappointed with the state of the nation?

Did the man with the pick-up truck represent the feelings of the entire nation? Did the solidarity and pride that emerged in 2001 become completely null and void? Somehow it seems that America has become a nation divided. While we have a new sense of awareness and interest of what is happening in the world, we have become completely disillusioned with the leadership of the country. Maybe a good proposal for the years to come is to gain a bit of that unity that was formed a couple of years ago. Healthy criticism and at least a slight faith in leadership is good for the growth of a nation and should be commonplace. If the nation can come together as one, the state of the nation in the future cannot be threatened.

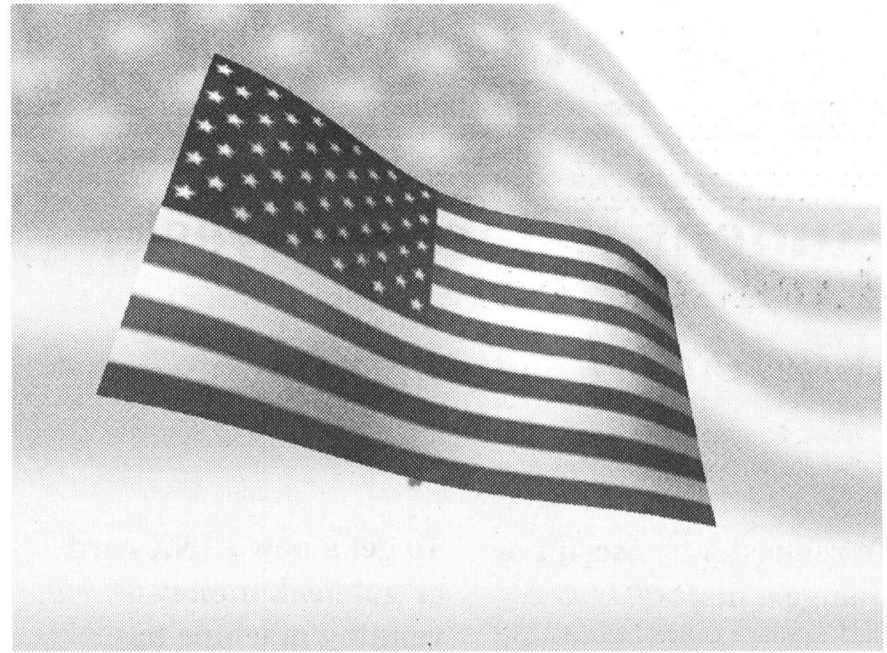


Photo courtesy of google.com

**The *Bent Tree's* Opinions
Section is always in need of
fresh new ideas for articles.**

Have an idea?

E-mail us at:

Btree@mail.clayton.edu

Is Kobe getting Skewered?

By Micheal Smith

The most inept idea in media today is that if the media wants you to believe in an idea, then most likely they will make you believe only the side being presented to the public. Regardless of the public interest in hearing both sides of the story fairly and balanced. Although, sometimes it is not only the medias fault. In some instances when it comes to high profile court cases, judges set the precedence on if the public is entitled to hear both sides of the case from the media. Now whether or not this is right is not the question. If you do not know by now, I am talking about the Kobe Bryant case.

As most of you know, Kobe Bryant was in Denver, Colorado for a game, being hosted in a luxurious hotel. At some point, he met a 19-year-old girl who worked there at the concierge's desk, for arguments sake we will call her Kate. Now I am sure Kate was excited to see Kobe, a real live basketball star staying at her very own hotel. She probably even called a few of her friends to brag about how she just met Kobe, and being that Kobe asked her to come up to his room after her shift, she probably even bragged about that as well. If only someone could have recorded those phone conversations, I am sure this would be a more interesting case. Of course, later after her shift was over, Kate on her own free will went to Kobe's room expecting a nightcap and maybe an autograph. This ends the universal story both of them stick to and the rest

is very murky. Kobe claims she had consensual sex, and Kate says he raped her. Who is telling the truth, and who is not? Well I guess we will not know until the trial is over, or maybe not, most of us have already forged our opinion on guilt or innocence.

The problem with this example is that obviously we all know Kobe's story and the public opinion on him is not looking very crisp right now. This is only one side and not very favorable looking either, what about Kate? Most of us do not even have the opportunity to forge an opinion on her, because the judge has closed all testimony as well as any information on her from making any media and press outlets. This was done for a good reason though. In Colorado as in most states, there is a rape shield protection act, which protects the alleged victim from people trying to publicize everything the victim has done since grade school. If not for this rape shield protection act, anyone and everyone would obviously smear the name of a decent person in light of a high profile defendant. I am sure most of us would want to be protected in a case where we would be prosecuting such a person. Historically the media has shown biases for key sports and political figures. Rightfully so, the judge used the act to prevent any wrongful slandering of Kate, hoping that she could be protected from mass media blitzes and get a fair trial.

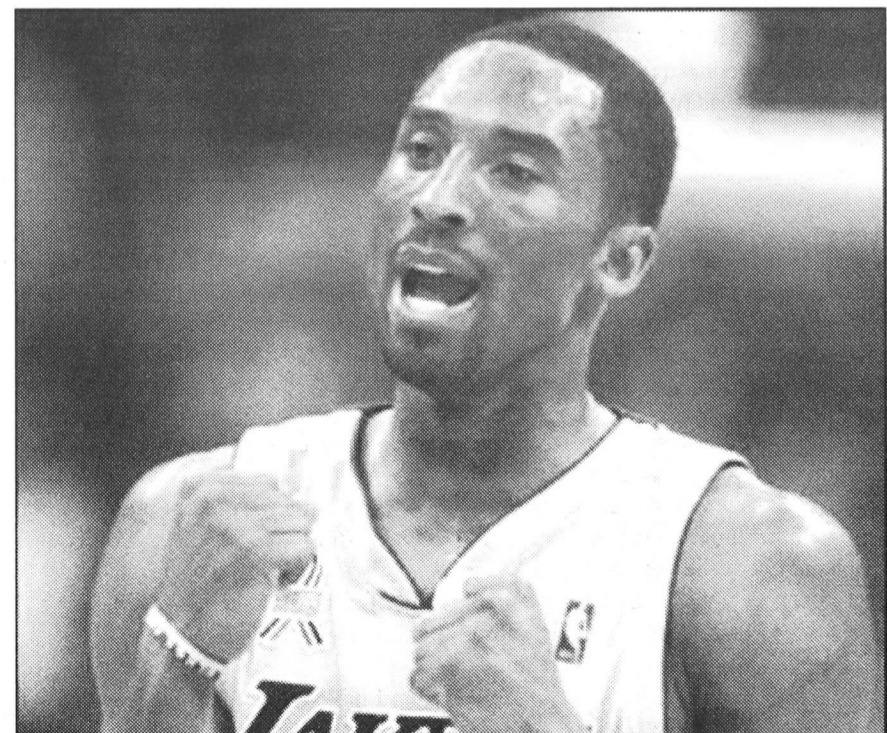


Photo courtesy of google.com

Some of you are wondering, "Well what about Kobe's right to a fair trial without a media frenzy?" Well with all things considered, he is continuously in the spotlight of fame and fortune as well as always in the interest of the media. Therefore, he should have known better than to have an extramarital affair. This is a dumb mistake on his part but, obviously, he did not get to where he is by getting a PhD in philosophy. Unfortunately for him his life is always under scrutiny and he should have known this before

having sex with someone he just met. Equality in the justice system seems somewhat unfair in this perspective, but as is life in general. Perhaps the justice system could learn something from this trial. If there is a law protecting the victim's right to a fair trial, then maybe someone should make a law to protect a high profile defendant so they to have a right to a fair trial as well. Does not everyone deserve equal justice without the media presenting their biases on a case that has not made it to trial?

Features



Student Reference Desk:

Where do I go...

To request a transcript or change a major?

The Registrar's Office, located upstairs in the Student Center, room 216.

Phone Number: 770-960-5110
Office Hours: Monday & Tuesday 8 am to 7 pm; Wednesday & Thursday 8 am to 5 pm; Friday 9 am to 2 pm

To get an application for a friend?

The Admissions Office, located upstairs in the Student Center, Room 208.

Phone Number: 770-961-3500
Office Hours: Monday & Tuesday 8 am to 7 pm; Wednesday 9 am to 5 pm; Thursday 8 am to 5 pm; Friday 9 am to 2 pm

To check on my financial aid status or pick up a FAFSA application?

The Financial Aid Office, located upstairs in the Student Center, Room 217.

Phone Number: 770-961-3511
Office Hours: Monday & Tuesday 8 am to 7 pm; Wednesday & Thursday 9 am to 5 pm; Friday 9 am to 2 pm

To get a new LINX card or get back money a vending machine has swallowed?

The Linx Card office, located downstairs in the Student Center.
Phone Number(s): 770-961-3686, 770-961-3687

Office Hours: Monday thru Thursday 8 am to 5 pm; Friday 8 am to 2 pm

To pay for my tuition or other fees?

The Bursar's Office, located in the Administration Building, Office A-26.

Phone Number: 770-961-3525
Office Hours: Monday thru Friday 8 am to 5 pm

To start a new club on campus?

The Student Life Office, located upstairs in the Student Center, Room 226.

Phone Number: 770-961-3510
Office Hours: Monday & Tuesday 8 am to 7 pm; Wednesday & Thursday 8 am to 5 pm; Friday 8 am to 2 pm

To take a career test or seek personal/career counseling?

Counseling and Career Services, located upstairs in the Student Center, Room 223.

Phone Number: 770-961-3518
Office Hours: Monday & Tuesday 8 am to 7 pm; Wednesday 9 am to 5 pm; Thursday 8 am to 5 pm; Friday 9 am to 2 pm

To seek peer tutoring or take a makeup test from a professor?

The bottom floor of the Library in the Assessment Services/Testing Center.

Phone Number: 770-961-3445
Office Hours: Monday thru Thursday 8 am to 8 pm

To gain help for my disability?

Disability Services, located upstairs in the Student Center, Room 214

Phone Number: 770-961-3719
Office Hours: Monday & Tuesday 8 am to 7 pm; Wednesday & Thursday 8 am to 5 pm; Friday 8 am to 2 pm

To pay my parking ticket?

Public Safety, located upstairs in the Student Center, Room 209
Phone Number: 770-961-3540

To pick up the newest copy of the *Bent Tree*?

Downstairs in the Student Center, and various other academic buildings!

The Departments listed in this article are meant to help the CCSU students. Use this reference list to find the right department to answer your question or help you in some way.

Switchboard Silliness

Compiled by Redd Horrocks

It takes a lot of patience to work at the front desk of CCSU in the Student Center. This is where the phone calls come in from those trying to find things out about the school, as well as where people come to personally for help. I asked front desk staff Michelle Palan and Sondra Landrum what some of the oddest (and dumbest!) questions they had ever got.

"It's raining, is the campus closed?"

"Is it okay if I eat the vegetables in my yard if my dog has relieved himself on them?"

"Can you give me information on Kennesaw State?"

"Can I get the number to Getaway Village... the apartments on your campus?"

"May I speak to the Bizarre Office?"

"Could you tell me if your new building, the Hall of Records, would

have a copy of a marriage license?"

"Hi, I'm trying to find out more about Busy Bodies"

"May I have the department of Interior Decorating?"

"Can I have the dermatologist where you clean your teeth?"

A woman walked up to the front desk wearing a CCSU T-Shirt with "Established 1969" written on it, and proceeded to ask the Front Desk staff when the school was established.

Admissions once received a call:-
"Do you offer Massage Therapy classes?"

"No, Ma'am"

"Oh, well do you offer Stripper classes?"

Compiled by Redd Horrocks



Graphic provided by Sondra Landrum

Life, Liberty, and the Elusion of Happiness

By Anna King
csu19592

Once, in all my infinite wisdom as an eighth grade student I attempted to debate with my Civics teacher about the unfairness of life. He made a wise decision and did not encourage the discussion; rather he simply looked at me with a knowing grin and said, "Anna, if you don't like it, then you can run for God next year." Feeling rather put off, I sat there wondering where I could find a good campaign manager. Well, needless to say, I did not make it past the primaries. Whether or not you believe in a higher power which controls life, be it God, Buddha, or your pet goldfish, despite the wide range of beliefs across the campus, there are still a couple of inescapable and absolute facts about everything in general. One is that life is hard and it's pretty darn painful. Another is that life will either make you or break you. There is an old saying that goes, "That which doesn't kill you only makes you stronger." I've also heard a more cynical twist that says, "That which doesn't kill you just makes you want to die." Throughout all cultures, heroes who overcame the odds and endured the adversities thrown at them are praised because they do

something most people never do, and that is to let life *make* them. Last November, my father died at age 47 from pancreatic cancer. From January until November over a period of eleven months, I watched him shrivel into nothing and at the end weigh less than my thirteen-year-old brother. It was a nightmare, it was heartbreaking, and it still is. Yet the worst of it all is this-my father left behind six children ranging from ages eighteen to six. I am the oldest. Perhaps some of you have endured a loved one passing away. Anyone who has watched cancer claim the life of someone they know understands that with cancer, it's different. Yes, every disease has its horror, but anyone who has been there just knows when he or she hears another say, "Yes, my friend/loved one died from cancer as well." There is an unspoken bond from the prolonged suffering between those who are left behind. I do not tell my story to solicit your pity or to complain about how hard life is. It's been nearly a year now, and some have asked me if I hate God for doing this to me. The answer? "Sometimes." Rather than pretend everything is OK, I cuss Him out from

time to time when I hear my nine-year-old sister crying because her Daddy will not be there on her birthday to call her his favorite nickname, Muffin Head. People have said to me, "Well you know you are gonna be a much better person because of all of this." Knowing they mean well, I proceed *not* to throw a brick at them. You learn to distribute grace to those who just don't understand, and most of them never will. I do not see this happening to me so that I have the chance to develop good character. I simply now have an understanding that life is hard, but I *will not* let it break me. With the holidays approaching, all of my family will feel the aching hollowness as we sit around the tree. We will feel it at each milestone we pass, and on our birthdays. My father never saw me graduate high school; he never saw my first day of college. My father will not see me get married. However, I have something not many people do, I have my mom and my brothers and sisters who have become my life as they never would have before. We all share the burden of grief as we have learned throughout

the past year that there is no one else but each other. Think to yourselves these holidays that there are greater tragedies in the world than getting behind on your shopping or forgetting to send Christmas cards. If there is one thing that I have learned it is that so many things I deemed important before no longer warrant my time or concern. I am far too grateful for what I still have, to hate the precious life still before me. I saw the most beautiful sunset shortly after my father passed away, reminding me in a tender way that there is always something worth living for. The title of a recent award winning movie states, "Vida es Bella." *Life is beautiful.* I stand in testimony that it is. Am I happy? In the misunderstanding of the word, no. I am not in a constant state of oblivion that keeps me from feeling loss or pain or anger or occasional self-pity. I do not think myself "happy." I consider myself blessed and am content with the cards I've been dealt. I would not trade a moment of those eleven months I spent with my father for a day of bliss through it all. Life is far too precious, and though it is hard, it is still good.

In My Experience

By Jeff Hensley

In my experience, research papers are arduous tasks doled out from the lower regions of hell, passing exams should make one worthy of acceptance into Valhalla, and unbelievably professors, many students (there are exceptions) are actually living in the "real world." Yes, my learned elders, I know it is a hard thing to accept, but your degrees did not include a monopoly on reality. As a student, I understand that attendance is mandatory, deadlines are imperative, and tardiness is unacceptable. I am fully aware that "in the real world" I could lose my job for any of these. What is being forgotten is that if I were not a battle-worn veteran of the so-called "real world," none of these things would ever be a problem!

I am not saying that professors should just open the floodgates and let the torrent of late assignments roar through the halls of academia and destroy the scholarly world, as we know it! I do not suggest that attendance should be optional (along with clothing) or that professors should not only admit late students but also immediately start lectures over each time another tardy student arrives. Nay, perish the day! What I am saying, to borrow from that all-knowing and anonymous poet who comes up with all great analogies, is that a tree that won't bend is bound to break. The "real world" is the very reason that such mishaps occur. Not too many students have a dying urge to be late. I do not know many who strive to intentionally miss deadlines.

OK, I will grant you, there are probably quite a few who don't mind missing the occasional class. That's one for the professors!

College is not, as we are prone to say in the south, an "easy row to hoe." Throw in a fulltime job, a wife and kids, and it can seem like a tennis match in which you are the ball! Granted, these are not challenges that all students face, but, here at Clayton State, there are many students who fall into this category. Though I have no experience as a professor, I am sure that it "ain't" a cakewalk either. I know that you have families as well, and some of you probably worked other jobs to get through college. So, more than likely, you have experienced some of the hardships I am preaching about. If so, let your memories hearken back to those bygone days of yesteryear, and have a little compassion the next time a student commits one of these cardinal sins of the "real world."

Maybe my words have carved out a niche in the heart of a couple of kindly professors (or maybe this column has made me a marked man). In any case, students, I gave it a shot! Remember professors, the point is not really whether you dock us a couple of points for tardiness or absences or drop our assignments a letter grade because we turn them in late. All I am trying to point out is that we (students) also live in the "real world," and it does you a better service to recognize that than to ever say, "In the real world..."

CCSU STUDENTS NEED... Laptops

NO-CREDIT-CHECK

NO-CREDIT-CHECK



DESKTOP SYSTEMS
Also available from
Zero Down!

\$75 Down \$29 Month
Plus \$10 Insurance

New Laptops: \$771 - 1088
(Total Paid after two years financing)
[DVD/CDRW Combo Drives Available]
\$75 Down \$29Month 24Months= \$771

Gamers start \$99 Down

DISPLAYED LAPTOP \$771
\$75Dwn \$29Mth

WorldNet Computer Services L.L.C.
Web: www.worldnetcomputerservices.com
www.worldnetcomputerservices.com/clayton.htm
Email: worldnetcomputerservices@techemail.com
706-692-0706 770-845-1885

Entertainment

The Changing Faces of Media

By Ashley Spillers

As the MTV generation grows larger and larger, the rest of the world struggles to catch up with the changing times. MTV has an ability to stay in touch with the younger viewing audiences by playing current music, using flashy techniques, and keeping beautiful young people in front of the camera.

Now, all forms of media have started to stay current and use some of the techniques that MTV has mastered. Books use flashy covers and airbrushed photos to make the author and the book seem cool and up-to-date. Magazines put beautiful people on their covers and layout out their pages in very innovative and artistic ways.

Broadcast journalism has gotten into the act as well. Has anyone seen CNN Headline News or Fox News lately? The delivery is short and precise by

one news anchor and then the camera is immediately cuts to another reporter, ready to quickly deliver the news story. There is modern music in the background and the whole broadcast moves very quickly. The journalists are of a different caliber as well. While they are still intelligent people, the visual aspect of anything is still very important. The channels put attractive, likeable, and fashionable people in front of the camera (with the exception of that guy on CNN's Crossfire, Tucker Carlson—just kidding). The gray-haired, deep-voiced broadcast journalists of yester-year are no more.

As the world constantly changes, the media will continue to change to keep up with the younger generations. And as MTV continues to set the standard for what is cool, the media will always have a standard to upkeep.

A Helping Hand

By Linda Godin

The Circle K Club is a wonderful opportunity for you to lend a helping hand in the community. They say it takes a village to raise a child, and isn't it special to be able to be a part of that village?

Tola Adetayo, the Secretary of the club, spent some time with me recently to tell me about the club, its history and its goals. The club actually begins in middle school with the Builders Club, in high school it is the Key Club and in College Circle K. The K stands for

Kiwanis the community version of the club. The Circle K at Clayton State is led by the Riverdale Kiwanis. The club formed two years ago and have up to 30 members.

Circle K's main focus is on volunteer work. They sponsor the Rainbow House, contribute to UNICEF and they also participate in the Josea Williams Feed the Hungry program. They hold several fund-raisers for Rainbow House, including the current one selling throws.

**Message to all clubs/organizations on campus:
Keep the *Bent Tree* up-to-date with your news,
current events, etc.
E-mail us at:
Btree@mail.clayton.edu**

Press Release

STUDENTS SEEK TO STUDY ABROAD IN SPAIN

Spain has become the newest all-you-can-eat buffet for college students studying abroad, offering a variety of academic, cultural, and recreational opportunities for its students.

According to a 2002 report by Open Doors, a publication of the Institute of International Education, Spain now ranks as one of the top three study abroad destinations.

Spain has become a popular study abroad destination spot for many reasons. One of the most common reasons students choose Spain is for the language skills that they acquire while studying there.

According to information from the Citadel (www.citadel.edu), "With 10% of the U.S. population speaking Spanish, no prospective career is immune to the benefits of knowing this language".

Possessing bilingual skills is an invaluable characteristic for employees to have, especially graduating college students seeking a job. With the Spanish language so prevalent throughout the United States, employers have been actively pursuing the English and Spanish-speaking population for potential employees.

In addition to the linguistics in which students may become proficient, Spain also offers one of the best travel destinations in the world. According to the Travel Channel's World's Bests (<http://travel.discovery.com/fansites/worldsbest/listing.html>), Spain ranks in the top ten for several categories of the report, including location for four of the top nine Hottest Beaches in

Europe. With 46 holidays per year and over 300 days of sunshine, Spain continuously beckons students to come.

Study abroad experts also select Spain as their destination of choice. When Brian Boubek, President and CEO of Cultural Experiences Abroad (www.GoWithCEA.com), a study abroad provider for U.S. and Canadian students, was asked to choose one city as the most beneficial study abroad location, he identified Seville, Spain because, "It has the feel of a small town with the benefits of a larger city. There is a great blend of Spaniards and Europeans as well as Americans, and it is easy to meet and interact with many of them. Seville is also a good place to learn Spanish, encounter a fun atmosphere and experience numerous cultural events. Great energy thrives throughout this city."

Caroline Walsh, CEA's Director of Onsite Operations & Development agrees. She states that "Spain is not a destination... it's an experience."

This experience, as Walsh refers to, includes spring festivals, workshops, bullfights, siestas and flavorful food dishes that help make Spain famous. Regardless of whether a student is looking to enhance their Spanish language proficiency, bask in the aura of another culture or discover the truth to the Travel Channel's World Bests' claims, students who study abroad in Spain will attain a cultural experience unlike that of any other. To learn more about Spain and studying abroad visit: www.GoWithCEA.com

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*Special thanks to Sondra Landrum
for all of her help!*

Matrix Mania

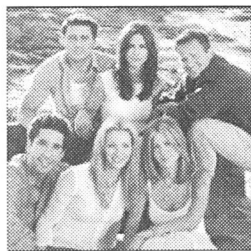
It's that time again; that's right another Matrix has entered your local theaters. Time to watch Keanu Reeves try to act and the special effects taking over the big screen in The Matrix Revolutions. I must say I was disappointed with the end of this trilogy, but I was disappointed with the second Matrix Reloaded as well. It seems the characters take a back seat in this movie so that the directors can display their special effects talent. Neo (Reeves) is somehow caught in between the matrix and the machine world and is now in a comatose state. Trinity (Carrie Anne Moss) watches over Neo while Morpheus (Laurence Fishburne) has to deal with the fact Neo is just another system of control invented by the Matrix instead of "the one". The trilogy reaches a high point when the armies of Zion desperately fight back the machines. This fighting sequence is something to catch your eye but it could also make you want to close them it is so long. Oddly enough, Neo and the rest of the crew are left out of this bloody battle. They have left to go face the ultimate power in the machine world 'Deus Ex Machina', wow that's original! Where is the infamous Agent Smith (Hugo

Weaving) you ask? Well, he has hijacked Bane, a member of the hovercraft fleet, and is growing more powerful by the second. He is beyond the control of the machines, replicating himself by the hundreds, and threatening to destroy Zion, the real world, and the matrix! I guess he has gotten tired of dealing with Mr. Anderssson. The war of the Matrix ends with Neo's destiny and the fate of two civilizations brutally tied to the outcome of his destructive confrontation with Smith. The ending of the story raises more questions than answers but maybe that is the point of it. I'm sure that in a few years, there will be another installment Matrix: The Return hey, it could happen! The filmmakers deserve two thumbs up though, not for the lack of emotion of the story, but the special effects that once again raise the bar. I give it 4 out of 5 stars simply because of the effects and the talent it takes to suck millions of dollars out of movie watchers everywhere.

What's on TV?

A look at the new television shows

By Redd Horrocks



google.com



google.com



fox.om



mtv.com



mtv.com

Now that Buffy and Friends are leaving us, we are faced with an onslaught of new shows that try to grab up the old viewers. Here are a few shows that are new this season.

Tru Calling : Fox Thursday 8pm
Tru Calling is the story of a young woman named Tru who goes to work in a morgue. She is shocked when some of the dead people call out to her for help. She finds that she gets transported back to the beginning of the day she died and meets these people, doing everything she can to save them from their unnatural deaths.

The O.C. : Fox Wednesday 9pm
This excellent show is about a boy named Ryan who was always getting into trouble until his rich Public Defense Attorney adopts him and brings him into a life of glamorous parties, private schools and bratty rich kids. He promptly falls in love with the girl next door who has her own troubles.

Skin : Fox Monday 9pm
This Romeo and Juliet styled story tells the tale of Adam and Jewel. Adam is the son of a District Attorney whose one goal is to put Jewel's father, the owner of an adult entertainment business behind bars. Adam and Jewel have to fight to keep their relationship secret in this complex tales of lies and scandal.

Viva La Bam : MTV Sunday 9:30pm
The eccentric Bam Margera of Jackass heads his own show in which he constantly torments and pushes the limits of his parents, April and Phil. The crazy things he gets up to are too much to even describe, but this show is worth a look

Wildboyz : MTV Sunday 10:00pm
This is another Jackass spin-off which seems to be about how many endangered creatures they can get to bite Steve-O's ass. I personally found this show to be boring, but if you like watching the scenes when Crocodile Hunter gets bitten, this one is for you.

*You are cordially invited:
Join the gents of Sigma Po and party for a purpose at "The Cram Session" December 5th, 2003 from 9pm - 2am in the Continuing Ed building. Two dollars per person or one toy per couple admission. Half of all proceeds go to Toys for Tots.*



Photo courtesy of Sondra Landrum

Moments: A CCSU Play

The Review

By Sarah Morgan

I was very fortunate last night to catch the opening of the CCSU production of Moments selected plays from 27 Wagons Full of Cotton by Tennessee Williams. I don't pretend to be an expert of the arts but I do know that I enjoyed myself watching some up and coming talent perform these plays. This is definitely worth checking out.

The first play performed was 27 Wagons Full of Cotton which is the story of Jake Meighan who sets the local Syndicate Plantation ablaze to boost his own business which lead to terrible repercussions for his wife, Flora. Sarah Baggett who plays Flora does a flawless job. She really made the audience understand her character. Wyatt Lowe who plays Jake seemed to have a bit of trouble with his accent time to time but pulled the role off perfectly. He made me want to hit him; I thought he was really doing those horrible things.

Auto-Da-Fe is about Eloi a young postal worker struggling with his sexual repression. Perhaps this is the first story of a disgruntled postal worker and definitely two fine performances here, but first night jitters were obvious.

This Property is Condemned is the story of a 13-year-old girl who lives in abandoned house alone and has

dropped out of school. Kyla Thompson who plays the young girl did a great job at playing a 13 year old. She started talking so fast I could barely understand what she was saying, but I guess that is what happens when you have a lot to say. Eric Wilkes plays Tom a boy after only one thing and having to act interested in the stories until the time comes that he can get it. Unfortunately for him, he does not get what he wants, but still did a good job at the part.

The Lady of Larkspur Lotion is about a prostitute living a fantasy about her life in the face of a cruel landlady. This is probably the play that majority of the people will enjoy the most. Keisha Reaves was terrific as the prostitute and Kelli Rae's performance of the landlady was side splitting! Truly a delight to watch and I am going back so I can watch it again. It is truly hilarious!

Talk to Me Like the Rain...And Let Me Listen is about a couple that realizes that they have become strangers to each other. If this plays point, was to confuse it worked marvelously. I am not sure why they became strangers, all I got was he spent to much time in the city not knowing where he was and all she wanted to do was get away. Nonetheless, the performance was good.

Health & Fitness



Me, My Body, and I

Let's Not Eat Today

By: Christina R. Mapp

"Welcome to McDonalds, may I take your order please?" "Ah, yes! I would like one piece of lettuce, one pickle, the top bun, and please hold the ketchup, I'm on a diet!"

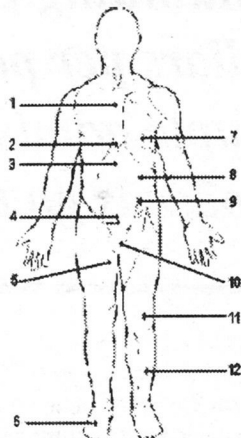
This is the sound of a person who is very confused about proper dieting tactics when tackling the heavy subject of losing weight. However, I, myself, am a religious reader of fashion magazines; and very rarely do you see what society calls an "overweight" person modeling those knock-dead clothes. All you see is THIN THIN THIN, and more THIN on each page. This is the case in any source of media whether television or even the music business. However, if you think starving yourself is gonna be the most ideal way to lose that fat you might just lose more than that! Malnutrition is nothing to play with. You may have thought a little extra "chubby stuff" was a problem, but when you bring the subject of nutritional deficits in the picture you will definitely lose your weight and your LIFE! Let me explain.

As nursing school progresses for me, I have been thrown here and there with medical terms for what us "common folks" call normal things. So of course there is a medical term for nutritional deprivation: anorexia nervosa. This "condition" is not pathological, or due to medications, but is rather more of a psychological health predicament. The most heavy demographic affected by this problem is adolescent girls and some women. Nevertheless, men are definitely not out of the population of those who indulge in a "starving diet."

Regardless of this fact, young women are 10 to 20 times more likely than men to suffer from this morbid disorder. Those who are struggling with this issue are tremendously livid and fearful about weight gain. The only antagonist in this situation is the person actually refusing to consume food. Moreover, despite progress in weight loss, the intensity of those "anti-weight" feelings never decrease. So besides weight, what are you actually losing? When medically diagnosed with this disorder, besides

having a declining body weight of 20% or more, the loss of vital electrolytes is an imperative factor. When a person decides to starve themselves, his or her body compensates by doing a series of processes which eventually lead to death. First, the body begins by reducing the energy used to partake in voluntary activity, such as exercise or even common daily activities like walking. The body also decreases your BMR, or basal metabolic rate, which is measured in kilocalories per square meter of body surface per hour. That probably went over everyone's head that is reading this! Let's just call it your good old metabolism. Once the body uses up all this "energy" catabolism occurs. This is defined as a period in which the body resorts to breaking down muscle and lean body mass. Here, protein from the body is broken down into glucose to provide a energy reserve. This process, known to the medical community as gluconeogenesis, is accompanied by increasing levels of ketone bodies, which become the final source of energy.

A urinalysis of someone who is suffering from anorexia nervosa would be positive for ketones bodies. Sadly, when glucose concentrations can no longer be sustained, the individual becomes disoriented. Also, because protein maintains a balance in acid and water loss or reabsorption, the absence of this "colloid" can cause severe dehydration and kidney damage, respectively. SO WHEN WILL YOU DIE? That truly depends on the body mass of the person. Food deprivation can actually be prolonged for about 8 weeks, however, for people who are suffering from obesity. This is not to say that any of the processes in heading up to death are not critical within their own rights. Refusing to consume food is malnourishing even if it is just one day. Remember, your body is your temple, and who cares if you have a little "thickness" here or there. Also, be different, and don't fall into society's trap of what looks good, but isn't healthy.



Which Workouts work for you?

By Linda Godin

The holidays are here and you know what that means...holiday cookies, holiday drinks, pumpkin and pecan pies, turkey and stuffing and sweet potatoes! Yes, it's the time of year we all usually gain a few pounds; declaring we will begin a new exercise program January first to lose the extra weight. But wait; why not start now? Why not stop the weight gain before it starts?

You might be saying, "Why should I - I can just wait until after the holidays, maybe I will get a subscription to a fitness magazine for Christmas and that will get me motivated!" But how many of us really stick to our new years resolutions? I have chosen a few various workouts and little tips on how to get motivated and stay motivated throughout the holidays. This year don't gain weight, lift them instead!

Gentle Workouts -

Tai chi's flowing movements improve balance; the rhythmic breathing promotes mental and physical well-being.

Kundalini yoga increases flexibility and decreases stress through poses, breathing and chanting.

Meditative walking involves striding at a slow to moderate pace while focusing on your breath, a word or phrase.

Intense Workouts -

Step aerobics burns more than 400 calories in a 60-minute class and the music keeps your motivation high.

Group cycling can melt off 500 or more calories in 45 minutes as it strengthens and sculpts your legs and butt.

Interval training intersperses short, high-intensity and calorie blasting work bouts with recovery periods.

Best Tips:

Use weights - research shows that more muscle burns more calories. Try a 20-minute routine of bicep curls, triceps chair-dips, shoulder shrugs and chest presses, 3 times a week while you watch your favorite TV show or study for the latest final.

Walk everywhere! When you go to the mall to shop, walk through first, scouting out bargains-then walk through again -this time pickup presents for friends and loved ones. Carrying a hefty haul (3 pound bag) and doing lifts as you walk through the mall is a sly arm-toner!

Defy convention and eat before the party! Try a bowl of soup, this way you won't overeat later.

Control your portions. You can eat whatever you like, just keep it in small portions. If you deny yourself, you are liable to go on an eating binge. So have that cookie, enjoy!

These are just a few things to keep in the back of your mind as the holidays converge. Before stress has the chance to lead you to food and weight gain - step your way to exercise. Exercising, even when you are tired, will increase the endorphins and have you feeling like you can handle anything: Christmas shopping, holiday get-togethers and the ever-present finals!

Most importantly, take some time for yourself. Enjoy that bath or that manicure and pedicure, go for a jog, walk the dog, lift some weights, meditate. Enjoy your own mind for a while. It will go a long way in keeping you balanced and in control.

UNIVERSITY RIDESHARE

Are you looking for an empty parking space?

Are you using too much gas?

Are you concerned for our environment?

Could you use your travel time more wisely?

You could help by registering for CCSU's University RideShare Program with 1-87-RideFind and finding a carpool match. When you carpool you save time AND money. You are not obligated to carpool, and the program costs you nothing.

When you start carpooling at least one time a week, you might be eligible for monthly drawings. Contact Joan in Public Safety @ 770.961.3540 for more information or visit

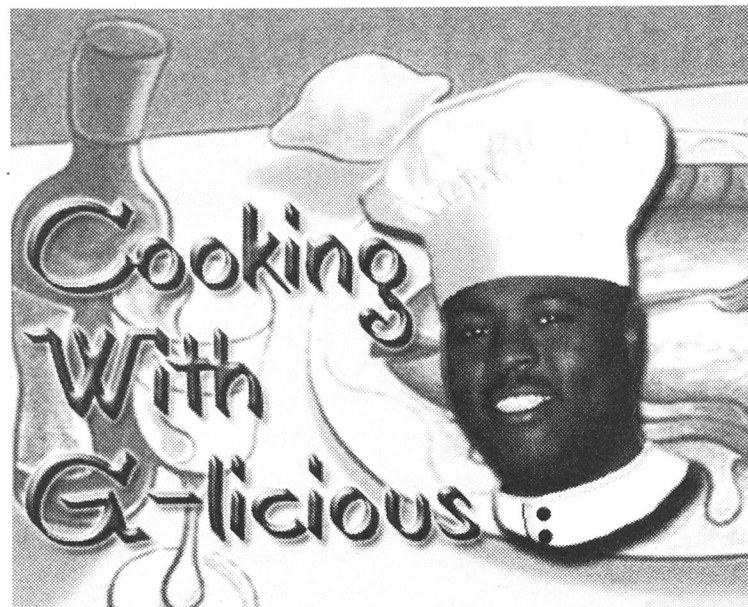
<http://admindservices.clayton.edu/ps/ehsnewprogram.htm>.



1-87-RIDEFIND
Atlanta Regional Commission



Food



Gerald is currently researching new recipes! Look for more of G'Licious in the next issue!

R'Eddibles Guide to Impressing People

By Redd Horrocks

Okay, Thanksgiving. Now, I'm from England so we kind of don't have it there, but I CAN give you my mothers Roast Potato recipe, which is a wonderful accompaniment to any roasted meal.

Redd's Mum's Roast Potatoes

6 Cooking Potatoes
1 Tbsp Butter
1 Tbsp Flour
Pinch of Salt
Drizzle of Oil
Oven at 375°

Preheat the oven to 375° Peel and chop the potatoes into about four to five pieces, you want sizeable chunks. Boil a pan full of water (make sure the pan has a lid) and add the pinch of salt and the drizzle of oil, preferably olive. Boil the potatoes for about fifteen minutes and then drain the water off. Now the fun part. Put the butter into the pan and sprinkle the flour over, put the lid on the pan and leave it a minute for the butter to melt. Then hold the lid very firmly on the pan while you shake the pan roughly, for about half a minute. This will 'blur' the outside of the potatoes and help make them crisp. Tumble them out onto a cookie sheet and spread them out, then cook for forty to forty-five minutes. Keep an eye on them to make sure they don't burn, and be sure to serve them straight out of the oven or they will lose their crispness. This should serve about four people if you used large potatoes.

For troubleshooting on this recipe please feel free to email me at csu14389.

7 Energy-Boosting Foods

By Linda Godin

The following list of foods is a great way to keep you energetic from a.m. to p.m! You need a combination of carbs and protein to keep your energy level high and to make it last. Carbs are an immediate source of energy while protein lasts longer and elevates the production of dopamine and norepinephrine, two chemicals that enhance mental alertness.

1. Peanut Butter – Put a teaspoon each on four saltine crackers (180 calories). It is convenient and power-packed with carbohydrates, protein and healthy fat.
2. Honey – Two tablespoons are an excellent source of B vitamins. Try some on a medium banana (233 calories).
3. Fruit – Dried, fresh or canned, it's got carbs, vitamins, minerals and fiber. Try peaches and low-fat cottage cheese, blueberries and plain yogurt.
4. Cheese – Dairy products have the most highly absorbable form of protein next to eggs. Try lower fat cheeses such as provolone (98 calories per ounce).
5. Hummus – Slather a tablespoon of this high-fiber spread on two whole-grain crackers (58 calories). Try the spicy red pepper for more flavor!
6. Yogurt – For a dose of fiber, mix an 8-ounce serving of plain, low-fat yogurt with one-quarter cup raisins (251 calories).
7. Soup – Yes-the wonderful soup of your childhood that fixed everything from colds to broken bones is a terrific way to get vegetables and protein (roasted-chicken vegetable-182 calories).

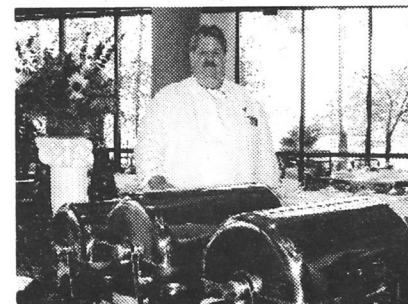
Feeding the Masses

By Jodee Nagle

In today's busy world the hustle and bustle of life with college, full time jobs and families, students of all ages face the same problem, finding time for a nutritious meal. This makes the allure of the fast food drive-thru irresistible and this quick fix has its consequences. High fat and high calorie foods affect the body in unhealthy ways, both physically and mentally. In addition to adding pounds, fast food won't provide the fuel needed to balance a hectic college and personal life. There is a solution, found at the Chef's Express at the CCSU Cafeteria.

The idea of school lunches stir images of the Lima Bean Casserole or the Tuna Surprise that has been lunchroom legend for generations. When I found myself in line at the cafeteria last month, these visions stirred my memory and I waited with dread for my turn in line. The menu had an array of choices, deli sandwiches, hot wings and a home cooked meal of turkey and dressing, turnips and black-eyed peas. I chose the home cooked meal that smelled tantalizing, and I paid a modest \$3.95 and went home. To my surprise, my lunch was actually very good, but I wondered if this was beginners luck and the ordinary meal lived up to the usual institutional standards. I decided to give it the good ole college try and I spoke with the manager of Dining Services.

Chef Tom is the Chef/Manager, and is an artist, not a cook that uses a recipe, but an artiste that creates a dish from



CCSU's own "Chef Tom"
Pritchett
Photo courtesy of
Micheal Smith

instinct and experience. Coming to CCSU three years ago from the Georgia Dome, Tom worked 92 Falcon games in eight years, which provided a perfect setting to hone his skills. Tom's right hand is Ms. Pat Johnson who brings to CCSU a BS in Nutritional Science, ensuring a well-balanced meal for the hungry masses. Both Tom and Pat are hospitable with an attitude that shows through in their working relationship and the atmosphere they create for the students. Along with the rest of the staff, Pat and Tom provide excellent customer service as well as keeping a spotless kitchen, assuring the use of proper food preparation techniques.

Changes are on the way, and I am anxious to see what the future holds as Tom and the staff prepares to move into the new building that will house Dining Services. The new building is scheduled to be complete sometime in February, and if all goes according to plan, the transition will be a smooth one. The team has been involved in the development of the new kitchen space, designing an efficient area capable of feeding the growing numbers here at CCSU.

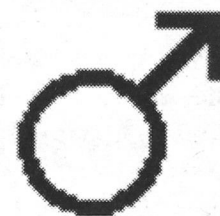
Campus Question

What are the qualities that you value in a relationship?



Do the responses from men and women differ?

See for yourself.



Trust, Faithfulness, Humor, Caring, Support, and of course, Sex GO LOVE!
Female
Susan Marks

Honesty, sincerity, integrity, respect and a hardwork ethic.
Female
Shelley Donaldson

Trust.
Female
Terri Brennan

The qualities I most value in a relationship are honesty and loyalty! The qualities I most value in a female are the same as above with the additions of beauty, sense of humor, down to earth, independence, respectful of yourself and others, and outgoing!
Male
Hassan Rollins

The qualities that I value the most in a relationship are HONESTY, respect, consideration, understanding, stability and the ability to sustain an intelligent conversation.
Female
Keidra Carter

In a relationship as in boyfriend/girlfriend I look for a good personality and someone I can trust not to do me wrong. Also, someone who is going to be open and honest with me. In a relationship friendship I look for the same qualities.
Female
Danielle Scott

Hi The qualities that I value most in a relationship would be: honesty, trust, quality time, and a friendship!
Female
Kimberly Marshall

The quality of not needing to stand 30 feet away from their door to smoke.
Male

Bo James

I am a 27 yr old female, I believe that the qualities in a guy have definitely gotta be a GREAT sense of humor and just a guy that respects a woman. [He] puts her on a pedestal and always always remembers the little things, such as, just calling to say Hi,

remembering something that you never thought they would, just dropping a compliment no matter how big or small it is.
Female
Sheryl Kuklinski

The things I value in a relationship are honesty, dependability, old school values, and integrity
Female
Melisa Malveo

I am age 38, married w/children. I got married at age 32 after 5 years of dating my now husband. What I most value in a relationship is CONSIDERATION.
Female
Dawn Gepfer

The best aspects in a relationship for me, is someone who can just have a good time. I can't go out without being able to talk and joke around with a girl. Some may say its a little to brother and sister like, others say they've never seen two people more happy, but I have to feel comfortable. That's what's most important to me in my relationship.
Male
Justin Long

The quality that I most value in a relationship is having someone who will actually "listen" to what you are saying instead of the usual "Uh huh, yes dear." Nothing is worse than a person who has "been there, done that" to everything you try to talk with them about.
Female Non-Traditional Student over 50 yrs. old :-)
Sha-Ron Rosignon

The quality that I value most in a relationship is being honest to you partner
Female
Tonya Spurley

The qualities that I value the most in a relationship are honesty, respect and being able to communicate. The other person also has to have a love for God with the desire to ways achieve more out of life.
Female
Shannan Baker

What qualities do I value? Trust is simple and pure. It is a value that is needed in all relationships; moreover, a foundation to all relationships. Trust

I value and appreciate most. However, I also look for intelligence. I want to be able to hold real conversations, to be intellectually stimulated and not just emotionally involved. Lastly, and as common of an answer it may be, I look for some one who can make me laugh! Laughter can turn grey clouds to sunshine.
Female; Getting married July 3, 2004
Erin Broxton

I'm a 19 year old male. What I value most is integrity, both towards me and towards herself, affection, appreciation of my tendency to say nothing for hours, assertiveness, and knowing what one wants.
Male
Karl Organ

As a male, the quality I value the most in a relationship is the unconditional love. A companion who has taken Introduction to Psychology 1101 is definitely a plus. I have learned that love is the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth. There is always going to be a genuine lover who always perceives the beloved as someone who has a totally separate identity. Being a single male really allows me the time to focus on extra credit work to boost my grade. Thanks for the invite to be a part of the Bent Tree.
Male
Terry Smith

The qualities I most value in a relationship are: honesty, dependability and good listening skills.
Female
Pamela Newton

I enjoy an intelligent woman with common sense, loving personality and very patient with children. I love an ambitious woman that strives for excellence.
Male
Herbert Jacobs

I am a 32 year-old woman, who appreciates valued qualities in a relationship such as Honesty, Communication, God-Fearing, and the ability to Laugh and Cry together just to name a few that are most important to me.
Female
Monique L. Aguirre

Trust Communication Respect Love Forgiveness
Female
Lydia Vanderford

The thing that I value most in a relationship is honesty. I also think that consideration for the feelings and ideas of the other person in the relationship is important. In my opinion, without either of these qualities, the relationship cannot last. I am a male.
Male
George Brown

.Goals and a road map of how to reach your goals. A person that's not all about themselves (stop being selfish and let someone else talk). Relationships are about give and take so you must be able to compromise. Intelligent, honest, reliable, have respect for yourself and others, and be able to look at a situation from another person's point of view.
Male
No name

I know fully what I look for in a relationship. Communication is key! I like to have serious, playful, or casual conversations with my boy. I like to do things on the spur of the moment, that both of us would enjoy, or that one of us enjoy separately but the other is willing to compromise in doing. I like to know that he's thinking about me so a card, a sweet text message, or a mushy e-mail helps to make the relationship go smoothly. Open-ness is also important. When you're thinking about something and would like to share I think it's very important for your boy to know what's on your mind, and for you to know what's going on in his. Compromise, respect, adoration, and appreciation are all good qualities to look for in a relationship.
Female [Freshman]
Danielle Churchill

The qualities that I value most in a relationship are the qualities of Assiduousness, Honesty, Intelligence, Non-conformity, Playfulness, Stability, and Romance.
Male
LC Jones

Letters to the Editor

This is in response to the article entitled "Our Generic Nation" written by Jonathan Gillespie, in *The Bent Tree* Volume 33, Issue 3.

The article "Our Genetic Nation" had some interesting points regarding the consequences of the modern economy within the United States. I agree, the United States is composed of a "corporate maelstrom". The majority of towns/cities are composed of Wal-Marts, Krogers, and BP stations. However, The United States of America is one of the strongest countries in the world. Millions of individuals from other countries strive to acquire residence in the United States. Personally, I have family members who have been forbidden to return to their homeland, without fear of imprisonment, death, or military service, by their country's government. Mr. Gillespie, the author of "Our Generic Nation", covered his tracks saying "I recognize that there are advantages to this kind of lifestyle, but that certainly doesn't mean it isn't boring". Boring!? I beg Mr. Gillespie to watch CNN for a week and tell the general public our Country is boring. In the United States, an individual has opportunities of a lifetime.-Is that boring? In the United States, one can use public transportation, and not constantly worry a bomb is attached to the gas tank.-Is that boring? Even the fact that a Kroger grocery store is in every town is not boring. For Example, A couple of years ago my Grandmother stood in line for hours, at the open market, in her country for a loaf of bread. A Kroger five minutes from her house would have been convenient, not boring.

Mr. Gillespie believes traveling to another country is the only hope of seeing something new. The United States is composed of many unique and historically beautiful cities/towns. In the state of California : San

Francisco and San Diego come to mind. In the state of New York: New York City and Long Island come to mind. In the state of Louisiana: New Orleans comes to mind. In the state of Tennessee: Gatlinburg and Chattanooga come to mind. Even in Georgia: Savannah and Helen come to mind. One may choose to visit the unique towns and cities or one may choose to stay within familiar surroundings.-By the way- The freedom to choose, is a natural right American citizens have attained.

Is Mr. Gillespie still worried about variety? America is often referred to as the "melting pot". The "melting pot" indicates we are a country melting together of many cultures, and religions.

How dare anyone trash our economy, our lifestyles, and our great country-The United States of America.

Sincerely,
Michelle M.
Wallker
Written October 14

One Nation under Hypocrisy by James Sumners A Response to November 3rd's Campus Question: One Nation under God: Constitutional?

It seems that this campus is ignorant of the real reason for the abject persecution of two peoples in the name of their deity to form a country: freedom of religion and the practice thereof. If you do a quick search of the Constitution (<http://www.house.gov/Constitution/Constitution.html>) for the word "God" you will not find a single result. I, for one, am not concerned with the phrase "One nation under God" being removed or remaining in the pledge. I am concerned with statements like "The issue isn't even so much about the separation of church and state as

it is people rejecting their Creator," and "This nation was built on fundamental Christian beliefs and behaviors." The first statement seems to say "I am right you and you are wrong. Get over it." Sorry, sir, but I do not reject my mother and father. The second statement, however, is more accurate that people are willing to admit. I have never heard of another religious group that is so bent on destroying everyone that will not take up their belief. It goes right along with the statement "Anyone who is offended by this sentiment should get back on whatever plane, boat or donkey that they got here on, stop using our tax dollars and go away!" Sorry, but I have lived here all of my life and your statement upsets me. Where should I go? Back to Piedmont Hospital and ask them to return me to the womb?

I am astounded that students on a campus of higher education can be so blind to the fact people have different beliefs and balk when one group tries to force their belief on them. There are only two voices of reason that was printed in the student paper. One voice is, amazingly, a Christian voice and the other is the voice of an educated person. I wish that everyone who wrote a response to the question without considering their words would read professor Kemp's response.

Also, please keep in mind that the quotes I used in this piece were picked at random.

The following is a response to the article written for the October 20th issue about Pet Responsibility/ Adoption:

I appreciated the recent article on being a responsible pet owner. Too many individuals get a dog (or cat), not knowing what it takes to properly

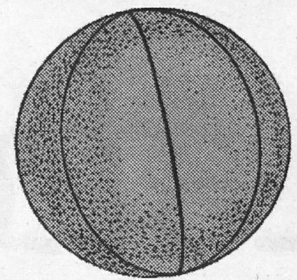
care for that animal. In the case of dogs, in particular, there is too often a tendency to stick the animal in a fence (or worse, on a chain in the yard) and forget about it. Dogs are pack animals; thus they need the stimulation and attention of their human companions on a regular basis. When they don't get this attention, stress and boredom set in, and bad behavior (chewing, digging, barking) often follows. People should ask themselves: if my dog is locked up outside all day long with no interaction, why do I even have a dog?

Incidentally, here's a poem from www.thedogman.com that is written from

the perspective of the ignored dog:
I wish someone would tell me
what it is I did wrong,
Why I have to stay chained up
and left so long.
They seemed so glad to have me
when I came as a pup
There were so many things we'd
do while I was growing up.
They couldn't wait to train me
as companion and friend,
They told me they would never
fear being left alone again.
The children said they'd feed
me, said they'd brush me
everyday,
They'd play with me and walk
me if I could only stay.
But now the family hasn't the
time, they often say I shed,
They won't allow me in the
house, not even to be fed.
The children never walk me,
they always say, "Not now".
I wish that I could please them,
won't someone tell me how?
All I have is love, you see, I
wish they would explain,
Why they said they wanted me,
then left me on a chain....

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Sports



Lakers picked third in 12-team Peach Belt Conference preseason poll

By Gid Rowell

MORROW, GA — The 2003-04 Clayton College & State University men's basketball team learned earlier this week that it has the respect of its Peach Belt Conference rivals, as the Lakers were picked to finish third in the 12-team league by a vote of the conference's respective coaches.

The Lakers, who were also picked earlier this preseason in the Street & Smith's national Division II Top 25, were picked among the top three teams in the conference for the second straight season by the PBC coaches after winning the league title in 2002 and capturing a top-five finish last year.

"It's nice when your program has the respect of your peers," said head coach Gordon Gibbons. "We are excited with our preseason national ranking. Everybody is looking forward to this season."

Peach Belt South Division rivals Columbus State University and Kennesaw State University were picked first and second in the poll. Armstrong Atlantic State University and Augusta State University trailed Clayton State tying for fourth, while the University of North Florida rounded out the top five. Five of the

top six teams selected in the poll were from Clayton State's South Division. After winning the Peach Belt Conference Championship in 2001-02, the Lakers proved in 2002-03 that the conference title wasn't a fluke, winning 17 games. The Lakers were only a few "breaks" away of having another special season, dropping two games last year in overtime and seven games by five points or less with nine new players.

Third-year head coach Gordon Gibbons' impact on the Clayton State program has been an immediate one, and under his leadership and in two short seasons, he has led the program to 36 wins, including 28 Peach Belt Conference victories. The program had a 24-40 record in PBC play the prior four seasons.

With three returning starters, seven letter-winners and five national-caliber recruits, the Lakers will try to keep the tradition alive and take the next step in 2003-04. Clayton State returns six seniors from last year's playing rotation in guards Kevin Young (Marietta, GA), Lamar Rodgers (Jonesboro, GA) and Jason Byrd (Brooksville, FL) to go along with seniors Craig Butts (Savannah, GA), Manny Parker (Miami,

FL) and Stephen Cox (Peachtree City, GA) to the frontcourt.

Young led the 2002-03 squad in assists and will play both guard positions this year. Rodgers, a three-year letter-winner, is the team's top perimeter shooter and led the club last year in 3-point field goal percentage, hitting over 40 percent from behind the arc. Byrd, one the most athletic players on the team, led all Peach Belt guard in rebounding last year. Butts was one the team's most productive players, averaging eight points in only 15 minutes a game.

Anchored by the presence of the two biggest incoming recruits in school history, 6-foot-9 junior college All-America center B.J. Puckett (Auburn, GA) and freshman 7-foot-1 center Aristide Sawadogo (Burkina Faso, Africa) Gibbons' squad will once again be among the top defensive squads in the nation. Last year, the Lakers ranked among the nation's leaders on the defensive end, holding teams to 40 percent shooting from the floor and under 65 points per game.

Puckett and Sawadogo will replace the inside presence of Mike Phenizee (Pittsburgh, PA), who started 56 straight

games for the Lakers in the middle. Incoming guards Darien Chavis (Philadelphia, PA), a Division I transfer from Colorado State, and Rashad Williams (St. Petersburg, FL), an All-Region guard from ABAC, along with forward Carlton Holmes (Charlotte, NC), an All-Region performer from Spartanburg Methodist, will add quickness and offense to the squad, softening the loss of All-PBC and last year's leading scorer Jamal Johnson (Columbus, GA).

The 2003-04 team will be deeper and more athletic, suiting the program's up-tempo, pressing style. The offense will also be stronger with the return of more than 50 percent of last year's scoring to go along with two prolific scorers added to the mix.

The NCAA Division II's third winningest coach, Gibbons has a good shot of reaching a milestone in 2003-04, as he is 18 wins shy of capturing his 300th victory. He captured his 250th win quicker than any other coach in Division II history.

Clayton State won their two opening games convincingly.

Upcoming Men's Basketball Games

Date	Playing...	Time & Place
Nov. 21	vs. Wingate (at Johnson C. Smith)	Charlotte, NC 6 p.m.
Nov. 22	at Johnson C. Smith	Charlotte, NC 8 p.m.
Nov. 25	at Albany State	Albany, GA 7:30 p.m.
Dec. 3	Carver	Morrow, GA 7:30 p.m.
Dec. 6	West Georgia	Morrow, GA 4 p.m.
Dec. 13	at West Georgia	Carrollton, GA 7:30 p.m.
Dec. 15	Edward Waters	Morrow, GA 7:30 p.m.
Dec. 18	Blue Field <i>Clayton State Holiday Classic</i>	Morrow, GA 7:30 p.m.
Dec. 28	Johnson C. Smith	Morrow, GA 6 p.m.
Dec. 28	Albany State	Morrow, GA 8 p.m.
Dec. 29	Clayton State vs. Johnson C. Smith	Morrow, GA 8 p.m.

Go Lakers!
Support your
CCSU teams!

