

THE BENT TREE

Volume 34, Issue 2

February 9, 2004

CCSU STUDENT NEWSPAPER



Mission to Mars:

Spirit and Opportunity Begin Their Journey

By Shea Haley

Picture it. You have traveled for nearly seven months and have landed safely on an uncharted planet in search of one thing. You step out onto Gusev Crater; your landing site. You shield your eyes from the reddish reflection off the hills in the distance. With no idea of what to expect, you are greeted with late summer ground temperatures of forty-four degrees Fahrenheit. The air above you is a chilling twelve to fifteen degrees. If you had arrived just a few months later, autumn would have welcomed you to one hundred and twenty three degrees below zero. Thanks to the Rovers, we can just sit back and cheer them on. With names picked by a third grader in an essay contest, Spirit and Opportunity and trekking across Mars with four objectives:

- To determine whether life ever arose
- Characterize the climate
- Study the Geology
- Prepare for exploration

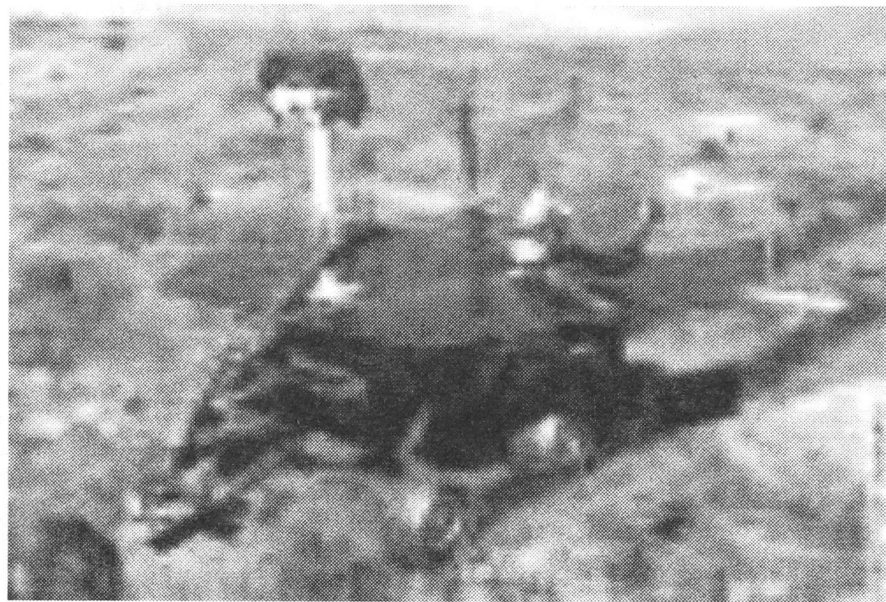
Equipped with complex but powerful tools, both Rovers are able to get up close with soil and rocks, which are, believe to house what liquid water remains. On the south pole of Mars, an ice cap is buried below many sheets of "dry ice" that has never given way to the water it's protecting. Scientists hope that by studying the rocks with high powered magnifying glasses, they will be able to shed some light on the question we have all been asking; was there life on Mars?

The mission should last until the end of April (depending on how the Rovers hold up). NASA experienced their first glitch early on in the mission. Spirit's communication with ground control had failed. With Opportunity landing soon and on

the other side of the planet, NASA wondered if Spirit could be fixed, or if it would become another expensive piece of space junk. In several attempts to communicate with Spirit, NASA finally made contact. "We don't know yet whether Spirit will be perfect again. Our current theory is one in which software would fix the problem," Jennifer Trosper, Mission Manager explained. It was determined that the flash memory in Spirit became overloaded and could not manage the information stored. (Flash memory is used in digital cameras for those who are not camera savvy such as myself.) However, controllers are hopeful that they can begin deleting some of the files that seem to have bogged Spirit down. So far (and knock on wood), Opportunity has not experienced any kind of mechanical failure. Being Spirit's twin, one must wonder if NASA is taking proper precautions to make sure that the overload does not occur in Opportunity as well.

Covering yards of terrain a day, Spirit and Opportunity are exploring and sending necessary information that is proving beneficial about the now dry lakebeds. After a ten-year dream, millions of dollars and the President's backing, the outlandish thought of actually inhabiting Mars is finally being considered. With no rain in the foreseeable forecast and "dust devils" (dust storms that pack more of a punch than our tornadoes) threatening at any time, Spirit and Opportunity definitely have their work cut out for them, without the help of little green men.

***My research credits:**
www.nasa.gov
www.spaceflightnow.com
www.space.com



Mars Rover

Image courtesy of google.com

Table of Contents

Opinions.....Pages 2-3

Homosexual Marriage
Child Endangerment Laws
CCSU & Nude Modeling
Exhaust Pipe

Features.....Page 4-5

Cupid's Biggest Day
Are you approachable?
Spotlight on: Bent Tree Writers
From the Editor's Desk

More Features:.....Pages 6-7

Eyes on the Road
Christmas is over...
Welcome Center
Study Abroad Press Release

Entertainment.....Pages 8-9

Reality TV
Lost in Translation
Bad Film?

Health & Food.....Page 10

How to Save your own Life
Trim up While Eating Out

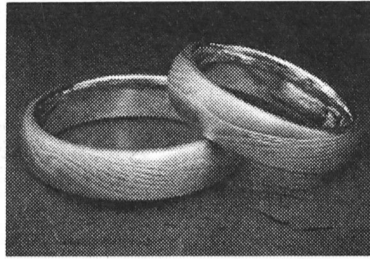
Food.....Page 11

R'Eddible
A Recipe from Thomas

Current News.....Page 12

Write for the *Bent Tree!*
 Contact us @
Btree@mail.clayton.edu

Opinions



Homosexual Marriage Welcome to the "End of the World"

By Jonathan Gillespie

When we e-mail out the campus question, we're always amazed at the comparative responses we get from one paper's question to the next, particularly in quantity. When the Editors of this paper mailed out asking for people's opinions on gay marriage (there is even a proposed Constitutional amendment banning the practice, by the way), I believe they expected a decent number of responses, but never the influx the question generated.

For comparison purposes, look back several months when we asked "Should America Remain in Iraq?", following the defeat of the Baath Party after the invasion of that country. Students and Faculty gave us a combined total of a half-page of answers. Thus, the two-pages generated by the question on legalizing homosexual marriages took everyone by surprise.

This is an incredibly polarizing issue, and the sheer range and variety in the responses illustrates the undercurrent of tension between secular and religious thinking here in the South. Also note that more than a few of our responses spanned several paragraphs, with people drawing on every source from the Bill of Rights to The New Testament. Thus, people turned to what I call the "Thermonuclear Sources" for backing as they made their points.

I feel compelled to respond more thoroughly myself. I stand solidly on the side of further *human* rights for homosexual couples. Notice the emphasis on the word *human*—this isn't a classic civil rights issue confined to one race or ethnic group. We're not talking about something as evil as "separate but unequal" racism. No, we're talking about a far worse offense, that being a law denying the basic *human right* of a lifetime legalized commitment between two people, and the people backing it feel justified doing so because "God" tells "us" it's not right.

It seems that if certain powers have their way, we will have a Constitutional Amendment that marks homosexuals as undeserving of this human right, a law pushed into power by the fanatical elements of the religious right and their ever-present bigotry; an attack against a group of people unequaled by religion since the Christian night riders hung blacks during their campaign of terror, lest the blacks survive to corrupt good, honest Christian living and the sanctity of marriage between two white heterosexual partners.

Now the assault on human rights continues, helmed by the same people that corrupt the word of their God and use it as a crutch for their

own personal hatred. Such an offense is bad enough—even worse is the fact that some of these people that push against Homosexual marriage are of ethnic backgrounds that have fought hard battles for their own civil rights in the past. My, how things come full circle.

Those that would quote from the Bible and use it as their shouting platform for oppressing the rights of others commit the classic religious flaw of being selective followers. These offenders draw on the verses of the bible when it suits their agenda and ignore other verses that do not, and if you think I'm kidding ask yourself if any of these people could have the bigoted slant they do if they followed James, Chapter 4, verses 11-12:

"11: Speak not evil one of another, brethren. He that speaketh evil of *his* brother, and judgeth his brother, speaketh evil of the law, and judgeth the law; but if thou judge the law, thou art not a doer of the law, but a judge.

"12: There is one lawgiver, who is able to save and to destroy: who art thou that judgest another?"

One of the core tenements of the bible is the idea of free will. Religious people everywhere acknowledge that "God" created man of his own free will to find religion or find "sin" of his own accord.

Child's Endangerment Laws:
Georgia Is Shame-faced!

By Bernard Asubonteng

Even a non-believer like myself knows it is not the place of those that are religious to attack the rights of their fellow man in an effort to sway their lifestyle, a decision that countermands the free-will they say their God gave everyone deliberately.

Certainly, if religion associates itself with this proposed bill, anyone affected by it won't exactly be knocking the doors down of the local Church saying "Well, you definitely proved yourself right after all, so convert me".

Religion, you can continue to abandon the teachings of your God and attack the decisions of those outside your Church in his name, an act that further drags religion's reputation through the mud...

Or, you can embrace your fellow man, and not stand in the way of his unalienable rights, an act that will prove you far more Godly than the bigotry you're presently guilty of.

Want to
share your
opinion?
Write for
the
Bent Tree!

CCSU and Nude Modeling

By Charlotte Locklear

The administration of CCSU is desperately seeking to obtain a reputation as a school of excellence. This has been attained to some degree (former students warn potential students that transferring to CCSU is probably not going to RAISE ones GPA). CCSU is in the process of enhancing its liberal arts program (a big hoorah from those of us who are non-business, non-nursing, non-technology minded). So what is the deal with the administration and the art program?

Rumor has it that there is a real possibility that nude modeling will be banned from art at CCSU. I suppose this shouldn't come as such a shock to me when just last year the US

government spent thousands to cover a statues breast so as not to offend the dignity of John Ashcroft. I'm pretty offended myself when, as I'm zipping about in my car, I encounter a pasty-white shirtless male mowing his lawn. Can we have a law for that?

But back to my original complaint: To those who aren't art historians (and I'm certainly not), nude modeling has been around for a LONG time. No self-respecting artist, attempting to depict the human form with some degree of realism, would draw without first obtaining a working knowledge of the human anatomy. This means the artist has to study muscle and bone structure which is kind of hard to do

with a fully clothed model. I learned this in my eighth grade art class.

If this happens, art students can look forward to A LOT of still-life drawing. Despite folks like Mr. Ashcroft, I'm more than a bit amazed that this is an issue of debate in a public institution (in 2004). If the establishment were Amish-run, I could understand (do the Amish even draw?). My point is that CCSU, as a public university, has no religious affiliation so why the timidity regarding this basic tenement of art education? Is CCSU desirous of the reputation of being the last school a student would attend in order to obtain a degree in Art?



Child's Endangerment Laws:

Georgia Is Shame-faced!

By Bernard Asubonteng

Children, according to the old saying, are the leaders of tomorrow. This column is not in any way attempting to impose any religious belief on its reader; however, to use Jesus' example, he once extolled the importance of children by his reference that we must always hold kids in high esteem, for they are "closer" to the "kingdom of heaven" than you and I. Is it enough to say you really love kids because you buy every thing they want you to, including expensive video games? I can bet on my last dollar that if we were to ask every lawmaker in the Georgia Legislature if he or she loves children, each of them will probably tell you endless stories about their deep-seated affection for kids. And, in fact, our lawmakers in the great state of Georgia love children. No one is trying to draw any conclusions to the contrary. Most of them have children and grandchildren, and their love for them is real. But what is mind-boggling to this writer is the behavior of most Georgia legislators who are blocking some of their colleagues from passing laws that are serious enough to protect Georgia's children. If I'm not mistaken, I can say that out of the 50 States in the country, Georgia is the ONLY State that does not have Child's Endangerment Law (CEL). Sad, isn't it? Yet, that's the cold reality in the great state of Georgia. What does one mean by CEL? Briefly, it's a law that makes it a crime to put a child's health or life in danger through carelessness or

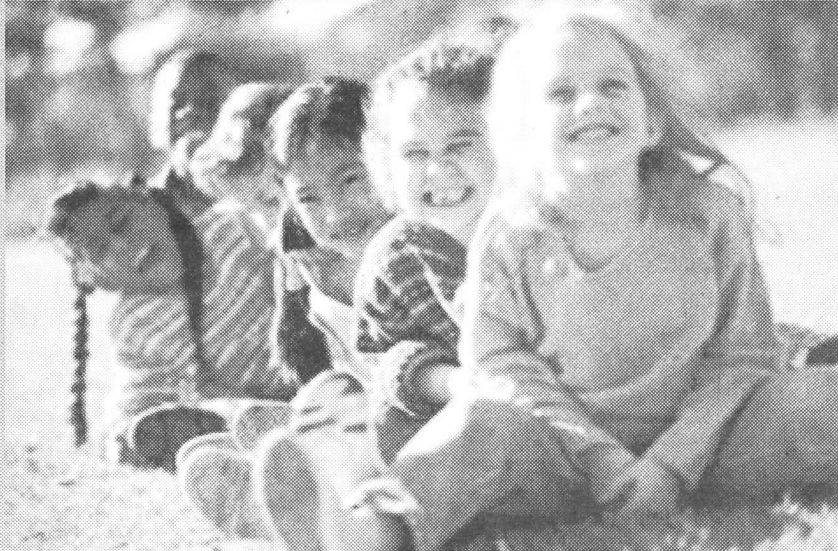


Photo courtesy of google.com

irresponsibility. Without this law, prosecutors say they cannot do enough to make a strong case against irresponsible parents who put their children in harms way. Georgia prosecutors need CEL's to offer them a powerful leverage in order to act against negligent parents. As of now, none of our prosecutors have that legal ability, because most of our lawmakers are so "knee-deep" in the pockets of the lobbies that they are reluctant to pass such law(s). Let us say one day your family member goes on crack and/or leaves his or her 3 year-old unattended and the child dies in an accident; there is nothing prosecutors in the state can do. The reason is that the State wants the prosecutor(s) to prove that the parent MEANT to harm the child involved. Another example is, if through a parents mistake a gun is left on a dresser and a curious child picks it up to test-shoot it

and kills someone in the house by accident, a strong case cannot be made against the negligent parent. The powerful pressure groups, that lobby against Child's Endangerment Law, believe that enacting this law will take away from parents' rights. I cannot tell you what right they are referring to here. Sometimes, I wonder how people talk so loud about their rights when it suits their whims and caprices, making it appear as if other people do not have rights, too. Fellows, the fact of the matter is that all the other 49 States in the Union have seen the need to pass this law (CEL) except the "smartest" state of Georgia. If it is necessary for all the other 49 states without taking away those states parents' rights, why is it not important for Georgia? And how is it going to deprive Georgia parents of their rights? Georgia lawmakers, wake up and own up to your shame!

Exhaust Pipe

Students have this chance to vent about their most irritating experiences on campus at Clayton College & State University. Let the *Bent Tree* know what makes you angry and we'll print it anonymously in the next issue!

Why do people insist on having their PERSONAL CD player so loud that everyone in a thirty-mile radius can hear that repetitive and irritating music. It's supposed to be for your ears only. Shut up when I'm trying to do my English homework!

Why must you walk three in a row, slower than snails, blocking the entire walkway when there is a line of people behind you worse than I85 at 8am? Either walk faster or get out of the way.

If you are going to ask stupid questions in class, please do it on your own time, or at the beginning... not at the end when we are all trying to leave!

Hey! News flash! No smoking within thirty feet of the building! It's THIRTY people, not THIRTEEN! Just because you don't care about getting lung cancer doesn't mean the rest of us share the sentiment.

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://adminservices.clayton.edu/ps/ehsnewprogram.htm>.



1-87-RIDEFIND
Atlanta Regional Commission

Attention Aspiring Nurses!

The CCSU Department of Nursing is currently accepting applications for the SOS (Summer Opportunity for Success) program. The SOS program is a ten-week academic skills enhancement program. The goals of the program are to enable students interested in nursing to be better prepared for the nursing program and ultimately to become successful registered nurses. The program strives to meet these goals by helping students to enhance crucial academic skills in the areas of reading, writing and mathematics. The program is offered free of charge and offers a stipend to those who qualify according to federal guidelines. Applications are being accepted now through March 1, 2004. Interested persons may obtain an application by visiting the web site at <http://healthsci.clayton.edu/> > <http://healthsci.clayton.edu> and clicking on the Nursing Workforce Diversity Program link or they may contact the Department of Nursing at 770-961-3484.

Features



Are you Approachable?

By Chalia Booker

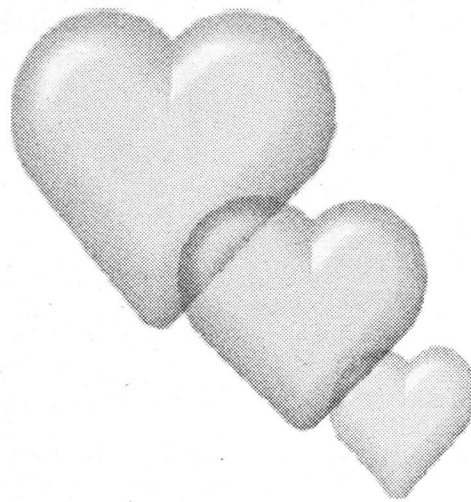
As we start the New Year and new semester each one of us will be meeting someone new. Whether it be your advisor, professor, that fashionably high maintenance girl you've been checking out (and the only reason you appear attentive in class is because of the essence of her beauty), or that handsome guy that keeps giving you eye contact through the halls but doesn't bother stopping because he doesn't want to ruin his chance by putting all his "eggs in one basket" (when in fact he's aware that there's a 4 to 1 ratio of females to guys here at CCSU). It may even be the nice librarian that constantly speaks to you, and who always seems available to you as if she's an "on-campus mom," or the cashier in the student café that literally counts how many fries and wings you have since one bad apple has ruined it for us all.

Whatever the case may be for you or whatever title you possess while here at CCSU, try to make yourself more approachable. Whether it's someone that got the guts to finally ask for your number, a hopelessly discouraged student stopping by during your office hours, someone

that is checking out a book for the first time, or someone that just needs assistance at the various departments on campus (Student clinic, Public Safety, the Hub, Bookstore, etc.) Let's face it we all have our bad days and moods. Hey think of it this way, whatever the problem or situation or even the person, WE have ALLOWED ourselves to have that bad moment or day and we need to understand that it's not that innocent person in front of you that is at fault. Some things we need to just leave where they are and not empty out our trash (because that's what it is) on others. Professors: The next time a student comes to your office for whatever reason, smile and make him/her feel welcome. For the rest of us let's start the year off right and be more pleasant, especially when we're passing by each other on campus. My challenge for you is to introduce yourself to someone you see pretty often on campus that you haven't met, and see what happens. Remember: A smile is contagious and you have only one chance to make the first impression.

The Ten Worst Things you can do to Your Partner on Valentine's Day

By Redd Horrocks



Valentine's Day is the day of love, romance, and potentially the worst day to upset your partner. This list is could also be read as a list of things that will make you hate Valentine's Day forever if they happened to you. Here is a list of things to try and avoid doing. If you really need to do any of these, please don't do it over a candlelit dinner for two. At least do them the day before!



Cupid's Biggest Day... Slacker or Over-time?

By Kimberly Houston

As one of the most commercialized holidays begins, I can't help but wonder what Valentine's Day really means? Have we allowed one day to make up for months or even an entire year of unsatisfactory behavior from the opposite sex? Have we settled for dinner and a movie for far too long? Why do people get so excited over a day dressed up in pink, white and red, served in a box of chocolates with a bow? Personally I'd rather have Valentine's Day 365 days a year instead of getting excited for 2-14.

People rush to the stores to buy a new outfit. Florists have their "discounted" rates in the windows. Are flowers and candy the meaning of Valentines Day? Have we sugar coated a day that sends many into depression? For Easter, Thanksgiving and Christmas the love of all people is celebrated and shared. Families gather and time spent with each other is a

wonderful way to show their appreciation for one another. However, for Valentine's Day tiny hearts with messages on them are seen as a sign of admiration. People in relationships expect the other person to do something "special" for that one day.

This year Cupid will be at work on a Saturday. It seems to me Cupid takes a break for an entire year and then has to work overtime on Valentine's Day to make up for the lack of love expressed throughout the year. For those that experience Valentines Day from sun up to sun down, appreciate the one you have. For those that look forward to February 14, as a sign of admiration from the person you are with, I ask you to truly think about the way you view the day. Don't sacrifice true love and appreciation for one day. Demand the treatment the entire year.

10. Forget your wallet when it is your turn to pay
9. Answer an unimportant cell phone call during dinner
8. Tell your partner that your mother doesn't like him/her
7. Say that you think you aren't ready to move in together just yet
6. Announce that you are auditioning for American Idol even though you are worse than "Keith"
5. Announce that you are moving to another country
4. Announce that you are going to jail on a felony case
3. Announce that you have impregnated someone else
2. Announce that you are pregnant with another person's child
1. Break up with them!



Check out clayton.edu for the latest schedules for CCSU teams!



“Shhhhhh!
Be vehwy quiet. We’re hunting new writers for the Bent Tree.”

Spotlight on: Bent Tree Writers

Redd Horrocks, Associate Editor “The Gothic One”

Interviewed by Thomas Spurlin



Redd Horrocks, the Associate Editor at the Bent Tree, is originally from Rudgwick in West Sussex, England. She comes from a quaint town with waning roads and small country homes. As a teenager, she worked on *The Creature*, a literary magazine that circulated at her high school. After graduation, in order to diversify from her fellow high school students, Redd decided to come over to the United States upon invitation from a friend. Immediately after her enrollment into Clayton State, she became dedicated to the Bent Tree. She has been writing for the paper ever since her first semester at Clayton. She is currently studying Communications and Media Studies. Redd is involved in a multitude of extracurricular activities, such as her job in the Admissions office that she works between 16 to 20 hours a week. She also has a rising business in which she handcrafts vegetarian bath products. When asked why she crafts these goods free of

animal products, this demi-vegetarian answered with a very poignant retort. “If you’re using a bar of Dial, it’s like rubbing bacon on your skin”. Furthermore, she is Vice President of the International Awareness Association. All of this experience could send her in so many different directions; ultimately, however, Redd would love to continue her print media career and work as a journalist and editor for a magazine. “If the mother ship was calling me home, it would be Marie Claire,” she said. Redd is especially interested in opinions articles and women’s interest information. Her most prized piece of work she has done for the Bent Tree was her University Center article that spotlighted the front cover a year ago. Redd is also engaged to be married to a fellow named Austin, who is a cosmetologist by trade. When you see her around campus, ask her about her deepest, darkest secret. Here’s a hint: Britney Spears.

From the Editor’s Desk: Love Wrapped up with a Bow By Ashley Spillers

As I sit here with the realization that Valentine’s Day is less than a week away, I begin to wonder what sweet surprises my boyfriend has in store for me. This thought makes me wonder something else: what in the world can I get for him? These thoughts yield yet another thought: why do I need to buy him anything? And although I am being facetious in asking, *isn’t my love enough?*

Putting slightly sarcastic comments away for the moment, the answer should be yes; however, gifts and surprises have become a staple for Valentine’s Day. I can imagine that my significant other would be quite disappointed at the sight of my empty hands (full of love, mind you) on Valentine’s Day. And I, though I hesitate to admit it, would be thoroughly disappointed as well to receive no small gift or surprise on Valentine’s Day. While love is present between couples the other 364 days of the year, it may not always be easy to express the emotion, so Valentine’s Day has become the one day specifically set aside for couples to show how special they think their significant others actually are.

This year I plan to do things a bit differently. While roses are beautiful and gifts are wonderful,

the greatest gift I believe I can give is my time. In a world where everyone has somewhere else to be, and something else to do, I often get stuck in the habit of constant busyness, leaving my favorite people in the dust. When asking a few friends what I should get for my somewhat hard to shop for boyfriend, they replied in unison that I should just give up my time and perhaps, for a change, do something that *he* wants to do. What a concept!

This idea does not have to necessarily just apply to significant others in the boyfriend/girlfriend sense. My belief is that Valentine’s Day is not just set aside for lovers. I think that personally, my family is also quite deserving of tokens of my affection and gratitude for putting up with me. After all, they are stuck with me and keep a good humor and attitude about it. (I love you guys by the way).

I’d like to conclude with the fact that while not everyone is coupled up during this holiday, it is not a reason to be sad. You have quite a few people that love you unconditionally. And if you let your father or mother take you out to dinner, you may even get a free meal.

Bent Tree Staff:

Editor-in-Chief
Ashley Spillers

Associate Editor
Redd Horrocks

Business Manager
Thomas Spurlin

Staff Writers:

Bernard Asubonteng

Chalia Booker

Pam Criswell

Linda Godin

Patrick Harbin

Jeff Hensley

Jamee Holland

Susan Kemmerer

Anna King

Megan Lawrimore

Christina Mapp

Jodee Nagle

Danielle Neundorfer

Micheal Smith

Layout By:
Ashley Spillers

Features



Eyes on the Road

By Thomas Spurlin

Every single person who gets behind the wheel of a car can help to eliminate over a million accidents that occur each year. How? They can accomplish this by paying attention to the road. It's that simple.

There is an enormous host of distractions that can impair one's abilities to drive. Nearly every single person that has manned the driver's side of an automobile has employed one of these acts. A multitude of things can distract the driver. The most common impairment that has become a staple of popular culture is the usage of cellular phones while behind the wheel. I'm not sure how many people have thought this, but every time that I have seen a car veer close to my lane of the road and the driver is holding a cell phone, I politely scream in my head "Get off the phone!" Of course, I should be thankful that I am not one of the four thousand, three hundred (4,300) accidents that occur daily due to distractions, as observed at the California Department of Motor Vehicles.

This figure includes drivers that use cell phones while they drive, but is also comprised of those drivers who are attending to children and eating a rushed meal. At times, it may seem impossible to get somewhere on time while stopping the car in order to hand your child a juice box in the



Photo courtesy of google.com

backseat. Even if this seems unworkable, drivers have the ability to wait until they have come to a safe stop in order to do these things. While on the highway, NONE of these activities should even be considered. Accidents due to distraction can also occur in relatively harmless activities, such as radio/CD player selections and the effect of a clever billboard. The small timeframe in which a person is glancing down at their CD collection could be the split second that another person swerves over due to their own distracted state while unwrapping a cheeseburger. The truth is that if you take your eyes off the road or falter your concentration for a split second, any collection of surprises can leap out.

In order to prevent any unsightly actions from occurring, certain safety precautions should be exercised. For one, get off the phone. When a person gets on the phone while driving, their risk of having an

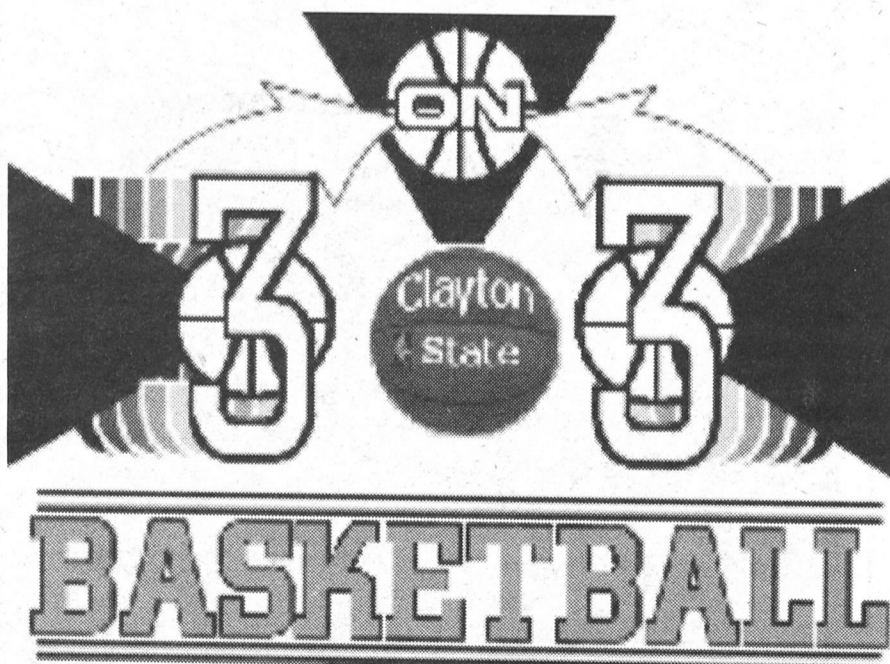
accident raises by 400 percent. It is extremely dangerous to both hold onto a cell phone and the steering wheel as well as try to pay attention to a conversation that must be horribly important since the person is driving and talking at the same time. Cellular phone headsets that plug into jacks onto the phone have probably lowered the occurrence of these accidents. This invention frees up both hands so that the driver can safely operate the vehicle. However, the driver can still be distracted from the road by the conversation. If you must make phone calls, try and make them brief or exit off the road and talk.

Second, have certain items ready and accessible in the car for your children. Like I said for the person glancing at the CD collection, just imagine if the driver is turned towards their children. That is an extremely scary thought

which can be avoided if the parent can have certain things ready to hand them at a moment's notice. Better than that, the parent can wait until the car is stopped. Also, always have your children safely buckled up in their seat in order to prevent the possibility of their movement. Give them a distraction, such as a toy or a game, so that you can safely navigate to your destination without too much guff from the peanut gallery in the backseat.

Third, don't let modern small distractions pull your attention away from the road. Always wait until you are at a stoplight in order to change your music. Plain common sense should tell the driver not to glance at the CDs while attempting to drive. Also, don't fall under the whims of small print billboards. If you can't read the writing in a swift glance, DON'T. Both of these things not only aren't necessary in order to get from point A and point B, but also are crafted for the sole purpose of stealing your attention away from other activities. Only partake in these indulgences while stopped.

Drivers should always remember to buckle up, keep your eyes on the road, and concentrate wholly on what you are doing while driving. There are other people driving on the road other than the one behind the wheel, and all drivers' lives are in each other's hands. Please, for everybody's sake, exercise safety. Oh, and get off the phone.



Clayton State Intramurals

3on3 Basketball Tournament Valentine's Day Classic

Sunday, February
15th
11am-4pm
Clayton State
Gymnasium

Men and Women's
Teams
Registration: \$6.00
per team or \$2.00
per individual
Players per team:
Min. of 3

***** Individuals are
encouraged to sign
up! We will be happy
to place you on a
team! *****

**DEADLINE:
Wednesday,
February 11, 2004**

**Registration and
Waiver forms
available online at
[http://
adminservices.clayton.edu/
studentlife/](http://adminservices.clayton.edu/studentlife/) or
Register in the
Office of Student
Life & Orientation
STC Rm 226.**

Christmas is Over, Pack up Your Shampoo

By Shea Haley

Let me start out by saying that the information I am about to deliver, is in no way attacking consumers, manufacturers, or retailers. It is simply observation. It occurred to me after visiting a relative over the holidays that we are becoming more connected to the things around us. Now, everyone loves the holiday season: perhaps some more than others. But I wonder how far we are willing to take it.

I was in the shower and getting ready to shampoo my hair when I found myself shaking my head. In my relatives shower were two types of shampoo. The first was your typical for normal hair with vitamin E to enrich and strengthen. The second was a seasonal shampoo. Read closely. Evergreen Garland was the name and it was green to boot. That sparked my curiosity, so I smelled it and much to my bewilderment, it smelled like a pine forest. Now at what point does someone stop and say, this is too weird? So, now not only do we need to pack away our Christmas tree and ornaments, but don't forget to stick our seasonal grooming products in there as well.

I decided to do a little research almost betting that Evergreen Garland wasn't the only one. I found that on Suave's website, they make more than three lines of shampoo. I'm an avid Suave user myself, but I had no idea the extent of types. They have a Naturals line (which holds one of my top five scents I find most amusing at the end of my column) that consists of fruits or flowers such as Strawberry or Green Apple. Next, comes an Aroma line that works when you've had a stressful day and don't have time to soak in a bath. Next, if you really like how your hair smells

and feels after a salon visit, no need to worry, they have a Professionals line which contains humectants and a word I had to look up: Awapuhi. That is simply Hawaii's version of ginger, and last but not least a Performance line that houses fruit energy fortifying. Not only does eating fruit make us feel better and is healthy for us, why not rub it in our hair. Couldn't hurt.

I also love what they've done for kids. Several major shampoo names have developed formulas for kids that parents just can't resist. They are in colorful bottles, sometimes taking different shapes. Alliteration also plays a big part in naming them, such as "out-rageous orange", or "grappling grape", and the smells are intense and sweet. Something about a child smelling like a fruit basket makes him/her more adorable.

I often wonder how smells are pitched to manufacturers or if they do a trial and error. I would hope that no one called them up and said that they loved the smell of a pine forest, could you make it a shampoo? But in any event, they all sell and we are rushing back for more, so they have to be doing something right. Here are my top five "I can't believe they made that a shampoo smell":

5. Green Tea and Jasmine
4. Coconut
3. Ocean Breeze (not even close)
2. Winter Snowfall (I didn't know they smelled)
1. Evergreen Garland

Welcome Center

by Jeff Hensley

"Hello," said the stranger.
"Oh, hey there," answered Eric.
"It sure is beautiful up here, huh?" remarked the man.
"Yeah, it really is." Eric replied and wiped the tears from his face.
"Do you come up here a lot," the man asked?
Eric cleared his throat. The tears were getting harder to hold back.
"Yeah, I do," said Eric, "look I don't mean to be rude but I'm sorta having a moment here. Do you mind?"
"Oh, yeah, sure," answered the man, "I'm really sorry. I didn't mean to interrupt. This is just my first time coming here. Could you tell me where the Welcome Center is?"
"Sure, it's up the trail about a hundred yards. Follow the signs. You can't miss it," said Eric.
"Thanks buddy," said the stranger, "Hope everything works out for you."
"Yeah, no problem," Eric answered. The man walked on up the trail and not a moment too soon. The tears spilled down from Eric's eyes in a torrent. He felt a damn break within himself that he knew could never be rebuilt. Eric leaned over the railing and loosed a new round of vomit laced with the putrid aroma of death down into the water. His body was shaking uncontrollably and the pain in his abdomen was unbearable. He braced himself against the rail because he knew he wouldn't be able to hold his own weight much longer. It was almost over. He lifted the crumpled letter in his left hand and smelled the

sweet fragrance of her perfume one last time. He didn't have the presence of mind to read it again. But if he was going to die he wanted her smell to be the last thing he experienced. He pressed the letter to his lips and kissed her for the last time. Then he let the wind carry the letter down to the rushing waters of the falls.
"Hey there friend," said the stranger.
"What is it with you buddy," gasped Eric, "can't you see I don't want to be bothered."
"I can see something's bothering you," replied the man.
"Damn you're observant," Eric screamed!
"Why don't you just get the hell out of here?" asked Eric.
"I can't," answered the man, "I have a job to do."
"What does that have to do with me," said Eric?
"You are my job Eric," replied the stranger.
"Me?" Eric screamed, "Look, just leave!"
"Not without you," the stranger asked and held out his hand.
Just then Eric's abdomen exploded with pain. He bent over the rail and began to dry heave. He couldn't believe what he saw. His poisoned body was tumbling down into the misty waters below. All of the pain was gone. He turned back and took the stranger's outstretched hand and continued on along the path to the Welcome Center.

[* Filter does not support this file format | In-line.TIF *]

Opportunities to Study Abroad Become Increasingly Appealing and More Accessible to College Students

College students are discovering that as America becomes more globally minded, the opportunities to earn credit towards a degree, while studying in another country, are becoming increasingly accessible and appealing.

In the past year the number of American students studying abroad for credit has increased 4.4%, according to a report by Open Doors, a division of the Institute of International Education. This increased interest in studying cross-culturally can be attributed to several factors. Voice of America acquired the insight of Allan Goodman, head of the Institute of International Education, who stated that, "What we've been seeing for the past several years is young Americans discovering the world, discovering that part of what it means to be an educated person is to have the experience

in living and studying in another culture beyond your own."

The interest in studying overseas goes beyond just wanting to be immersed in another culture and adding international experience to one's resume. Students are becoming increasingly aware that the opportunity to become a part of international education is a realistic and affordable one. Universities and colleges across the nation have designated study abroad offices, and many hold fairs like the 'Study Abroad Extravaganza', hosted by the University of Nebraska-Lincoln's Office of International Affairs on January 27th in an effort to promote the study abroad opportunities available to their students.

Third party study abroad providers also offer enticing programs for students, regardless of which academic institution they currently attend. These programs include such services and amenities as tuition to a foreign university, official academic transcripts, housing options, meal plans, onsite

support, excursions and the opportunity to meet other students from around the country and the world.

Third party providers are quickly gaining momentum and the reputation that they, like universities, are committed to assisting college students in the pursuit of a global mind. Along the way, the myth is being dispelled that third party providers are simply in it for financial gain. For a comparable figure to what it costs to live as a college student here in the States, by studying abroad students can enjoy Italian architecture, the night life of Paris, or the irresistible beaches of Sydney, all while still earning credit toward their degree.

Cultural Experiences Abroad (CEA) is a study abroad provider that offers competitively priced opportunities for undergraduates to expand their horizons, explore the world around them, and experience all that life has to offer, while earning a quality education. In an effort to make studying abroad even more

realistic for students, CEA continues to seek out means to financially assist program participants. For instance, just this month CEA announced that they have cut prices for many of their programs, in some cases by up to \$3000. CEA has also partnered with STA Travel, currently featured on NBC's Fear Factor for giving away vacations, in order to offer students discounted airfare to their study abroad destination of choice. Scholarships and other forms of financial aid, including federal assistance, also make studying overseas an increasingly affordable option.

As the interest and feasibility of studying abroad continues to rise and students continue to seek an international education outside of the American norm, study abroad offices and providers continue to do all that is possible to make the experience a reality for students and a meaningful one at that.

To learn more about studying abroad visit:

<http://www.GoWithCEA.com>

Entertainment

Reality TV: Quality or Quantity Programming

By Megan Lawrimore

Some of us love it, and some of us hate it, but no matter our preference, reality TV has infiltrated almost every network in recent years. As always, new waves of reality shows have flooded the airways this season, bringing new spins on old ideas in hopes of superior ratings. ABC, likely the most "classy" of reality show salesmen, brought in Meredith Phillips, one of Bachelor Bob's final four, as this season's *Bachelorette*. Seeing as the only successful pairing among the *Bachelor/Bachelorette* endeavors resulted from the previous *Bachelorette*, (while all four Bachelors and their respective choices failed), it should be interesting to see how Meredith and her choice endure. In addition, Meredith doesn't seem to love the camera as much as her predecessor, Trista Rehn, and her down-to-earth nature brings something refreshing to the world of dating shows. However, a not-so-down-to-earth bachelorette can be found on NBC's *Average Joe 2: Hawaii*. Larissa, a former beauty queen, barely contained her disappointment, as her average suitors eagerly approached, but she was able to redeem herself once she calmed the dramatics and decided to give the guys a chance. This show had potential to be an endearing frog-prince story, as it would be refreshing to see a beauty queen falling in love with a man's personality despite an awkward exterior. However, the show recently brought in eight handsome, chiseled guys with the confidence and charm to match. It's true that the new additions aren't bad to look at, but this twist will cause disappointment in the season's conclusion for the viewers who root

for the underdog. Surprisingly, FOX provides a clever spin on the dating show this season with the hilarious *My Big Fat Obnoxious Fiancé*. Randi, whom the show centers around, and her accomplice Steve, have to convince her family to attend their spontaneous wedding in order to win a million dollars. Randi is unaware that Steve is an actor, hired to make the process difficult for her, and futilely continues attempting to tame him. The highlight of this show is definitely Steve, who is actually a very talented actor; in his private interviews, it's obvious that he's a nice guy with an excellent sense of humor, which makes each of his sabotages even more entertaining. Aside from dating shows, reality TV often centers on extreme competition. NBC's *Fear Factor* offers physical challenges, disgusting entrees, and various missions to test everyone's fears and phobias, employing gimmicks using twins, couples, etc. to make it more interesting. For a competition that's a little less extreme, the third season of *American Idol* has begun. Obviously, the episodes featuring the auditions throughout the country are very entertaining, but they're also cruel. The people we see auditioning in front of Simon, Paula, and Randy have already been through several rounds of auditions. The tone-deaf, untalented people only make it to the final audition for entertainment purposes; they're given false hope and false compliments, only to be exploited and torn down in front of America, when they should have been weeded out in the beginning. Nevertheless, the competition does



FOX.COM



MTV.COM



MTV.COM



FOX.COM



ABC.COM

provide some real talent and becomes especially entertaining in the live episodes featuring the final ten. Moving away from network television, we find overwhelming numbers of reality shows on cable. TLC is definitely one of the reality front-runners, mostly consisting of decorating and makeover shows; *Trading Spaces*, *While You Were Out*, *A Wedding Story*, *Perfect Proposal*, etc. provide more wholesome entertainment, and are enjoyable to watch even if you're not quite ready to get married or decorate your own house. Ironically, MTV, a supposed music channel, has the most reality programming and can probably be credited with the beginning of reality popularity; after all, the first season of *Real World* was in 1992. Today, *Real World* is still a favorite among fans, and has spurred similar shows such as *Road Rules*, as well as the challenges between the two shows. The latest *Real World/Road Rules Challenge*, *The Gauntlet*, recently ended, but it is immediately followed by the premiere of the next challenge, *The Inferno*. The two challenges were shot back to back, with several overlapping participants, so the residual

aggressions and rivalries should make the new challenge particularly interesting, unless petty young people arguing over lying, cheating, and sex doesn't interest you. Among the newest of MTV's reality shows are *Newlyweds: Nick and Jessica*, in its second season, and *'Til Death Do Us Part: Carmen and Dave*, which recently premiered. The shows are fairly similar, but viewers will have to admit that Nick and Jessica are a lot less morbid than Carmen and Dave. However, perhaps the purpose of such similar yet different shows is to maximize audiences by drawing in more diverse viewers; after all, higher ratings are really the drive behind reality shows anyway. I have to admit, I enjoy many of the reality shows previously mentioned, as I'm sure many people do, but I think that with the rise of reality shows, comes the downfall of quality; reality shows do away with clever writing, creative directing, and talented acting, providing entertainment at the expense of substance. Quality television is an art form, and it's a shame that it's being replaced with something often less impressive.

Bad Film

By Charlotte Locklear

Having recently completed Dr. Bonner's "Introduction to Film," I reflected on some of my favorite movies and why I like them. Quite a few are the sort I feel proud to admit to viewing and enjoy recommending to friends (say, *The Hours*). There are also some that I don't always admit to liking and even make fun of to others; I have to uphold my image as a movie-goer with some tastes, after all! However, one of my new year's resolutions was to BE MYSELF, as often as possible. With this in mind, I decided to share my remarks on a select few movies that I should not admit to liking, but do anyway. *Head Over Heels*: Starring Freddie Prinze Jr. and Monica Potter-I shouldn't admit to watching ANY Freddie Prinze Jr. movie, but this one is probably the most lambasted by the

critics. I laughed my butt off when I saw it in the theatre. On occasion, poor acting can MAKE a film. *The Quick and the Dead*: Starring Sharon Stone, Russell Crowe, Gene Hackman, and Leonardo DiCaprio-I made two friends take me to see this for my twenty-first birthday. After the movie was over, they threatened to kill me for making them see it. I have seen it several times since and still cheer when Gene Hackman blows a hole clear through the hired gunman. *Cutthroat Island*: Starring Geena Davis and Matthew Modine-Yep, I saw this one in the theatre, too. Me and about ten other people total in the whole US of A. This movie is one of the biggest flops ever. I wonder how it would do today after the success of *Pirates of the Caribbean*. I think

audiences who loved Johnny Depp's *wink, wink* performance should understand that Geena Davis was doing the same thing. *The Crow 2: City of Angels*: Starring Vincent Perez and Iggy Pop-Okay, okay, I admit I have a weakness for Vincent Perez (the film's star). But I think the reason people (Crow fans) hated this movie is because it was such a departure from the first one. If you want to see a truly dreadful Crow movie, watch part three (now that's crappola!). *Queen of the Damned*: Starring Stuart Townsend and Aaliyah-Anne Rice fans everywhere threw metaphorical tomatoes at the screenings of this film, and a lot of critics wanted their two hours back. I like this movie BECAUSE it is so bad, its hysterical (and watching my Lestat-loving best

friend get pissed off during the film was priceless). By now I am sure more than one person reading this is scratching their head in wonderment at my astonishing lack of taste. In my defense, I could have easily written an article on several universally lauded films that I like, but its been done many times before, and by better writers than me (Roger Ebert, anyone?). Speaking of Ebert, I recently viewed one of the worst films I've ever seen, so bad that I won't mention the title in this column. But the experience was hilarious because my friend and I laughed through the entire sixty-five minutes of cinematic horror. Isn't that what watching movies is all about? Fun?

Globes' Best Comedy is a Powerful Performance

by Thomas Spurlin

Lost in Translation

**** (4 / 5 stars) - 94/100 A

Lost in Translation has recently received the label as the best Comedy/Musical movie of the year, thanks to the Hollywood Foreign Press' Golden Globes. If you are expecting to waltz into this film and laugh yourself crazy from start to finish in anticipation of seeing the funniest movie you have ever seen, change your perspective. The category of best Comedy/Musical encompasses films that are lively and bright, which describes comedies such as Finding Nemo and Love Actually, but also embodies films not as richly funny, such as Tim Burton's Big Fish. Lost in Translation contains humor, no doubt. However, the true greatness behind this film is also in its depth of character. The film, set in Tokyo's glittering skyline, stars Bill Murray as a television star who has passed his prime and resorted himself to advertising whiskey in Japan. There, he feels dangerously out-of-place, yet only a minute amount more than he does when he is home with his wife, who has started to take him for granted. While staying in his hotel, he meets a fellow American named Charlotte (played by Scarlett Johansson) who is undergoing something similar with her life. She is married to a photographer who has become embossed in the superficial, demanding world of print media. The two are an odd couple; Bob is an over-the-hill father who has lowered his standards as a result of depleted

fame, while Charlotte is young in her years, a recent graduate of Yale in Philosophy, and has no idea what she is going to do with her life. However, in the forum of a Japanese hotel, the two of them are able to connect in a way that probably would not be possible if they were not on their native soil. Don't get me wrong - this film is funny. Murray's interaction with the Japanese community and his difficulties interrelating with the photographers and directors at his shoots are hilarious. But the true impact of this film comes from the intense electricity that is generated between Bob and Charlotte. Through their attitudes and their personalities, they speak volumes. While little to nothing is said about the nature of their relationship throughout the movie in regards to feelings, sexual attraction and intimacy, the emotions are conveyed loud and clear in a way that enchants and draws in the viewer. The cinematography and beauty of this movie are rivaled only by the exquisite performances of all that performed. Sofia Coppola directed a film that enchants, that astonishes, and that surmounts the audience in emotional turmoil. Underneath the surface of these lost souls, there lies two people destined to discover what their lives are truly all about. The viewer will truly get lost in seeing how these two characters get lost in the translations they must endure in their lives.



The Irish Bred Invites You
Wednesday Nights to Hear The Best
Rock/Blues Band in Georgia
Seminole Jackson and the Dixie Blues

9-1 pm

No Cover Charge

Karaoke - Tuesday, Thursday and Sunday Nights
Team Trivia - Wednesday 7-9 before the band
Dancing and Partying with DJ Tony - Friday 9-2
Great Live Rock Bands every Saturday 9-1 (no cover)

FUN !!!!

All the time

Great Food Every Night

Lunch Specials Every Day

Located next to SaveRite in the
Creekwood Shopping Center
Hiway 42 and I-675 (exit 2)

Mondays at the Movies!

Come watch great movies all semester long in Arts & Sciences

Building G-132 at 4:30pm All screenings are free & open to the public. Brought to you by the new Introduction to Film course and the Department of Humanities. For more information go to <http://a-s.clayton.edu/humanities/film/festivals.html>

February 9 *The Piano* (Jane Campion, 1993; 121 min.)

February 16 *Run Lola Run* (Tom Tykwer, 1999; 81 min.) In German with English subtitles

March 8 *Singin' in the Rain* (Gene Kelly/S. Donen, 1952; 103 min.)

March 15 *Amélie* (Jean-Pierre Jeunet, 2001; 122 min.) In French with English subtitles

March 22 *Night & Fog* (Alain Resnais, 1955; 31 min.)

March 29 *Avant-Garde Short Films By Deren, Conner, McLaren, Marker, Benning, & Svankmajer*

April 5 *Breathless* (Jean-Luc Godard, 1960; 89 min.) In French with English subtitles

April 12 *Bringing Up Baby* (Howard Hawks, 1938; 102 min.)

April 19 *Chinatown* (Roman Polanski, 1974; 135 min.)

Health & Food

How to Save Your Own Life (or that of a friend)

By Pam Criswell

In the fourth Star Trek movie, *The Voyage Home*, Spock was asked by a computer, "How do you feel?" Take a moment and ask yourself the same question. How do you feel? Up? Down? Stressed? Now think about your friends, companions, and family members. How do you think they feel?

Did any alarm bells sound? Is there someone you are concerned about? Do you care either way?

We hear about suicides, suicide pacts, and depression on the news, but do we ever make the real connection between them? Many people call suicide a totally selfish act. What if it is a symptom of a serious disease? How do we identify the signs that something is wrong with ourselves or with our friends?

First of all, I want to put aside the notion that depression is simply feeling sorry for oneself. In some cases this might be true. Selfish people do exist. Grief, disappointment, and other stressful things common to the human race cause situational depression. This kind of depression is normal and will run its course naturally. Clinical depression is not the same thing. In some cases it will run its course, but in this stressful society, most people suffering from clinical depression need medication in order to combat the disease.

According to the experts, the symptoms of clinical depression are:

- A persistent sad, anxious or "empty" mood
- Sleeping too little or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Persistent physical symptoms that don't respond to treatment [such as headaches, chronic

pain, or constipation and other digestive disorders]

- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless

Thoughts of death or suicideThe last symptom is the most alarming. It has happened to me, despite my faith, my family, and my love for life. Only because I was aware of the symptoms of clinical depression was I able to get the help I needed to save my life. Later on I recognized the symptoms in a family member and got him help, too. In our cases, a visit to our family doctor got us on our way to relief. Sometimes it requires a trip to the emergency room, and in some cases a short visit to a psychiatric hospital. If it saves a life, it is worth it.

There are so many medications now that treat clinical depression. The medications literally save lives. Yes, they are occasionally prescribed to people who don't need them, but this should not create a stigma for those who NEED the medication in order to lead a productive life, or to lead any kind of life at all.

Do you know someone who is exhibiting the symptoms of depression? Is your friend's face downcast most of the time? Does he or she not laugh the way they used to, or are they now taking life way too seriously, or not caring about anything at all? Ask them how they feel. Be bold enough to talk about whether or not they are thinking of doing harm to themselves. If they mention suicide in passing, take it seriously. What comes out of our mouths is normally what is in our hearts, and if someone mentions wanting to end it all, it is better to make a big deal out of what may be nothing than lose a friend and regret your inaction for the rest of your life. Care enough to get them help. Go to the doctor with them. Offer them a ride to the emergency room, and above all, if YOU are exhibiting the signs of depression, get help for yourself.

Trim Up While Eating Out By Thomas Spurlin

Let's face it: nutrition stinks. Plain and simple, the correlation between taste and nutritional value is usually a negative one. Everything that tastes great will normally expand something on a person's body two or three inches, without hesitation. This fact gets even worse when someone is in a rush, and the only options to choose from are fried chicken, fried potatoes, or fried beans in a soft tortilla shell. America has become the nation of the "Hamburger, French fries and Coca Cola" meal, as well as the nation with a weight problem. Coincidence? You wish. However, there is a way to balance the need for a quick meal, nutritional benefits, and social gatherings at restaurants.

Calories are the body's most trusted ally, as well as one of its most trusted enemies. They are the source of energy that our body thrives off in order to fuel us with energy each and every day. On average, the human body needs somewhere around one thousand, five hundred calories (1500) to two thousand, two hundred (2200) calories, which depends on your body size. However, a safe figure to live by is two thousand (2000) calories. Anything over this amount is stored as fat inside the body. In order to limit the fat stored, you can monitor your food intake by the number of calories you consume in a day. You know the nutrition labels on the back of those Cheetos you ate with lunch? That's where you can see the nutrition content (i.e. calories, vitamins, minerals, etc.) Another thing to watch when you eat is the fat content within your food. Fat is quickly stored as, well, fat. Enough said. It is practically impossible to have zero fat in your meals, but if you are trying to watch what you eat, lower fat content is better. The same goes for the sugar in sodas and desserts. It is stored as fat rapidly as well, after it is absorbed into the blood stream.

The calorie and fat content in fast food is pretty close to being dreadful. Grease, sauces, and all kinds of fried everything cause a dizzying array of things to choose from – or between for that matter. However, it is possible to curb some of the unhealthiness at fast food restaurants, while still enjoying some great tasting food. There are three simple guidelines that one can utilize in order to trim up their meals. For

starters, restaurants love to sell their customers larger portions of their "gourmet delicacies". McDonald's loves to "Super-size" things, Wendy's asks if the customer would like a "Biggie-sized" fries and cola, and Taco Bell loads you down with nacho cheese, if desired. If weight and nutrition is a concern, just say no to larger portions. Get smaller portions and limit the fat and sugar from the fries and cola. Second, sauces are nothing but taste enhancers. Remember, sacrificing some taste for a meal that still tastes good is a beautiful thing. Cut out the mayo and other dunking sauces to cut out even more calories and sugar. Furthermore, there are higher and lower calorie salad dressings, depending on your taste preferences and desire for health. Third, fried foods equal high fat content. High fat content equals to high calories and rapid fat storage. In order to limit this storage of fat, cut out the amount of deep-fried items. Side salads are great alternatives to fries. All fairly simple things, but what exactly can someone purchase at these restaurants that taste good and stay nutritionally fit? What can you do if you want something vegetable-based? Let's take a look at the options. There are some more nutritionally sound items on the menus; however the items selected are of reasonably large size to satisfy a normal hunger.

Wendy's

Best: Mandarin Chicken Salad – 150c (calories)

Condiments: 130 for almonds + 60 for rice noodles

Suggestions: Oriental Dressing is delicious, but has 250c

Worst: Big Bacon Classic – 570c, Biggie Fries – 440c, Biggie Coke – 220

Vegetarian: Spring Mix Salad – 180c

Suggestions: House Vinaigrette is good at 190c

McDonald's

Best: Big N' Tasty – 540c (440 w/o mayo), small fries – 210c, water and/or diet soda – 0c

Worst: Double Quarter Pounder w/cheese – 770c, Super-sized fries – 660c, Super-sized Coke – 410

Vegetarian: Caesar Salad (Recommended: if you want vegetables, the best idea is to dodge McDonald's)

Continued on next page



Food

R'Eddibles Guide to Impressing People

By Redd Horrocks

Well, here is the second wonder-dip! This is a warm dip that you can pretty much make to your taste. It is perfect with bread or chips, and keeps for ages in the refrigerator.

Easy Cheesy Bean Dip

1 Can refried beans
½ small block Velveeta or similar cheese
Either green chilies or Taco Bell fire sauce

Open the can of refried beans and put into a pan. Turn on to a medium heat and stir until melted. Cut the Velveeta into small chunks and add slowly to the beans, mixing well until the consistency is smooth. If you don't like spicy food, stop here. If you do, you can add finely chopped green chilies to taste, or about three packets of Taco Bell fire sauce. With this deep, you can continue adding cheese to taste, it's really just a good base with a lot of potential. Enjoy!

For troubleshooting on this recipe, feel free to email me at csul4389

A Recipe from Thomas

Rice and Hamburger Wraps

By Thomas Spurlin

Wrap up dinner for two in no time with an easy sandwich.

Note – also good with thinly sliced chicken OR with double vegetables and rice with no beef.

<http://www.pillsbury.com>

Ingredients:

½ lb. lean ground beef
1 (10-oz.) pkg. Green Giant® Frozen Rice Medley with Peas and Mushrooms
1/8 teaspoon pepper
2 (10-inch) flour tortillas, heated
2oz. (1/2 cup) shredded Cheddar cheese

Preparation Directions:

- 1. Brown ground beef in medium nonstick skillet over medium-high heat until thoroughly cooked, stirring frequently. Drain.*
- 2. Add frozen rice mixture and pepper. Reduce heat to medium-low; cover and cook 8 to 10 minutes or until rice and vegetables are tender, stirring occasionally to break apart rice and vegetables.*
- 3. Spoon about 1 cup mixture down center of each warm tortilla. Top with cheese. Fold up bottom of each tortilla; fold in sides. If desired, enclose bottoms of wraps in foil.*

Share your
cooking skills with
the
Bent Tree!

E-mail your recipes
to

Btree@mail.clayton.edu

Continued from page 10....

Chick-Fil-a

Best: Chargrilled Chicken Salad – 180c OR Southwest Chicken Salad – 240c *preferred for taste
Condiments: Sunflower kernels - 80c, Tortilla strips - 70c, Croutons – 50c
Suggestions: Honey Mustard Dressing - 60c per serving
Worst: Chick-Fil-A Chicken Sandwich – 410, Large Fries – 540, Large Coke – 256
Vegetarian: N/A (side salad is good, but awfully small)

Taco Bell

Best: Chicken Burrito Supreme, Fresco Style – 350c, Chicken Soft Taco, Fresco Style – 170c
Worst: Grilled Stuffed Beef Burrito, Regular – 730c, Nacho Supreme – 450c
Vegetarian: Bean Burrito, Fresco Style – 350c

Subway

Best: 6" Turkey Sub (w/ vegetables and a sauce) – 280
Suggestion: Honey Mustard Sauce, tons of vegetables
Worst: 6" Meatball Sub – 540c
Vegetarian: 6" Veggie Delite – 230c

Current News

Ideology holds the reins

By GREG HAMPIKIAN

Greg Hampikian is an associate professor of biology here at Clayton College and State University.

As a geneticist, I know that censoring scientific speech is a bad idea. One historical example may help illustrate this point. In the early 1900s Russia had a solid reputation in the biological sciences, including two Nobel prizes in medicine. Genetics was then a new field, and many young scientists were drawn to study it. Since Russia was the largest agricultural producer in Europe, Russian science was expected to make great improvements in food production by using genetic research to breed new strains of wheat and other foodstuffs. But when Stalin came to power in the 1920s, he decided that the concept of the gene conflicted with aspects of his ideology, Marxism. The

official view was that genes were a capitalist invention and did not really exist. At first, Lenin did not forbid use of the word "gene," but it was dropped from the textbooks. After a while, researchers who insisted on using the word lost their government funding and thus their positions. Within a few years, genetic research was completely arrested in Russia by a political program that promoted scientists based on ideology. Russian genetics made no progress for 30 years, until Stalin's death in 1954. It was another two decades before Russian education was freed from his ideological constraints. Scientific principles are not subject to the whims of politicians or voters, but scientific progress

is. The truth can't be changed by those in power, but the curriculum can be. Let's be honest. Whoever proposed removing the word "evolution" from the Georgia curriculum was not objecting to a word but to a scientific principle, and they were not acting based on scientific knowledge, but rather on personal ideology. Replacing the established scientific term "evolution" with the doublespeak gibberish "biological changes over time" is classic politburo. I am not just a scientist in this state, but a parent who voluntarily substitute teaches and a Christian who directs a student ministry group. In all of these roles I am affronted by the new draft curriculum.



Dr. Greg Hampikian
Photo courtesy of ajc.com

This article is a re-print
of the article that is
featured on ajc.com

Letters to the Editor

The following were responses made to the *Bent Tree's* campus question in the January 26th issue of the *Bent Tree*, entitled "Do you think that gay marriage should be legal in the United States?"

After reading responses from students in the latest issue of *The Bent Tree* I felt that I must write something. This is that something. Also, I should say that it is not my intention to attack or insult any one particular person or group of persons.

I was both astonished and appalled at the thoughts expressed by some of the students in attendance at this college. I had always hoped that the institution of higher learning that I attended would be heavy with bright, open-minded and rational young people ready to better themselves through knowledge. I'm sure there are students that match that description here. I suppose I am just disappointed that they seem to be so scarce.

That same sex marriages should remain illegal is an immature and illogical idea devoid of any and all

reason except to guard a fundamentalist's shallow and fragile perception of *The Way Things Ought To Be*. There is not a legitimate reason in existence for the United States government to have any counsel regarding partners chosen by its citizens.

Many students mentioned that same sex partnerships are condemned by God and the Bible. While this may be true, it should have *absolutely no bearing* on the laws of this country. Anything else is a crime and should be treated as such. I would ask anyone who disagrees to research a document called *The Treaty of Tripoli*. It was passed by the U.S. Senate in 1797. This is a portion taken from Article 11 (of 12):

"As the government of the United States of America is not in any sense founded on the Christian Religion.."

A few questions occurred to me while I was reading. Assuming that same sex marriages are illegal because they are condemned in the Bible, would that not be enforcing religious beliefs held by a group of citizens onto another group? And, by limiting the rights of a group based on the religious beliefs of another, are we not persecuting that religious

minority? In a society where we so furiously punish racial discrimination, I cannot understand how we allow such blatant religious discrimination.
Anonymous

This is with reference to the discussion in the last issue about legalizing gay marriage. The matter that escapes my comprehension is why gay people are so fixated at marriage which is a predominantly a religious and heterosexual phenomenon? I fail to understand why they want to get married like straight people. If it to reap government benefits, a multitude of civil unions could work. Else if it is to defy tradition, then why are they restricting to the monogamous marriage? It makes me wonder whether their struggle is geared towards equality for a certain type of people or equality across the board.

Does this put people who prefer celibacy at a disadvantage? What about those who are not the marrying type? Why can't someone get married to himself/herself to reap government benefit? Why can't someone get married to 3 people at the same time?

Indeed, my position is not to oppose gay marriage but question the sanctity of marriage as an institution. The divorce rate which is well above fifty percent indicates that marriage is a

defunct institution. I think much of the reason why straight people get married currently is because of the social/moral acceptance and privileges it provides, which I believe is the reason for so many failed marriages. Much of the hoopla surrounding "the defense of marriage between one man and one woman" has to do with the fact that the institution is outdated and bogus to begin with, and allowing gay marriage is the beginning of exposing that fact. I have nothing against two people promising their lives to each other if they feel that's what they want to do, in fact I encourage the idea, but I don't think it should mean they are more privileged yet imprisoned by some societal institution. It makes a mockery of love and freedom.

Marriage is a religious phenomenon and its legal establishment goes against the clause of the separation of church and state. It is but a way to discriminate against those who are not married or who can't get married in one monogamous heterosexual way. On the other hand, a civil union with no monetary benefits, for straight and gay people is a fair and non-discriminatory alternative. It is high time that we do away the system of marriage once and for all...
Ahsan Huda

Do you have an opinion about something written in the *Bent Tree*? Tell us about it at Btree@mail.clayton.edu.