

THE BENT TREE



Volume 43 Issue 3

Clayton State University

www.thebenttree.org

Dec 2009

In Honour of 1969,
The Bent Tree is going back to the basics.

Happy Birthday Bent Tree

A Look into the Bent Tree's Past with Robert Taylor

by Jennifer Sawyer

Known affectionately by the students of Clayton Junior College/ Clayton College and State University/ Clayton State University as "the coupon king" or "the source", Robert Taylor left an indelible mark on the campus. During his 23 years working as activities director at the college, he did many things for the students including being the college advocate, checking lockers for bombs, hosting hundreds of events, and serving as advisor to "The Bent Tree". As he told me about his time at Clayton State, "It never got boring."

Though Mr. Taylor started off as the director of financial aid and job placement, he was asked to be student activities director after the first activities director didn't work out. He jumped at the chance to switch roles. Mr. Taylor got involved in all sorts of things on campus. He has many great stories of his time at Clayton. Mr. Taylor was in the ceiling of the gymnasium to unroll the banner the night the Lakers won the first title of Peach Belt Conference champions. He guaranteed snow on campus one day during homecoming and promised sledding for everyone. So in late February he ordered 50,000lbs of ice and an ice grinder. Mr. Taylor was MC of the Halloween costume contest, and he hosted an all-night dance-athon, the trivia bowl, Friday night movies, and 9 or 10 dances a year. They had Halloween and Christmas parties for underprivileged children. He felt that since the students paid his salary he "might as well give them their money's worth."

Rob Taylor saw many changes to the campus we now call Clayton State University. When he first arrived at the school, there were only about 2,100 students. At that time the school was 100% commuter. In those days, there was only one way in and out of the campus: to go under the train track bridge on Harper Dr and then turn right onto North Lee St. Tuition and fees were only \$88 per quarter for a full-time student (Wow!!). Those were also the days of streakers on campus. Mr. Taylor had a first of his own on the campus. He married a former Clayton student, and they were the first couple to get married on campus. They said their vows on the shore of the lake where the Amphitheatre is now. Then their reception was held on the opposite shore behind the library. The current Bent Tree photographer was one of their wedding photographers. They had more people from the Bent Tree present at their wedding than he had family members present. As he says himself, "It was really a Clayton Jr. College wedding."

For their tenth wedding anniversary, he had a pizza delivered and spread out a blanket at the point that he and his wife said their vows. They had a picnic of pizza and ginger-ale to celebrate their special occasion.

Mr. Taylor's background was not in journalism (his Bachelor's is in psychology and his Master's is in counseling). So teaching journalism was never something he even thought of...until the dean asked him to teach it at Clayton State. He did everything from layout to design to editorial work. His first year in charge of "The Bent Tree", the paper won the "Most Improved Junior College Newspaper" award for the state of Georgia. Mr. Taylor modestly says that there wasn't much to improve. He says he "learned as much from the students, almost as they learned from me".

"The Bent Tree" has changed almost as much as the campus. The first name of "The Bent Tree" was "CJC Announces", then the "Spirit of Clayton Jr.". Finally it became "The Bent Tree" in December of 1969. The masthead was hand drawn, the rest was typed in, and then turned on a mimeograph machine. It was passed out about a week before finals that semester.

In the 70s, it took the name "The Free Press", and they had one issue called the "Blivit" run on an off-set press (11 x 17). He used to take the layouts to Collegiate Press up in Atlanta. They used to have to write their stuff and take it to a type-setter. When they got it back, they would cut the columns out and put hot wax on the back of it and lay out the columns. They did their headlines on something like a label maker. It took them forever, but they did it. They printed four or five times a quarter back then.

In 1989, they moved into the computer era. The program they used at that time was PageMaker. This was the beginnings and basis of what "The Bent Tree" is today. Mr. Taylor said one of his best legacies was to hire Jeff Jacobs. He also said that he was blessed to work around qualified and quality people who really cared for the students.

Rob Taylor was named the Director Emeritus of student life by the Board of Regents. He is now a writer for Operation Mobilization. Since he's worked there, he's been farther than he's ever been before. Literally. Everywhere from Guatemala to Morocco and the Netherlands. He's been to 18 countries in the 13 years since he retired from Clayton State. Even after Clayton State, his life is still not boring.

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**SPECIAL THANKS TO FACULTY ADVISOR
DR. RANDY CLARK**

ON THE COVER

A LOOK INTO CLAYTON STATE'S PAST WITH ROBERT TAYLOR
[COVER PHOTOS BY CLAYTON STATE ARCHIVES]

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MISSION STATEMENT

As a student run publication, our goal is to entertain, educate and inform the campus, while also providing an opportunity for students to develop and enhance their journalistic skills, both in print and on-line. We strive to promote balanced reporting, while offering a platform for students to share their opinions and concerns with the entire student body. Establishing and maintaining positive relationships with the entire campus community is vital to this process, therefore we have also made it our practice to network not only with the students, but with everyone contributing to the campus, to ensure responsible representation. We offer this to the University and its students in an effort to promote involvement with and awareness of the campus media as a whole.

Get Bent

The Bent Tree Vent

We want to know what get's YOU bent! Send your comments and vents to: Vent@thebenttree.org

The views expressed below are not necessarily those of The Bent Tree and we accept no responsibility for the views or opinions expressed below, either directly or indirectly.

DON'T LOOK OVER THERE

Attention, no one wants to see jiggle...Why is it that females at Clayton State are wearing leggings with shirts that stop at their waist? Leggings are to be worn under a long shirt or skirt that comes below your waist. Do you not look at a fashion magazine? Don't you feel naked without being covered up? So ladies do yourself and the world a favor...please wear a shirt that covers your behind. - Modesty

Can we say confused...Fall is here and people are still wearing shorts. Summer has passed. That means that all shorts, flip flops and spaghetti straps should be put away. Just because the sun is out and it may be 71 degrees out doesn't mean dress like its summer time. I don't understand why people wear a sweat shirt and shorts. Are you hot and cold? - Concerned cover up

Jazzman's Cafe needs to bring back the banana nut muffins. - Breakfast Blues

Greeks should be able to wear stolls during their graduation ceremony. - Lettered and Determined

There should be heat!! in the study rooms adjacent from the library. - Shivering Student

There's too much noise in the UC! - Shhhhhhh.....

More advertisements about things going on in the school. - Out of Touch

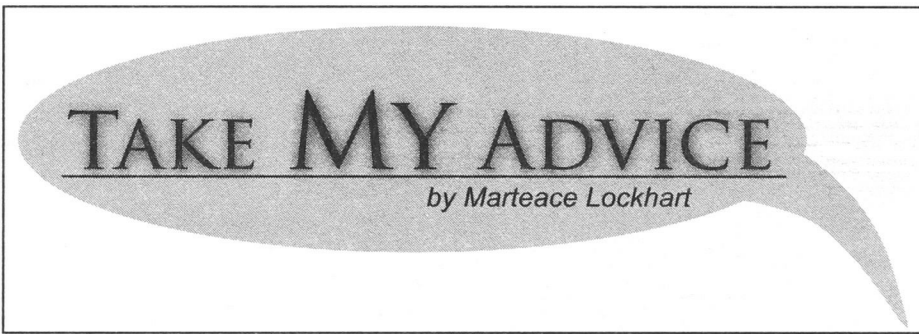
Dear Out of Touch,
CSU uses many means to get news of events to the students. Emails are sent out daily to your CSU email to keep you informed. The best way to find out about events on campus is to read Laker Lines on the SWAN.

SPACE SAVER

Spaces are available... It's interesting how the semester is almost over with and people aren't coming to class. I now can find a parking space in front of the Arts and Sciences building without waiting for someone to walk out. Thank you people for deciding not to come to class anymore. lol - Wide Open
Spaces

CAMPUS CONCERNS

Trash cans are needed in each study room in Laker Hall and halls in the stairwells. - Litter Leery



My best friend lies all the time. It didn't bother me until he started lying to me. How can I get him to stop lying to me?

-Betrayed

Dear Betrayed,

The issue is not how to get him to stop lying; but rather, why do you tolerate his dishonesty. Whether it is with you or the next person you are complicit with every lie. Perhaps the only way to break this cycle of dishonesty is to call him on every lie. Your silence conveys that you are cosigning every lie.

I am a junior Sociology major and I have been in love with this guy for nearly two years. He is white and I am African American. Therein lies my problem. He is really sweet and fine as hell. How do I get him to notice me?

-Wishing from Afar

Dear Wishing from Afar,

Well, it's time to get off the pot, so to speak. What is his major, what are his interests? These are good places to start and can serve as icebreakers when you finally get the nerve to approach him with the truth. Why do you think that race matters? Has he given you any indications that he had an issue with race? Go get your man!

Ok, this is one for the ages. I hooked up with my best friend's boyfriend, who just happens to be my boyfriend's brother, last weekend. Now, I am scared. I am afraid that all hell is about break loose and I don't know what to do and how to stay out of trouble. HELP!

-Confused Complications

Confused Complications,

Oh no, you made this bed with your lying and cheating. Please don't even act like you didn't know that you were playing with a nuclear warhead. Sleeping with his brother? How trifling can you possibly be to think that you would get away with this stunt? There is nothing good that can come from this except changing your ways and committing to become a better person. However, be prepared to say good bye to your boyfriend and your best friend.

My best friend bought a \$450.00 pair of boots two weeks ago and now she is asking me to borrow money for food. What should I do?

-Frugal Friend

Dear Frugal Friend,

Tell her eat those boots. And go to the Lakeside Café and get a couple packs of salt, pepper and ketchup and give them to her to go with those \$450.00 boots. Bon Appétit! Don't give her a single morsel. If she wants to eat so bad tell her to take those boots back to the store.

I want to have a baby, but my boyfriend says that he wants to wait until after grad school. That will be almost six years from now. If I got pregnant wouldn't he change his mind?

- Considering Children

Dear Considering Children,

It may or it may not. The issue here is the value that you place on honesty and respect. Be honest with yourself and admit that you do not respect your boyfriend and or his needs. What kind of family do you think that you would have rooted in dishonesty and games? What about his goals, his dreams and his desires? If you do this you will regret it for the rest of your life. Your baby deserves better.

Can a woman get pregnant even if you don't have intercourse?

- Nervous

Dear Nervous,

Yes, "it is possible to become pregnant without intercourse. Heavy petting or genital rubbing can result in semen being released by the man and entering the vagina of the woman (even through clothing). It must be said that this is a rare occurrence, but it most certainly can happen"(Paternity Angel)

CAMPUS

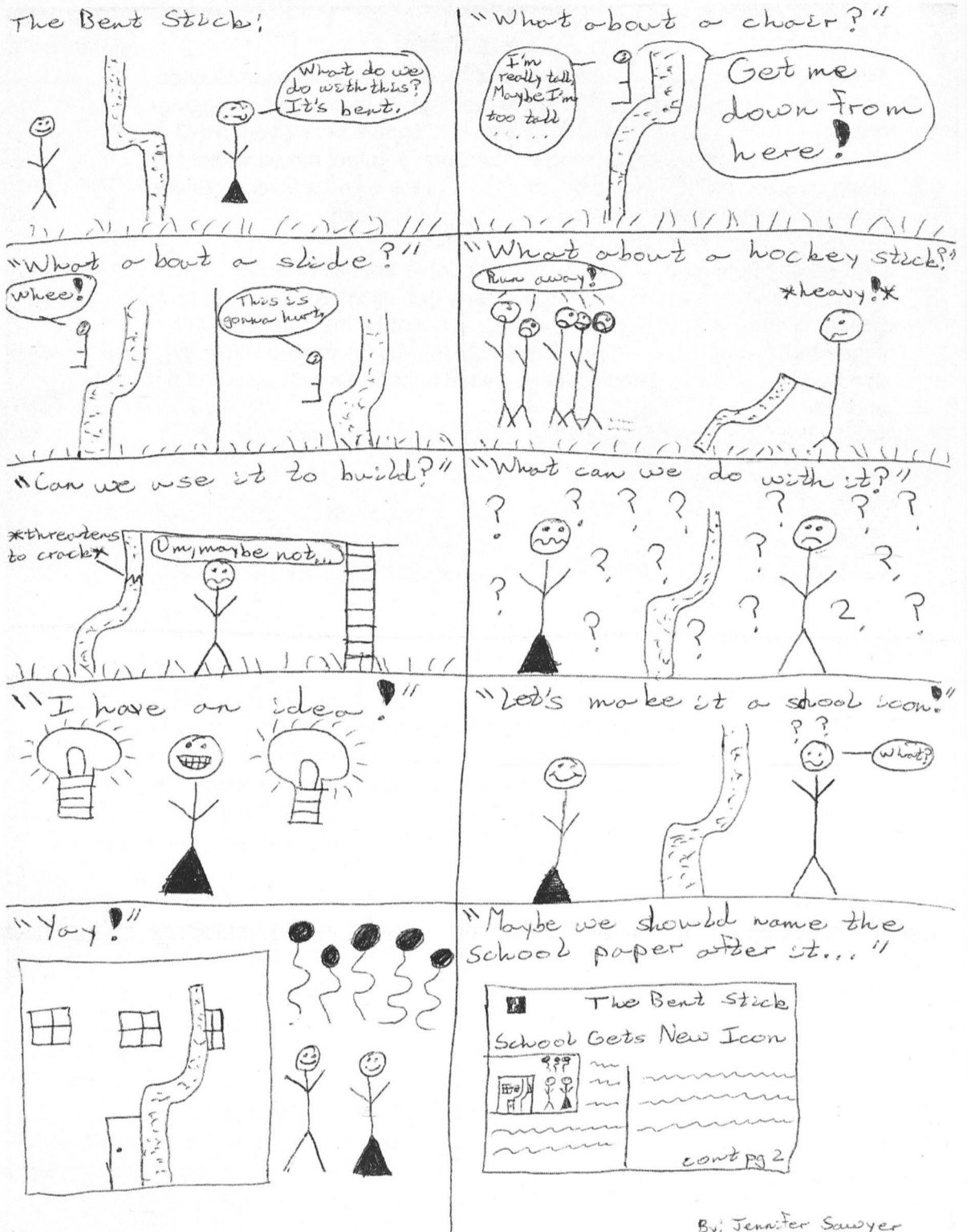
ARTS

Clayton State University welcomes new faculty members and course offerings for the Spring 2010 semester. Continued expansion in our course offerings and new faculty makes the new year and next semester more exciting. Here are some of the new offerings and instructors, some for Continuing Education and some will supplement course programs. Please join us in welcoming these new faculty members.

In Continuing Education: Applied Advanced Electronics, Dr. Raymond Gunn. Be Your Own Plumber, Mr. Wade Rivers. Advanced Reading Skills, Dr. Paige Turner. Basic Math for Business, Mr. Adam Epp.

Joining our faculty for Arts and Sciences: Psychology 2101, Dr. Gonzo Luppi. Also in the Psychology Department for Modern Studies D. Perry Noiya. Dr. Noiya has published a book entitled "The Paranoids Are After Us". Supplementing our Natural Sciences Program for Extreme Weather Studies 2201, Dr. Susan Namei.

- Reporting for the Bent Tree News,
Itza Jokeman



By: Jennifer Sawyer

The way I found you:

As I was foraging and hunting I came across a fascinating sight.....
What appears to be a non zombie-like human...
You.....

I find you interesting for the same reason you did me:

You appear quite different from the average spayed and neutered, castrated, homogenized, modernized, filtered, diluted, amalgamized, cookie cut, conveyor belt, factory created, mass produced, robot and drone like, mechanized and industrialized, computer, radio and television programmed, mass marketed, zoo industrial complex, poor reflections and shadows of what a free, feral, viral and rabid species humans used to be.....

It appears the deforming and fatal disease of mechanization industrialization and modernization has not wiped out the pure instinct and intuition of all of the species.....

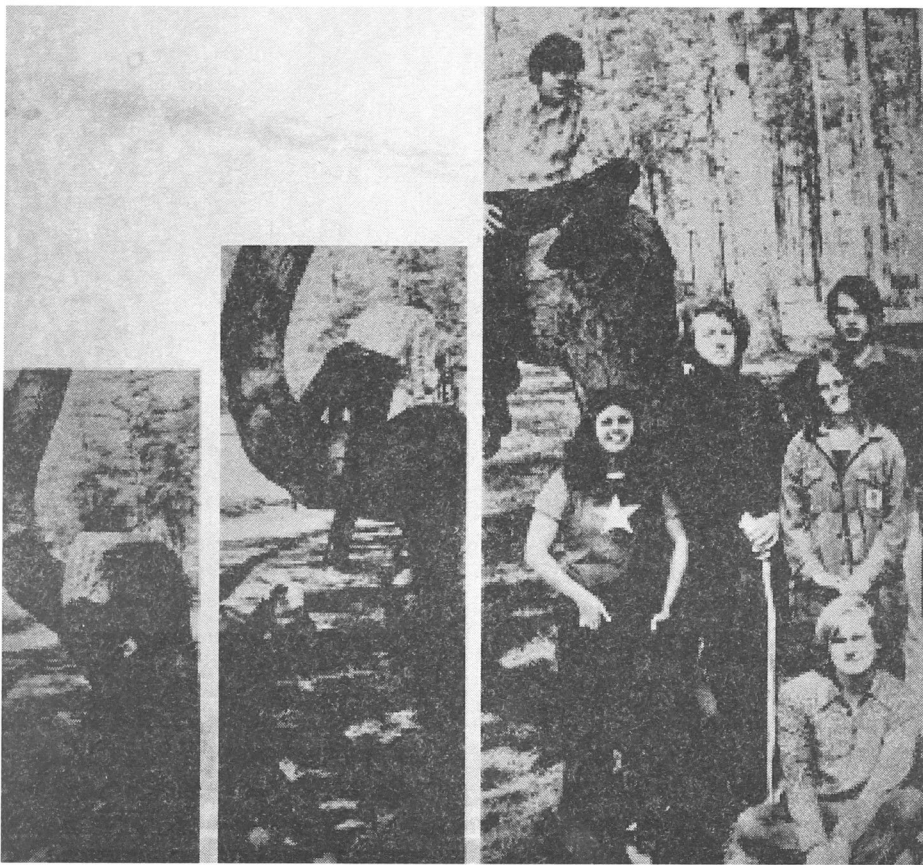
This is exhilarating news.....

I likewise look forward to knowing you
The weak try to discern the future
The strong make the future
Your brother in the Hunt

WildWolf
Aka
Zaab Para

My Bent Tree Roots Run Deep

By Michael Ratti



Many of the faculty, staff and student body at Clayton State University regard The Bent Tree as a viable source of information and entertainment when they pick up a fresh copy from stands. However, most do not realize the effort and history behind this unassuming publication. Fate it seems is not without a sense of humor and irony as I discovered quite surprisingly upon reading the fall 2009 issue of The Laker Connection. The Laker Connection, published twice annually, targets audience of alumni, trustees, retirees and friends of the University as a way of staying connected to the campus. My mother, Clayton alum, received a copy of the publication through the mail recently. To her surprise, on page 28 was a picture taken about 30 years ago of my aunt Barbie, Barbara Reeves, in front of the actual bent tree! Seeing this photo (above) not only ended up costing over \$200 but set off a chain of events a la "it's a small world after all" that left me no other choice but to write about them.

As it turns out, my aunt is one of the people that worked to change the name of the newspaper to the Bent Tree back in the early 1970s. Upon examining and reexamining the 30 year old picture, a string of emails and phone calls yielded the next big coincidence. Standing to my aunt's left in front of the tree is Daniel Taylor, who married the sister of one of my mom's coworkers. More emails and phone calls confirmed the identity of Taylor's sister-in-law which led to a reunion at Clayton State in front of, what else, the Bent Tree statue. My aunt arrived first and met me in the quad where she began directing me to the location of the tree. Thing is, she was going the wrong way and I could only conclude that her memory did not serve her well (no offense Aunt Barbie). After setting her in the right direction, we ran into Gid Rowell, Director of Alumni Relations. After sharing with Gid the purpose of our foray, he set me straight with a quick history and geography lesson pointing out the original

location of the tree was exactly where my aunt was heading. The tree, or at least part of the tree, the bent part, was relocated some years later to an area in the quad that gave it greater visibility and immortalized it very attractively with commemorative bricks.

The reunion with Taylor yielded additional information about a former Bent Tree Staffer. As a result, I was able to interview three of the founding members of the newspaper staff, my aunt Barbie, Taylor and Linda Helms, to get their account of the way they experienced then Clayton Junior College. It is interesting to note the similarities and differences the two generations still share. One big difference that was pointed out immediately is the subject of censorship—back then, according to my sources, there was none!

Reeves (in star t-shirt in vintage photo) earned her Associate of Arts Degree in English. In addition to being a member of The Bent Tree staff, she also participated in the Student Government Association and describes both as "service organizations to the student body, faculty and community." According to my aunt, "the campus newspaper was originally called CJC Announces and later Spirit of CJC and finally The Bent Tree." They had a small space allotted to them in the Student Center. She readily identified everyone in the 1973 photo as: herself, Richard Wallace, Helms, Peter Mullins, Taylor (on ground) and David Fickle (in tree). She became involved after answering a call for volunteers to work on the campus newspaper. She recalls chronicling an event in the newspaper from 1973 when she represented the college in the Annual March of Dimes Walk in downtown Atlanta noting that back then you actually had to walk to earn the pledges! The reunion ended with some disappointment when my aunt searched the school archives for issues of the newspaper only to discover none were preserved prior to 1974. When asked

what advice she would give students today, she replied "Never be afraid to volunteer for projects. There's always something to learn, contacts to be made and someone to meet. Plus you never know when a picture taken of you might pop up 30 years later!"

Taylor (sitting in vintage photo) was a pre-pharmacy major but "quickly saw what a mistake that would have been and changed to language literature." Taylor's recollections differ somewhat from my aunt's observations. He remembers "an editor wanted to produce an edgier, pseudo-underground publication that she called The Blivit, a name that did not sit well with our faculty advisor." When asked of any particularly interesting articles he produced, he replied "I remember a handicapped access awareness promotion where certain selected administrators and students, me among them, had to negotiate the campus in wheelchairs for a day just to demonstrate how easy or difficult that would be." Taylor recalls taking the 1972 photo by saying "mostly I remember being vaguely relieved that I wasn't the one who had to climb the tree!" When asked what advice he would give to journalism students he said "I do believe that despite the heavily-reported 'demise' of newspapers, the need for 'good' journalists has never been greater. I'm not a big fan of crime and entertainment coverage that dominate reporting: These are really isolated incidents, anecdotes that are only important to the individuals involved. A journalist's prime duty is to witness how the world works, and explain it to readers as straightforwardly as possible." When asked how working on a junior college newspaper aided in his ambitions, Taylor replied "it showed me how satisfying words can be. perhaps..."

Continued on Page 9.

AWA WAY!

By John Zinko

This September I ventured with a group of friends to AWA 15 located at the Renaissance Waverly Hotel in Atlanta. This was only my second convention and I was a bit worried I wouldn't fit in because I was the only member of the group not in costume. I was seriously surprised to see the amount of attendance to such an exciting event. Anime Weekend Atlanta (AWA) is a three-day Japanese Animation and comics convention held annually in Atlanta, Georgia. Since their first convention in 1995, AWA has become one of the most popular Japanese Animation conventions in the United States. AWA has a wide variety of events including video room showings of Japanese cartoons from new releases and titles going back to the 1960's, a dealer's room with retailers who sell Japanese animation and manga related merchandise such as toys, videos,

audio CD's and artwork, workshops, panel discussions on various topics including the current trends in Japan and how they will affect the United States, a costume contest where attendees dress up as their favorite anime or manga character, and scores of guests who have worked or currently are working in the industry. Going to AWA 15 was a unique experience. Not only did I amass a plethora of pictures but I also made a few friends, even though I wasn't dressed up! Then again I did mention I was getting college credit for writing an article on AWA so that automatically made me interesting. During my brief stay I interviewed several attendees and asked some basic questions about their attendance to AWA and here are some of their responses:

Q: Why do you dress up in costume for AWA?
 A: It's a hobby. It keeps me productive. I enjoy getting appreciation for my work. I love the attention. I get to become someone else and escape reality.
 Q: Is this the only convention you attend?
 A: No: Momocon. Disney Convention in CA. Nekocon in Va. Animazement in NC. Middleton Convention in TN.
 Q: What do you do for a living?
 A: Student. Chef for a golf course. Part-time Florist. Aspiring Animator. Ballet dancer. Hospital secretary. Illustrator of graphic design company North Cut & Assoc.
 Q: How much money did you spend?
 A: \$60 - \$300 on DVD's, posters, anime, original art, keychains
 To see more pictures of AWA shenanigans check out my Facebook page

Clayton State RA's

By Edward Mobley

There are 18 of them that lurk about Laker Hall. The 18 individuals are Clayton State University's Resident Assistants for the 2009-2010 Academic school year. After a long process of interviews, over night bonding, 2 weeks of training, and much more they were prepared and ready to start the school year. The trainings consisted of many staff bonding opportunities (which are not optional), knowing your resources on campus, getting the logistics on campus (the truth about organizations and departments), and meeting the staff of Clayton State University. There were some fun times in training, some dull moments, and some moments when sleep was your best friend. Altogether the training prepared them for the ultimate big days, Move-in and the first day of class. There are many myths that people state about

the RA staff, but all are not true. The truth is that they are the people that enforce, imply, and create policies and regulations in the residence hall while creating and fun and safe environment for their residents. One myth includes that Resident Assistants are the police. Not true, there are public safety officers on campus that are considered the schools police. Another myth is that RAs are mean people. Not true, they are regular people and have feelings and emotions as well. So times residents, visitors, and others rub them the wrong way and may get an attitude or response that they were not expecting. Many people do not know the requirements to become one of the selected individuals. They are posted on the Clayton State University Housing Webpage. A minimum cumulative Grade point average (GPA) of 2.3, active in

a minimum of one organization on campus, know your campus resources, be able to design programs that meets the residents and community needs and wants, abide by the regulations and rules set forth by the residence hall directors and Capstone, be a positive, influential, and good role model for residents, and an overall good personality to work with. The staff this semester includes our Director - Joe Cantona, Assistant Director -Latoya Eff, and the 18 Resident Assistants/Advisors. Adriana Brown, B. Carzo, Tiffani Davis, Marcus Dickerson, Amber Dunn, Jamal El-Amin, Hiba Elhag, Jesseka Gooding, J'maica Hunter, Edward Mobley, Sarah Obi, Erica Peterson, Kamille Rigsby, Emmanuel Shepherd, Brittany Tokurah, Jarvis Watkins, Christopher Wilkerson, and Colby Wilson.

Non-traditional Employment for Students

By Janine Herrera

With the current economic conditions at hand, extra money is always useful for college students, especially with the holiday season soon approaching. Becoming a Mystery Shopper may be a good alternative to supplement your income during school breaks, or in between classes. However, doing an online search may ultimately cause you to sign up for things you hadn't planned for, like getting a degree through an online university studies, or purchasing life insurance and subscribing to several magazine subscriptions, and still not becoming a mystery shopper. There are a few things you will need to understand and do, before you are off and shopping while making some extra money during these tough economic times. Mystery shopping is not always shopping. It sometimes consists of interviewing people, taking paid surveys, doing demonstrations at retail outlets, merchandising and taking pictures of foreclosure homes, and there

are assignments that require you to make a minimal purchase, but most always it is refunded back to you when the assignment is completed. As a Mystery Shopper you are an independent contractor because you are working for yourself, and you are responsible to calculate and pay the IRS self employment tax for earnings totaling \$400 or more. Take time to go online to the Internal Revenue's website for guidelines regarding your particular situation. Their official website is www.irs.gov. There are also valuable links available on the site to assist in tax calculations and a printable version of the form W-9 used to report independent contracting earnings to the government. The first thing you will need to do to become a mystery shopper is to register with a reputable company specialized in this type of work. You can use a search engine for jobs, however be mindful that you may run into a good number

of scams. Any job that is offering substantial amounts of money to perform part-time work is a dead giveaway to stay clear of. Also there are talent agencies you can register with that contract for demonstrators and merchandisers for retail outlets. Locate talent agencies in your yellow pages or online and inquire of the type of work they may have available. Most will require a photo of a headshot and sometimes a body shot. The compensation for a single mystery shopping job will vary from five dollars to a few hundred dollars, depending on the type of work and the length of the assignment. Whatever the pay rate is will certainly be helpful in paying off student loans or buying needed school supplies and possibly buying a Christmas gift for that special someone. Working as a mystery shopper will offer a flexible schedule. Some assignments are a one time basis, a daily, weekend only assignment, or it could go on indefinite.

CAMPUS

Increase Test Taking Skills with Energy Foods

By Janine Herrera

With the year 2009 coming to a close, likewise the fall semester, class attendance, and participation in school activities at Clayton State University will end, but the holiday season will begin.

Students will start out by making a decision on where to spend the Thanksgiving Holiday. With the Christmas season beginning the day after Thanksgiving, the next thing for students to do is their Christmas shopping. It will also be the time for planning and attending holiday parties and social events. Many students will make arrangements to go home for the holidays during school break, however let's not forget the majority of students will have to make preparation to take final exams.

Yes, final exams are here again, and for some students taking finals can be a stressful time in their lives. To add fuel to the fire, there are exams that are cumulative and require more study time than one may have planned to expend. Stressing over whether or not one may do well on exams, over exerts the mind and can cause some students to experience mental fatigue and come to class unprepared to take the tests.

Students do not have to allow the fear of test taking to add unnecessary stress to their lives. There are good habits that can be implemented daily that will energize the body, alert the mind, calm the mood and prove as being profitable at any stage of time.

Adding healthy foods, exercising for maximum performance, and getting plenty of rest not only are good habits, but are crucial elements to stabilizing the mood, elevating the thinking, increasing mental alertness and energy levels, while putting an end to fatigue, and in some cases assist in developing confidence in ones ability to do well on exams.

The following varieties of foods are excellent choices that will provide proper nutrition to help prepare the body for a stressful event such as final exams.

To begin, many health practitioners agree that breakfast is the most important meal of the day because it gives the body needed energy. One may start their day off with a bagel or a bowl of old fashioned oatmeal.

Oatmeal works with certain chemicals in the body to produce a calming effect and whole grain bagels will stabilize energy levels. Oranges are high in vitamin C which reduces stress hormones and would be a good choice for an addition to breakfast or eaten as a mid-day snack.

Spinach is a good side dish for lunch and dinner. It contains magnesium that helps control headaches and fatigue.

It can be purchased fresh and pre-washed in the produce section of the supermarket and eaten right out of the bag, or the leaves can be used for greens in a fresh salad.

Adding lean chicken, beef or pork to the spinach salad will boost up chemicals in the brain that provide mental alertness, and also

help in getting focused.

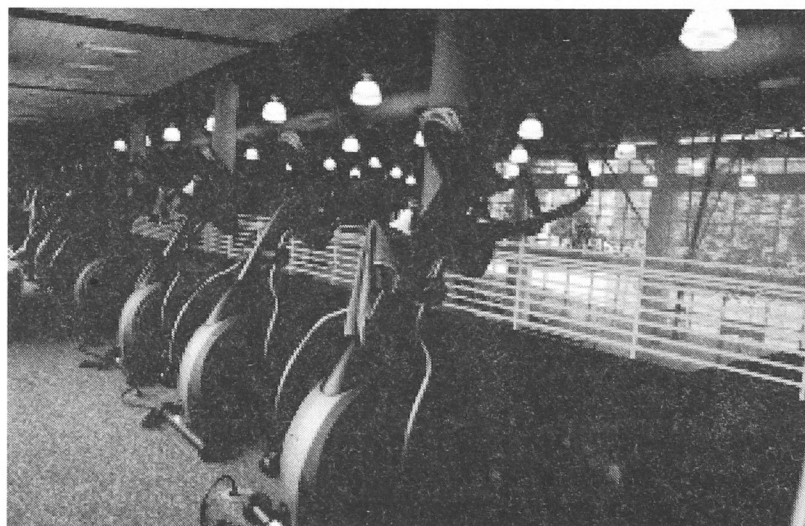
Snacking in moderation on almonds, pistachios or peanut butter crackers between meals and classes, builds up resilience in the body against stress because they contain stress fighting B vitamins. A tasty serving of dark chocolate will lift the mood and supply energy.

To gain more energy, try exercising. Aerobic exercise causes more oxygen to enter into the body and gives a feeling of happiness. Beginners should walk for 30 minutes a day for a few days a week, and in a short period of time will notice that more energy has been made available to them.

Another way to prepare for final exams is by getting the proper amount of rest. This can be done by drinking a glass of warm milk before bed. It not only promotes better sleep, it eases anxiety and calms mood swings.

Along with eating nutritious foods, the intake of water is extremely important for overall health and well being. Drinking water while exercising, and throughout the day helps in reducing stress because it hydrates the body and stops the depletion of needed energy. Even enjoying a cup of coffee from Clayton State University Jazzman's Café before taking finals can boost a student's energy level, and cause them to be more focused and alert.

Lose Weight and Earn Prizes



Get in shape and get rewarded for it! Most people start trying to get in shape a couple months before summer begins. Well, the best time to get in shape is now. People who desire to remain at a healthy weight or want to lose weight should commit to a lifestyle change instead of a seasonal one. Here at Clayton State University, there is a workout facility for your everyday exercising needs. And you can actually get rewarded for working out through the ACIS Fitness Rewards Program. So, not only do you lose weight, but you get free stuff too!

Some students, faculty, and staff members may remember the ACIS Fitness Rewards Program from spring semester, but some things have changed since then.

According to the Assistant Director of Recreation and Wellness, Elizabeth Rocco, the program is in effect "for the whole year instead of one semester."

This is great because this will encourage students, faculty, and staff to stay in shape for the whole year instead of just trying to get in shape for summer. This will probably also make it easier for a person to adopt exercising

as a lifetime change rather than a seasonal one.

Elizabeth Rocco also stated that "anyone can enter the sweepstakes" as long as they are a member of the Student Activity Center's Fitness Center.

Some of the rewards include a trip for two anywhere in the U.S, Schwinn bikes, T-shirts, water bottles, and more. The more you workout, the more prizes you earn! For more information, contact Elizabeth Rocco or a Student Activity Center employee at 678-466-4971.



MEN'S 2009-2010 SOCCER SEASON

STORY AND PHOTO
BY SARAH TROUSDALE

What an eventful 2009 season for the CSU Men's Soccer season. October brought much success for Petersen and the CSU Lakes. In full PBC game swing, CSU proved they were no force to reckon with as senior goalkeeper was voted Goalie of the month, Brown earned PBC Defender of the week, Timm was selected PBC Conference Co-player of the year and a five game shutout streak. With games intensely filled with foot kicking, lights shining over the players and fans cheering, CSU was like a fireball, only getting stronger with fuel. September 30th

started off the five game winning streak against the young North Georgia. They gave CSU the run for their money but CSU dominated the entire game and held off any attempt of NGC to score a point. October 3 was an easy 3-0 shutout for CSU against UNCS Pembroke who they would later face-off again on November 3 in the Peach Belt Conference quarterfinals tournament. As the moon rose again over Laker Field, CSU played their game well against UNC Pembroke once again resulting in a 5-0 crush. CSU advanced into the first round of the PBC

Championship on November 6th at Blanchard Woods Park in Evans, Georgia. However, their chance for a PBC Championship title and possible NCAA Division II National tournament position was stolen when Lander's Andy Ludewig scored in the second overtime, ending in Lander being victorious 2-1 over CSU. Despite this upset, CSU might have a post-season bid for the tournament which will be announced on November 9, 2009.

WOMEN'S 2009-2010 SOCCER SEASON



STORY AND PHOTO
BY SARAH TROUSDALE

This season has been a doozy for the Lady Lakers, struggling with defense and offense in some games and dominating defense and offense in others. They have been on a rollercoaster all year, but one that has been monumental for the girls who have played on the team. It seemed that September 30th seemed to have jump started a spark in CSU that ignited an upset for North Georgia. Sophomore forward, Cherie Seyon, seemed to have really found her niche on CSU's team as she was awarded All-PBC for Women's soccer. She's currently in outstandingly 2nd in the Peach Belt Conference, scoring 14 goals and owning 29 points. Her best game seemed to be between North Georgia when she impressed the crowd with her amazing footwork and strong quad muscles when

she lobbed a ball right over the head of Montevallo's goalie, pulling CSU from a 0-2 lag. They defeated North GA 3-2. Another spark in which she added to the flame was her game-winning goal in overtime against Montevallo on October 8th, winning that game 3-2. In early October, Sayon was awarded PBC offensive Player of the Week.

Another dominate player this season was Goal Keeper, Dominique Trappio, with some outstanding game performance and impressive saves. Yet, it just seemed that the Lady Lakers just couldn't completely turn their season over and accelerate their potential against top teams Columbus, USC Aiken, and Georgie College. When they thought all the odds were against them, the field fairies seemed to have been on the Laker's side in

their game against Georgia Southwestern in Americus, Georgia. They gained a much needed win in a 2-1 defeat, giving them a possible chance at a post-season appearance as they faced #4 ranked, Lander, in their last game of the season. Though CSU seemed to have had a little flame, Lander put it out on October 31st as CSU incurred a shutout from Lander leaving the Lakers scoreless, 4-0.



PLAYER SPORT-LIGHT: DAVID CRISTOFOLI

STORY AND PHOTO
BY SARAH TROUSDALE

A look at CSU's senior goalkeeper, who came in at the end of the 2008 season to fill a gap and became a lightning force for the Lakers. Here's a look into his background, shedding some light on where he came from and where he's headed on and off Laker Field...

Q: Where are you from?

A: Johannesburg, South Africa.

Q: Did you grow up there or did you come to America during your childhood?

A: No, I came to America after I finished high school. I went to school in South Africa and played on the National team during high school.

Q: How long have you played soccer?

A: Oh, I started playing at 5 or 6. I actually started as a defender. At about 8 or 9 my dad started complaining about the goalie on my team and the coach asked who he thought should be the goal and he said that "his son was better." I stuck with goalie from that point on.

Q: Where did you start your career in America?

A: I actually moved to Texas first and went and played at Tyler College. It's a junior college so I had to look for some other college that would have

me play on their team. Clayton State University was the school who chose me to come play with them.

Q: What made you choose Clayton State University?

A: I got in touch with Coach Petersen and talked to him, who really made the college and its programs look and sound good. He also had a really good soccer program that housed a lot of South Africans including one of my former teammates, Kyle Timm. Petersen had a really good record with South Africans on his team and being on here really makes me feel at home and that's what I hoped for coming to CSU.

Q: What are some of your goals in soccer? A: Well, Warren Can Der Westhuizen holds all the records of the PBC and Clayton State. I would have liked to reach a goal of 14 shutouts, but right now I am at 10, which I am happy with. I was able to step up my game at the end of last season when Glen Fox went out with an injury. I was able to come in and really show them that I could do the job.

Q: How do you foresee CSU in the 2010-2011 season?

A: Defense has been solid and that should stay the same because of the same line up of athletes. The offense has been up and down but new players will be coming in and really balance it out. CSU is still solid for next year. The core for next year and the defense is the same. CSU will be losing Liam but Sam, Roger, Bret and Igor will offer the same defense for next year. They will be on top next year.

Q: What is your major and what do you plan to do after graduation?

A: I am a Business Management major and will graduate 2011. Right now, it's up in the air at the moment about what I'm going to do; probably stay and get MBA. I hope to be on the coaching staff for next year, but right now I am assistant coach at Woodward and for the rec teams Concord Fire South and North.

Congratulations to David Cristofoli for a great season and a personal best of 10 shutouts in his career! Best of luck after graduation, you'll be missed as a Laker!

MY BENT TREE ROOTS RUN DEEP CONT. BY MICHAEL RATTI

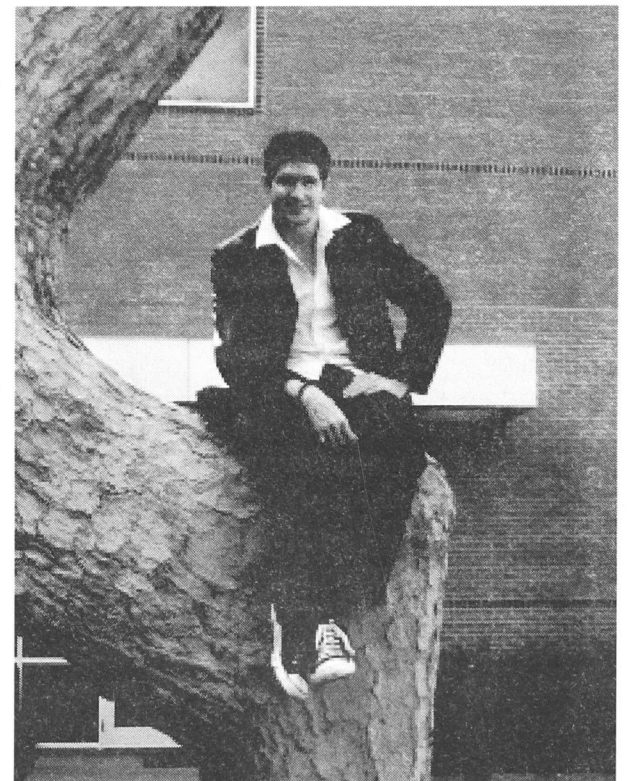
Helms (in the vintage photo) earned her Associates Degree in Nursing from Clayton State. Although she was not there when the newspaper began, she recalls being very enthusiastic about the name. "I loved the artistry and the puns of a tree to represent a newspaper and a bent one at that were irresistible" she said. When asked what topics were of most interest to students back then, Helms said that "the students were a contrasting lot. Many were adults focused on a career and not very silly or frivolous. There were a lot of kids just out of high school who had no idea what they were looking for and they could be very frivolous. And then there was a small group caught up in the whole '70's thing, not quite hippies but very anxious and eager to be on the edge, not sure what edge, just on the edge...You see my Army jacket? I was the closest thing to a hippie most of us knew and I lived that style [or something approaching it] before I moved to Atlanta." Helms recalls the picture being taken in 1973 but concedes that it could have been a little earlier. When asked what advice she would give, she replied "I understand that everything is different about the school now so I really don't have any advice. But interviewing people and getting their points of view out there always works. Most of us

want a voice. We have something to say about politics or work or art or something and I think newspapers can be that voice. I firmly believe that the best and proper study of man is man."

So, you might be asking just how this photo ended up costing us 200 dollars. On the day of the reunion between my aunt and Taylor, it was suggested that I, being the youngest and most agile of the group, climb the bent tree for a photo op to resemble the one taken in 1973 (or 1972). While my gut told me this was not such a great idea and my fractured left foot agreed, I acquiesced to the pleadings of my mom and aunt to "hop on up there." The climb up was successful save for a few bark markings to my pants—it was the trip down that proved to be costly in that my cell phone sustained a fatal injury and as we all know, today's cell phones contain important data used on a very regular basis. Coupled with the fact that I landed on "good foot" and sprained it—my mom could not live with the guilt and promptly bought me a snazzy new blackberry and is even contemplating giving me the rebate.

It is not difficult to agree with the 1970's staffers about the power of the press and

now we see that the tree itself has powers all its own. It brought together former students to reminisce about their days at Clayton Junior College; it gave me and I hope you an interesting and humorous peak back into its history. It shows that sometimes money (or a phone) grows on trees.



CLAYTON STATE SGA

Clayton State's Student Government Association is an organization whose primary role is to represent the student body in a manner that engages their interests, issues, and concerns, and allows for a more democratic governance of student affairs.

SGA has had a longstanding commitment to facilitating communication between students and Clayton State administration and the University System of Georgia.

In that light I pose to you a greater call of awareness of the Student Government Association's mission, vision, purpose, and responsibilities.

For the last couple of years Mr. Darius Thomas has served as President of the Student Body, a position, he says that has allowed him to see the need for change on Clayton State's campus. He has witnessed some of those changes, from the move towards a more diverse student population, greater advancements in facilities and services, as well as a continued effort to offer a quality academic environment & excellent educational experiences.

He expresses a progressive outlook, believing that SGA can continue to play an integral role in implementing and executing programs & policies, as it deems important and of interest to the student body.

But with all forms of governance comes a need for accountability, requisite involvement, and

continued support.

Although Mr. Thomas is proud of record-breaking participation in this fall's Freshman Senator Elections, he knows that there is still much work to do.

He cites mediocre student involvement, including general meeting attendance and equal, open dialogue of their concerns.

This problem has impacted the way in which they honestly represent you.

How can one work to have your best interests in mind when those interests are not always known?

Of course SGA members are students too, but the need for serious involvement in this process from those not elected or appointed is paramount.

The problem is clear! We elect individuals to represent us and that is where our engagement stops. I could walk around campus and ask many students to name a Senator, a Representative, or Cabinet member and many might be hesitant to give an answer.

We don't know what is going in SGA, we don't ask serious questions, nor do we articulate issues to those we put in office and the end result is dismal.

The Student Government Association hosts several events each year and they are the official organization that can proclaim an event or day such as Nontraditional Student Recognition Week and Student Affairs Day.

They recently sponsored a Game Night, which

By Vincent Montez Smith

many believe was a great success.

Internally, various committees are working continuously to help Clayton State University run smoothly.

But these things are not front page; I reiterate, we need to get involved!

Mr. Darius Thomas states that "SGA is only as strong as the student body makes us."

And to a great degree that is true.

James Russell Lowell said that "democracy gives every man the right to be his own oppressor."

Taking the time and the responsibility to enjoy all that this organization has to offer is rewarding. You have the opportunity to take part in the decision making, question their actions, and truly become informed on those activities and issues that matter most.

While we have much to look forward to in campus life and student affairs, Student Government is "the link that connects Clayton State!"

SGA Senate Meetings are held every 1st and 3rd Tuesday of each month in the Student Activities Center Ballroom from 11:30 am - 12:30 pm.

The following is contact information for questions, comments, and suggestions.

Office – Student Activities Center, Office # 203,

Clayton State University

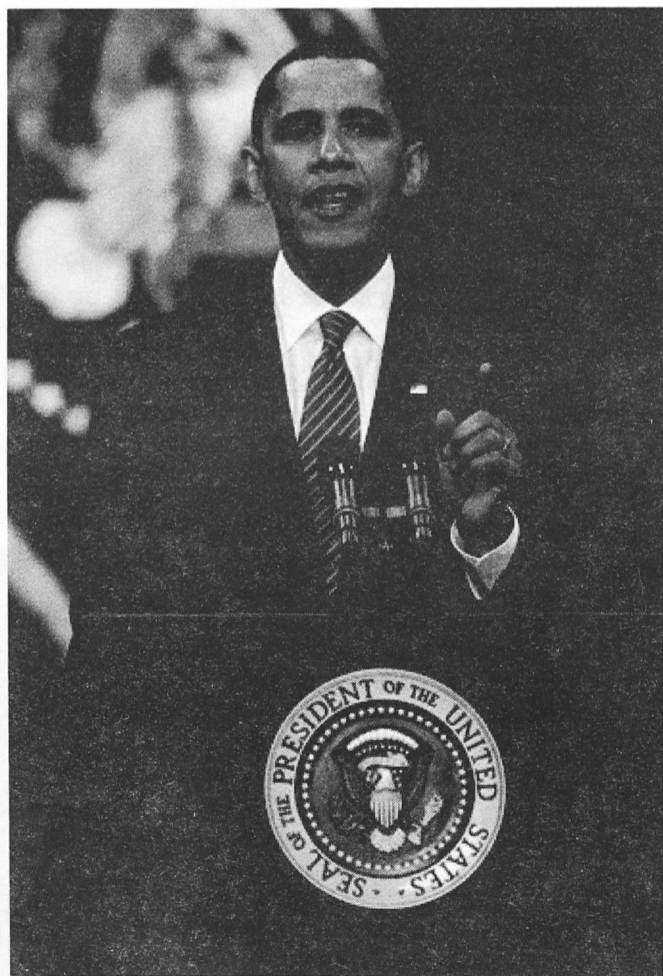
Phone –(678) 466-5435

Email –SGA@Clayton.edu

Website –

<http://admins-services.clayton.edu/sga>

SO WHAT HAS CHANGED?



It has been just over a year since current President Barack Obama won the 2008 election. As such it is important, as with every president, that we take a look back and determine what has changed in the United States and the world since his election campaign. Two big issues for President Obama during his campaign were health care reform and the declining economy. With the entire world looking over his shoulders, President Obama was and still is under tremendous pressure. However, even with every eye focused on America, The President has managed to make some impressive progress.

During President Obama's first few months in office he unveiled his proposed economic stimulus package or "Bailout." This would pump billions of dollars into the failing economic system. One area in particular was the source of much criticism—the banks. The major banks, which some say were the root cause of the terrible economic state we are in today, were given billions of dollars in order to stay out of bankruptcy. The cause of criticism came when many of these bank's executives continued to receive their annual bonus packages, which were funded by the bailout money—your money! With the stimulus package in place many expected the economy to bounce back over night, sadly, this is never the case. President Obama and his staff believe that his plans will work, but all good things come with hard work and patience. Next the President moved on to, what in many minds will be the defining issue of his presidency, Health Care Reform.

Health Care Reform has been the front runner of President Obama's political agenda as well as being the most opposed. The problem seems to be tri-fold. First there is the issue of how to fund the bill, second there is the issue of partisanship among the many revisions the bill has undergone, lastly there is the issue of the public option and how much government control will be present over certain aspects of health care. One very important thing should be noted, this bill will not force anyone

By Gary Reddish

to change their current health care provider nor will it have the government making your health care decisions for you, it is merely providing an option for cheaper health care for the millions of Americans who are uninsured. Despite this fact, President Obama has faced perplexing opposition to a program that will ensure that all American have the ability to maintain a healthy life without going into debt. Thankfully, the bill is making headway by being passed, in a revised form, in the Senate Finance Committee. Some changes to the bill include a cap to out of pocket expenses, prevention of rejection due to pre existing conditions, as well as making it easier to purchase coverage. Despite the progress of the bill, it still has a long way to go. The only way that America will get the change it so desperately needs is if its people take a stand and educate themselves on these issues and not just trust their local news sources.

Overall, President Obama has made great strides towards his plans for economic stability and universal health care for all Americans. That is not to say that he is anywhere close to reaching these goals. The only thing that can be said for certain is that as a country we are moving slowly towards the America that President Obama, The founding Fathers, and each and every American envision. We will not get there over night, we may not even get there during President Obama's presidential career, but if we can learn to put aside our differences and work towards the common goal of the empowering and uplifting the people of this country then we will get to the finish line sooner than any of us think.

Bookstore Not Just About Books

By Michael Ratti

As a commuting student, I must admit I have not always taken the time to explore the many activities offered on Clayton State's campus. This semester, however, I've made a conscious effort to seek out extracurricular opportunities especially those of a whimsical nature. Visiting the book store was not exactly high on my list of most favorable college memories (searching shelves for used books, standing in long lines at the beginning of the semester—next time I will use the online

ordering method..). My interest was peaked however when I read about an Annual Halloween Costume Contest being sponsored by Auxiliary Services and the University Bookstore in late October. As Halloween is one of my favorite occasions, I decided to load up my very best Captain Jack Sparrow costume in my book bag and present myself as a contest participant. While there were small numbers of costumed students, those who did dare to attend sported quality costumes quite worthy

of recognition. Each participant was provided an opportunity to stand before the judges and make comments about their chosen costume. The Bookstore staff did a wonderful job of making this event special and on behalf of the students I want to say "thank you" to them for coordinating the contest and providing quite generous prizes. As a result of this positive experience, I will definitely be doing more to encourage students and faculty to get involved. Pictured is First Place Winner "Geisha

Girl" and Second Place Winner, yours truly, "Jack Sparrow."



Improving Study Habits

By Zaab Para

A disappointing experience of any College student is to receive a failing grade. Many students however fail to develop healthy study and lifestyle habits that will pave the path for academic success.

Here is my list of 10 ways to improve study habits and achieve better academic results.

1. Ask the professors to clarify any questions on the course material. This can be done both inside and outside of the classroom. More personal attention from the instructor can be achieved by calling, sending emails or meeting up with the teacher during their office hours.

2. Identify and study with fellow students who are doing well in the class

3. Time management – Allocate enough time for you to study – 2 hours for every one hour of classroom instruction

2. Soothing music – Soothing music such as classical music or instrumental music creates a relaxing environment that enhances the study experience.

4. Study in a quiet place – Constant distractions and noise interfere with the ability to focus and process information. A quiet environment eliminates these distractions and

allows you to focus on the material.

5. Practice memorization techniques and repetition drills to absorb and recall large amount of information.

6. Utilize diverse study resources such as the internet and libraries to increase understanding of the class material.

7. Proper sleep, good nutrition and exercise also help to prepare the body for optimum performance physically and mentally.

8. Start studying for quizzes and exams early and do not wait until the last minute. This eliminates desperation and gives more quality study time.

9. Stay ahead of all assignments so as to provide necessary time for class work, homework and study time.

10. Take personal responsibility. Remember that you are in school to acquire an education and not to socialize. Moderate recreation must come after your study and class work.

The opportunity to educate one's self is an honor and a privilege. Make the best of your educational experience because millions of people across the world do not have the same opportunities.

Do's & Don'ts In College Relationships

By Shamara Morrow

College relationship can indeed become learning experiences. Relationship while in college can be loads of fun. Some will become serious, while others remain casual. Serious relationships require lots of time, effort, determination, communication and a strong will to fight for your relationship to work. Casual relationships on the other hand are different, less time consuming, not as emotional, and not as much effort is spent when only casually seeing one another. Casual relationships offer more freedom with a laid back feel with little to no pressure. Relationships need to be able to withstand arguments and fights (no physical abuse by any means), time constraints, both physical and emotional connections, and sometimes within a situation, limited infidelities. Making your relationship last through college can and will be a tough and difficult experience, however there are a few do's and don'ts that will hopefully help build and better your bond as a couple. Many college students are new to serious dating, which can make it even harder to grasp the concept of a serious relationship. This article will suggest a few helpful tips in hopes of helping to make your next serious college relationship a great success. Shamara Morrow

According to Josh Tuliano author of the article "College Relationships: Dos and Don'ts, to Help Strengthen Your College Relationship..."

Do

1. Hang Out With Mutual Friends

When dating someone seriously it is good to have many mutual friends since they will help support the relationship and not take away from it. Having one sided friends can tear you two up and you will find yourself choosing between your partner and your friends. Always pick your partner if this is a serious relationship.

2. Date

Just because you are a poor college student does not mean that you can neglect going on dates. Dates do not have to be expensive nor extravagant to be fun; try going a dinner date at the dinning commons with just you and your significant other. Any time to be alone should be cherished in college, especially with roommates and busy schedules.

3. Give Small Gifts

I emphasize small gifts because large gifts can be awkward and come across as needy, so keep your

purchases under \$20. Small gifts such as chocolate or a DVD can mean the world to the person you are dating, especially if they are having a hard day. Small gifts can bring intimacy closer, and also show you care.

4. Have Different Activities

Having the same activities as your partner can be a really good for the two of you; however if you do not have your space it could be very hard to make new friends and expand the relationship. Keep your identity and try the activities you like with friends, but try for some separation.

Don't

1. Have Meaningless Fights

I don't care who you are, everyone has a fight at one point or another in a relationship. Meaningless fights may not seem so meaningless in the short run but look at the argument in a long run perspective. If the argument is not going to solve anything try to abstain from even fighting in the first place.

2. Live in Seclusion

I made the biggest mistake in one of my college relationships of just spending time with my partner; I let

down my friends and family by not wanting to be around them. Keep your friends that you had from before dating, because when the relationship ends those friends will be your biggest supporters. Without friends dealing with a break up can be very hard, remember this before it is too late.

3. Bring Up the Past

The past is in the past for a reason, bringing it up on a regular basis or even on an occasional basis can be toxic to even the strongest relationship. Save the past for history class and move on no matter what the argument; once it is settled do not bring it up. We have all had transgressions so do not act like you are innocent just because you can pick out a fault of your partner.

4. Have Sex Every time You Two are Toether

Not every relationship has to be sexual, but for the ones that are I would highly recommend doing other activities than just having sex. Save the sex for special occasions, it won't get old as fast and it will be something to look forward to. Expand emotionally if you want the relationship to go beyond casual dating.

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Contact:

Iesha Little: llittle1@student.clayton.edu (706) 399-4760
Yul Banks: Ybanks@student.clayton.edu (678) 732-6348

From the Staff at The Bent Tree.

We would like to thank the students, faculty, and alumni of Clayton State for 40 years of faithful readership.

We look forward to another 40 years covering the news and concerns of the campus.

Have a happy and safe holiday season!

Dear Clayton State Family,

On behalf of Team N.I.C.H.E, and Management Class 3101, we would like to thank the staff at Clayton State and everyone that gave donations. The campus collect-a-thon helped us collect more than our target goal. This experience was new to us but the staff was helpful and knowledgeable in answering all emails and phone calls.

To show our appreciation we had a drawing for Atlanta Thrasher tickets. The lucky winners were: Millicent Benson and Seth Nartey

Sincerely,
Team N.I.C.H.E

What are you doing for Spring Break?
How does volunteering in a rainforest sound? What about helping to renovate an apartment for a homeless family?

Contact The Department Of Campus Life for more Information on the Alternative Spring Break Programs
Student Activities Center
Suite 223
(678) 466- LIFE