# THE BENT TREE



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Clayton State University

February 2010

# **CSU Joins Effort to Help Haiti**

By Jamie Appling Contributing Writer

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After learning about the devastating effects of the earthquake in Haiti, Clayton State University stepped in to help the victims of this natural disaster. A. Royal from Campus Life said, "It is extremely important for us to reach out and help the victims of the Haiti earth-

quakes. We here at Clayton State realize that we are not invincible and that this could have easily happened closer to home. Our collective donation efforts here at CSU can best be described by the words of Mr. Edmund Burke, 'Nobody made a greater mistake than he who did nothing because he could do only a little."

Campus Life along with numerous other student organizations such as

Women of I.M.P.A.C.T, Caribbean Student Association, Student Government Association, AmeriCorps Service program, and Alpha Phi Alpha Fraternity Inc. organized disaster relief efforts on campus. A few students involved in these organizations are from Haiti, so this natural disaster did hit home to a part of our student body. These organizations felt the need to collect clothing, food, toiletries, and monetary

donations on campus. This donation drive lasted from Tuesday, January 19th through Friday January 22nd. Contributions were collected on the second floor of the James M. Baker University Center. Even after the official drive ended donations kept coming in. Clayton State collected fourteen, 55 gallon bags of clothing, shoes and linen, one 55 gallon bag of toiletries, hundreds of canned

Haiti continued on page 5



B. CARZO/THE BENT TREE

HOMECOMING RULERS: Homecoming King Robert Nicholas III and Queen Tamika Shannon pose at the Homecoming Ball after their crowning.

## **Eating Disorders Awareness Month**

By Millicent Benson Contributing Writer mbenson@student.clayton.edu

While college life is stressful enough all on its own, there is another issue on the rise in the U.S, eating disorders. Millions of American men and women suffer from an eating disorder. Although a relationship with food can take on many forms, there are three major types of eating disorders. The most common one is anorexia nervosa. This disease is defined as self-starvation, and excessive weight loss. Of the many people who suffer from this disorder, 15% of them die from complications associated with anorexia.

The next type is bulimia nervosa it is defined as a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of one sitting and then purge after. Bulimia nervosa can cause many physical and psychological complications.

Binge Eating Disorder (BED), is defined as a recurrent binge eating without the regular use of compensatory measures to counter the binge eating. Sufferers are consumed by thoughts of food to cope with their emotions. Binge eaters generally tend to eat foods high in sugar and carbohydrates which can cause many health risks in the future. (www.NationalEatingDisorderAssociation.org)

While there are many causes of eating disorders, the most common ones are abuse, desire to be beautiful and/or muscular, low self-esteem, distorted body image, and issues with sexual orientation. For the millions of sufferers in the United States, there is help and you are not alone.

binge eating. People who suffer from The first step is admitting to yourself this will eat thousands of calories in you have a problem. The next step is to seek help. You can see your family physician and or enter into a rehab facility. In treatment, patients get mental health as well as assistance with gaining a healthier relationship with food.

In the United States, as many as 10 million females and 1 million males are fighting a life and death battle with an eating disorder such as anorexia or bulimia. Millions more are struggling with binge eating disorder. (www.edtreatmentcenters.com)

If you or someone you know has an eating disorder, you can also visit the Counseling and Psychological Services office, located on campus in the Student Center in suite 245 or call them at (678)-466-5406. They are open 8am-5pm Monday-Friday.

Eating Disorders continued on page 5

## Lakers Go Green!

By Natasha Hickman Contributing Writer nhickman@student.clayton.edu

Clayton State is literally a green campus. Clayton State University is known for its interlocking lakes and ponds as well as it's lush landscaping. The main campus not only boasts lakeside views but also has a source of water for all campus landscaping. Water conservation is an important part of making Clayton State University environmentally friendly. The members the Student Government Association have taken it a step further. In a meeting, during the fall semester of 2009, they discussed the importance of remaining in the forefront of the green movement. In the time since the meeting two advisors and more than thirty students have decided that it's time for CSU's first green organization. The organization is still in the planning stages but the funding and enthusiasm necessary to make it a success are in place. SGA is taking responsibility for linking faculty and students to create the organization. President Rukayat Busari hopes that the green initiative will be fully operational by the middle of Spring semester of 2010. CocaCola recycling receptacles will be appearing at several locations at Clayton State University as part of Clayton State's green endeavors. Students at Laker Hall will have access to curbside pickup

Go Green continued on page 5

# Restaurant Review: The Tavern @ Wing Lab





By John Zinko

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Recently, my roommate, Brian Roberts, and I took a five minute trip to a place called "The Tavern." This was my first time going, but Brian assured me that the previous two times he had gone the environment was very chill. We stepped in the front door and I was first taken aback by how clean the restaurant was. There were a few patrons at the bar sipping beers and watching the basket ball game. The entire back wall of the restaurant was covered by a giant projector screen playing the same game. We decided that to get the full experience we'd have to dine in so I could witness for myself how laid back and cool this place really was. Our waitress came over and for the first time in my dining experience, she pulled up a chair and sat with us like we were old friends. Her name was Bonnie and she was very knowledgeable of the drink selection and food. She let us know first off that there were \$3 drink specials and all-you-can-eat crab legs.

PHOTOS BY BRIAN ROBERTS & JOHN ZINKO/ THE BENT TREE

Bent Tree contributor John Zinko recently visited the Tavern @ Wing Lab in Rex to review the food and atmosphere.

Top Left: John Zinko displays his Ranch Rings and Sweet Delay chicken wings at the Tavern.

Bottom Left: Patrons at the Tavern @ Wing Lab during a weekday night. Right: The front doors of the Tavern. The front doors of the Tavern @ Wing Lab.

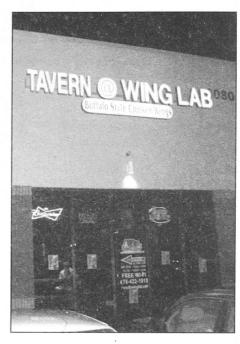
I figured since we were there Brian and I would sample some of their drinks. They had a separate

menu of at least eight pages listing all of their shots, margaritas, martinis, beer, and other mixed drinks. It was quite impressive to say the least. They also had domestic beers as well as Bud Light, Killians, and Miller Lite on tap.

The restaurant menu left an impression as well. Not by the quantity but definitely the quality and affordability! Appetizers ranged from \$2.65-\$6.99 and had such selections as Jalapeno Poppers, Ranch Fries or Rings, and Sweet Potato Fries. Brian kept telling me how good the Ranch Fries were so I got

an order of Ranch Rings to see if they were just as good, and yes, they were. Since we were in a wing lab, there was a large selection of sauces to toss your wings, boneless wings, or tenders in so Bonnie suggested a few of her favorites and brought out

samples of their Honey Mustard Sauce, Sweet Delay, and Spicy Polynesian. Those were definitely a treat, especially the Sweet Delay that tasted so mild at first and then hit me with a kick of spicy goodness that made my eyes water. Brian ordered the smallest order of Chicken Tenders and was still full at the end of the meal; those bad boys are not small in any sense! I ordered 20 wings in Lazy Boy sauce and was so thrilled to see that the wings actually had meat on them and looked the way chicken wings are supposed to! For the entire evening I spent less than \$35 for two people including appetizers, two mixed drinks, and a beer. This is definitely a spot for a casual date or just hanging out with friends. I may have to stop in on a Tuesday night and see if I can win that karaoke cash prize, or just to see Bonnie because I promised her.



Tavern @ The Wing Lab 6080 Moreland (Hwy 42) Rex, Ga 30273 www.thewinglab.com 678-422-1919

Specials/Entertainment: \$3 Select Drinks on Thursday

All-you-can-eat crab legs Thursday

Lab-a-oke Tuesdays @ 8 for cash prize

Flat screen televisions and projectors up to 8 games shown at one time

Live musical talent

#### Deals:

1 lb. snow crap legs \$13.99 with drink

1 lb. boneless wings for \$9.99 with fries, drink, and dressing

50 wings for \$25.50

John Zinko is a contributing writer for The Bent Tree. He can be contacted at

jzinko@student.clayton.edu. To submit your own column to The Bent Tree, or to suggest future restaurants, submit it to jsawyer1@student.clayton.edu or kliles@student.clayton. edu.



## **Career Services Workshops & Events**

Looking for a way to get a jump-start on your career? Start with one of these informative workshops from Career Services:

### Dress for Success Tuesday, February 16

11:30 a.m. – UC 272

Representatives from K & G Fashion Superstore will deliver this presentation about appropriate attire for an interview and for the work setting. They will bring sample clothes to demonstrate right and wrong choices for a successful appearance for women and men.

## ABC's of Finding an Internship Thursday, February 18

11:30 a.m. – UC 272 5:15 p.m. – A & S 127

Many students wait until the last minute to seek their required internships, thinking that Career Services will "place" them with organizations. This workshop educates students to think differently. Students learn the eligibility requirements, how and when to search for internships, forms that need to be completed, and other tools needed to be successful in finding an internship.

## **Employer Information Session – TBA**

**Thursday, February 25** *11:30 a.m.* – *UC 262* 

#### CAREER EXPO Thursday, March 4

SAC Ballrooms, Noon – 3 p.m.

The Career Expo brings dozens of organizations to campus for the opportunity to network with Clayton State students and

graduates. Students and graduates make contacts that lead to greater understanding of job and career opportunities and may lead to interviews. Participants are required to wear professional attire and are encouraged to bring copies of resumes to share.

## Employer Information Session – Department of State Thursday, March 18

11:30 a.m. – UC 262

Learn about the diverse range of career opportunities available through the Department of State. Discover how you can have a global impact.

### Law School Information Session Tuesday, March 23

11:30 a.m. – UC 265

Representatives from several law schools in the state of Georgia will serve on a panel to provide information about law school entry requirements, law school application process, and the law school experience. Open to students in all majors.

### Practice Interview Day Thursday, March 25

9 a.m. – 4 p.m. (by appointment) – Career Services Office (STC 250)

Students gain valuable experience by having a practice interview with an employer. The employer conducts a realistic practice interview and then provides feedback about the student's interviewing skills. Students must schedule practice interview times in advance. Limited appointment times are available.

### Senior Career Academy March 29 - April 1

5:00 – 7:00 p.m. - Student Center 267

The Senior Career Academy is a week-long program designed to help graduating seniors focus their career searches and develop skills needed for career success. Seniors receive individualized assistance and have opportunities to network with a select group of employers.

## **Employer Information Session** –

### Make A Wish Foundation Tuesday, April 6

11:30 a.m. – UC 268

Learn about career and internship opportunities with a major non-profit organization.

### **Business Etiquette Luncheon**

Thursday, April 8

11:30 a.m. – 1:30 p.m. - SAC Ballroom

Purchase tickets in advance from Career Services (limited number of tickets)

The Business Etiquette Luncheon provides students an opportunity to learn about effective networking and appropriate dining etiquette for a variety of professional situations. Participants eat a multi-course meal while the leader guides them through the etiquette of using tableware, managing different courses, and responding professionally during business dining.

## COLLEGE-TO-CAREER FAIR Tuesday, April 13

11:00 a.m. – 3:00 p.m. - Cobb Galleria

College-To-Career Fair is a statewide job fair for students and graduates from colleges and universities who are members of the Georgia Association of Colleges and Employers (GACE). Employers who might not visit each of the campuses will gather for this opportunity to network with hundreds of students from across the state. Students and graduates can learn about opportunities, network with employers, and make the personal contact that might lead to an interview or employment.

### Graduate School Workshop Thursday, April 15

11:30 a.m. – UC 262 5:15 p.m. – A & S 127

Should you consider graduate school? How do you find the right program? What is involved with applying to graduate school? When should you start? What do they mean by GRE, CV, and personal statement? Students can learn answers to these and other questions by participating in the Graduate School Workshop.

## **Employer Information Session – TBA**

Thursday, April 22 11:30 a.m. – UC 262

## Walk-In Resume Review Every Wednesday

Career Services Office, Student Center 250 10 a.m. – 2 p.m.

Students are invited to bring a printed resume and have it reviewed "on the spot." Resumes will be reviewed on a first come, first served basis.

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

## From the Staff at The Bent Tree:

We've moved!! Come visit our new office in SAC 205.

We're located right next door to Clayton State Internet Radio (CSIR).



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SPECIAL THANKS TO FACULTY ADVISOR DR. RANDY CLARK

#### 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 online. 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.

# Movie Review: James Cameron's *Avatar*

By Vonetta Thornton

Contributing Writer

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James Cameron has definitely done it again! He has written and directed a masterful work of art in the form of an extraordinary film, Avatar. Avatar is Cameron's first film since the record-breaking Titanic, which debuted in 1997. Avatar squashed the record held by Titanic. Avatar is not only an amazing science fiction film, but it also is a film that will leave you amazed at the 3D special effects. It truly stretches the bounds of cinematic imagination. There are mountains that float, flying reptiles, six-legged horses, and strange glowing plants that look like jellyfish. To top it off, the movie sends a message of eco-friendliness and antiwar, as well as being a beautiful love story.

The story takes place on Pandora, about thirty years after a multinational corporation has set up a mining colony there. Pandora is a beautiful, mineral rich, Earth-like moon of the planet Polyphemus. Pandora is occupied by the Na'vi, who are blue-complexioned, slender, ten-foot tall, non-threatening, wise people that live in harmony with nature and consider their land to be sacred. They have a deep respect for all things, and worship a mother goddess known as Eywa. Although the indigenous people of Pandora pose no threat to Earth whatsoever, the military of Earth sends in brute-like ex-military mercenaries to attack and conquer these peaceful people for their minerals. Pandora's atmosphere is toxic to Earthlings, but that doesn't stop the mask-wearing mercenaries from using bombs, flying attack ships equipped with missiles, and using machine guns in attempts to mow down Pandora's islands of forests and conquer these peaceful people.

Earth's big wigs did not want to come across as heartless bullies that take what they wanted by force, so instead they attempt to win the natives' trust by infiltrating the Na'vi people by setting up the Avatar Program. The program, headed by scientists, developed organic avatars (Na'vi look-alikes). These look-alikes modeled on Na'vi DNA, but controlled by a human's brain and conscious, while that human is kept in a sleeping state. While acting as avatars, the humans see, fear, taste, and feel like a Na'vi.

Jake Scully (Sam Worthington), a paraplegic and former Marine, is only chosen to participate in the Avatar program to take his late twin brother's place. Because Jake isn't a scientist, like his late twin, he is deemed as being an inadequate replacement by the head of the Avatar Program, Dr. Grace Augustine (Sigourney Weaver). But because Jake is the only genetic match for the already made and expensive avatar of his dead brother, Dr. Augustine has to use him, but assigns him as a bodyguard. For Jake, this seems to be a win-win situation for him; not only does he have full use of his legs in avatar form, he is also promised an expensive operation to restore use of his legs. This promise is given to him by Col. Miles Quaritch (Stephan Lang), the head mercenary, in exchange for intelligence that would enable RDA to vacate Hometree of the Na'vi and get access to the valuable minerals that lie beneath it.

As Dr. Augustine, anthropologist Norm Spellman (Joel David Moore), and Jake collect biological samples and data in the forest in their avatar forms, one of the creatures of Pandora's forest attacks and separates Jake from the group. Neytiri (Zoe Saldana) a female Na'vi, rescues Jake and takes him to Hometree, the habitat for her clan. Jake is immediately accepted to be around the tribe and learn their ways.

For the next few months, Jake becomes acclimated to the Na'vi way of life. He learns the importance of living in harmony with nature. He also begins to see things through the eyes of Neytiri, whom he has fallen in love with. In human form, Jake still provides intelligence to Col. Quaritch. However, as his views change about the beautiful new land, he now hopes that there can be some type of peace treaty worked out in order to save the new place he has grown to love. But since the corporation wants the land for its valuable minerals, Col. Quaritch saw no point in any peace negotiations with the Na'vi people.

This all sets the stage for the battle for Pandora. This was the most exciting part of the movie. It kept me on the edge of my seat. The battle of a determined, peaceful people, fighting for their sacred land and way of life as they knew it, against the greed of a large corporation, armed with violent armored mercenaries.

From the story-line to the soundtrack, James Cameron takes no wrong turns while coming up with this master-piece. There are so many special and 3D effects that it will take at least two more viewings of Avatar to truly absorb its entire visual splendor.

# Want to write for the Bent Tree?

Contact us at: jsawyer1@student.clayton.edu kliles@student.clayton.edu Got something to say?

Submit it to
Get Bent at
getbentcsu@gmail.com



## Services of Career Services

By Jennifer Sawyer Co-Editor in Chief jsawyer1@student.clayton. edu

Don't wait until you're a senior to begin thinking about your career! Now before I



sound like an infomercial, let me explain. There is an office here at CSU that

is devoted to helping you get the best jump-start on a career that you can have. Let me tell you about Clayton State's office of Career Services.

I know that we all get those emails every week with the title "Jobs, Jobs, Jobs!" How many times have you ever opened it? I honestly never opened it until I was ready to take on an internship this past summer. However, these emails contain valuable information about different part-time, full-time, and internship jobs being offered locally and nationally. This email is just one of the services offered by Career Services at Clayton State University. Other services that they offer are workshops related to getting and finding a job, walk-in resume review every Wednesday during the semester, and on-campus job fairs.

I know what you're thinking. You don't have time for the numerous workshops that Career Services offers. I thought the same thing until I went to the Career Boot Camp offered by Career Services. Then I realized something important, I have four hours to commit to my career.

I corresponded with Dr. Anglyn Hayes, director of Career Services through email. Dr. Hayes said about the boot camp, "Most Clayton State University students expect to pursue a career after graduation. Unfortunately, during their college years they take very few actions toward being ready for a career. Career Boot Camp is designed to help students learn the basic skills they need in order to launch a career."

She also said, "We hope they (students) will master these skills and add others - such as effective networking. With current job searches taking a

66 Then I realized something important, I have four hours to commit to my career. 🤧

year or more, students need to get started long before graduation day. We know that students are busy, but we encourage them to make time for professional development. By taking advantage of Career Services programs and services during their college years, students will become seniors who are well on their way to making the transition from student to professional."

The Boot Camp consisted of four sessions: how to build a resume, how to prepare for and do a good job interview, how to search for jobs, and how to make the most of a career fair. Though these four To submit your own column sessions included door prizes, the information and materials that I received were a much bigger incentive for me to attend the four sessions. At

each session, Career Services handed out a packet of information pertaining to the topic covered that day.

Although the topics might at first sound like something that should be easy and common knowledge, I quickly learned that there's more to it than I at first thought. Each of the presenters brought information from actual employers to add to the credibility of their presentations.

Though these sessions were required for some students in certain classes, they still gained a lot from the Boot Camp. Wanda Page, a general business major, said that these sessions were "very informative".

Latonya Luke, another general business major said, "I came to learn how to search for jobs and network."

If you missed out on the Career Boot Camp, don't worry! Career Services has plenty more workshops planned for this semester (see the calendar on page 3). If you would like to know more about Career Services or would like to set up an appointment to talk about your career opportunities, stop by the Career Services office, in the Student Center, room 205. You can also visit their website at adminservices.clayton. edu/career or visit the Laker Career Zone on the Swan portal to begin your job search.

Jennifer Sawyer is co-editor for The Bent Tree. She can be contacted at jsawyer1@student.clayton.edu. to The Bent Tree, submit it to jsawyer1@student.clayton.edu or kliles@student. clayton.edu.

# Stepping in to Help Haiti

continued from page 1

goods, a half-dozen boxes of non-perishables, and \$230.00 for Haiti earthquake victims. The donations collected were given to two different organizations to help the earthquake victims in Haiti. The monetary donations are going to the Yele Haiti Earthquake Fund. The Yele Haiti Earthquake Fund is sponsored by Haitianborn

Superstar Wyclef Jean and helps provide food and disaster relief for those in Port-Au-Prince, Haiti. The donations of food, clothing, and toiletries are going the First Church of Jesus Christ in Riverdale, GA. This church is preparing to leave for a mission mission trip to Haiti to deliver the donations and to assist in the relief efforts.

The most recent death totals for the earthquake disaster in Port-Au-Prince, Haiti have reached over 150,000. The Victims in Haiti are in still in need of assistance. If any students or faculty did not get an opportunity to contribute to the Haiti relief efforts and wish to provide contributions after the end of the disaster relief drive on campus, individuals can still make contributions through the American Red Cross at

http://www.redcross.org.

## Going Green on Campus

continued from page 1 Go Green

thanks to an abundance of volunteers and funding from CocaCola. The February 4th meeting of the "Go Green" organization included a poll for naming of Clayton State's first "green" organization. The final name for CSU's green organization has yet to be determined.

## **Eating Disorder Screenings**

continued from page 1 **Eating Disorders** 

In recognition of National Eating Disorders Awareness Week, Counseling and Psychological Services will conduct free disordered eating screenings.

These screenings will be held on Main Street

of the University Center on February 23, 2010 from 11:00 to 2:00 PM. This year's theme is "It's Time to Talk about It." Come complete an anonymous screening and enter a raffle to win a free massage and receive other giveaways. For more information, please contact Dr. Jennifer Dean at 678-466-5406.

# Celebrating Martin Luther King Jr. & Black History Month Has MLK's Dream Been Realized?

It has been 47 years since Dr. Martin Luther King, Jr. made his inspirational speech on August 28, 1963 concerning equal rights for all citizens no matter their race in Washington, DC. A poll conducted on the campus of Clayton State University asked students the question, "Do you think Martin Luther King's Dream has been realized and why?" Students had different opinions:

By Medeka McGregor / mmcgregor@student.clayton.edu



Bobby Dodd; Business; Freshman: "No I do not think is has been realized fully yet. There's still a lot of racism in the world but I mean we can live together, you know as black and white people, but there are still those areas where I don't think it has been fully realized."



Chevonder Caesar; English
Literature; Senior: "I believe that
Martin Luther King's dream;
although it is not fully accomplished it has come a long way,
because we do have a black
President. It has come a long
way but is not there yet, because
racism and discrimination still
exists in our country and in the
nation as a whole."



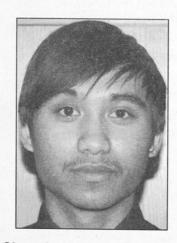
Erika Ortega; Nursing; Sophomore: "I think it has but to a certain extent, because I'm brown myself and sometimes I feel like I'm discriminated for my color and there has been situations where I have been discriminated for my color and I don't think that we're all treated the same, like we're supposed to be treated."



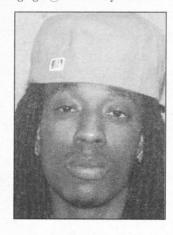
Armon Jones; Education; Junior: "Yes, because people of different races are going to school together and work together and there is always some kind of racism but it's not as bad as it use to be."



Angie Valencia; Pre-Dental Hygiene; Freshman: "Yes, I think for the most part it has been realized because now we have integrated schools and we have many African American leaders like the President Obama."



Shonnie Almeida; Exercise Science; Freshman: "Personally, I don't believe it has, I guess living in Georgia I've kind of experienced some hands of racism and until people start raising their children differently then I don't think it will be done the right way he wanted it to be."



Carlone Still; Pre-Communications; Sophomore: "Not completely 'cause there are still people out there who are narrow minded, ignorant and not really seeing past what's going on."



Juron Dobbs; Pre-Business; Sophomore: "No, because I feel like there's still things that can be done to help people who are less privileged or born in certain race to move ahead and forward in today's society."



Robert Pless; Information Technology; Junior: "I think that is has partially been realized, why, because it's still not total equality as far as socialization, as one brotherhood, but it's still a work in progress."



Jenny Dreasler; Communications; Junior: "Yes I do think it is, I mean I think his dream means different things to different people and if he affected one person then I think he got the job done."



Julia Witchard; Political Science; Freshman: "Yes, I think his dream has been realized to some extent though. We see it in our President for one example"



Marcus Hyde; Biology; Sophomore: "I do feel as if Martin Luther King's dream has been realized because there has been many enhancements to the black community."

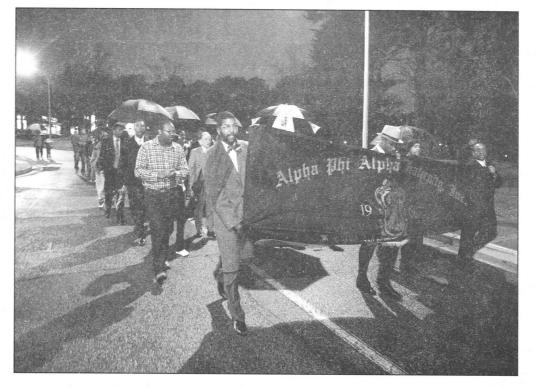


Omotayo Adeshigbin; Mathematics; Junior: "I think to a certain degree it has but I still believe there are still prejudices in our society but a good example of Martin Luther King's dream is President Barak Obama."

## Celebrating Martin Luther King Jr. & Black History Month







KEVIN LILES/THE BENT TREE

Martin Luther King Jr. March (clockwise from top left): Clayton State student Reggie Darien giving a speech as Martin Luther King Jr. The Alpha Phi Alpha Fraternity led the march from the SAC to Spivey Hall for the Martin Luther King Commemorative Event. Attendees listen intently to the events portrayed by students at the 2nd Annual Martin Luther King Jr. March held this year in the SAC ballroom.

## **Looking Back at Black History**

By Janine Herrera Contributing Writer jherrara@student.clayton.edu

Should Black History Month Prevail or Call it Quits?

It all began in 1926 when Dr. Carter G. Woodson, son of former slaves decided to publicly recognize African American contributions in a week long celebration called Negro History Week. Dr. Woodson was determined to de-bunk the common myth circulating throughout America, that there wasn't any need to memorialize black history since African American people were only known for being slaves and did not make any noteworthy contributions to society.

He chose the week including February 12th and 14th in honor of Abraham Lincoln and Fredrick Douglas birthdays, those being two of the most influential figures in the abolishment of slavery. Dr. Woodson, a college graduate of higher learning, was exemplary on education and believed that African Americans should be aware and embrace education as an integral part of freedom. Succeeding his death in the year 1976 his organization, the Association for the Study of African American Life and History decided to lengthen the commemoration to include the entire month of February ultimately renaming it to Black History

Fast forward eight three years later and Barrack Obama, an

African American male has achieved the highest position of elected office available as president of these United States of America.

Consequently, some may say Black America has reached total equality with the rest of America by Obama being the "proof is in the presidency," and Dr. Woodson's work of recognizing and honoring the achievements of black America as separate from the rest of America has reached its peak, making it time to abandon the national formalities of observing black history during a month long celebration.

Renita Freeman, community organizer of Urban League of greater Pittsburgh disagrees stating, "Obama being president does not tip the iceberg, his presidency is more a call for change in government policy, it is not a recognition that there is no longer a disparity of black accomplishment across the nation."

President Obama may have merged American history together and bridged the gap, but that does not negate the former African American scholars, inventors, and heroes that have helped shaped America to what it is today.

Until the education systems in the United States implement black history in its entirety into the curriculums across the nation, it is crucial to continue to remember, celebrate and educate the students of America about

the achievements of our African American brothers and sisters, similar to what Clayton State University has planned in their honor.

Clayton State University will celebrate Black History Month February 2nd through the 25th, by having several events including:

The Hot seat is a program that will be discussing controversial topics regarding the opposite sex sponsored by the African American Male Initiative, on Tuesday, Feb. 16, at 6 p.m. in the Laker Hall multipurpose room.

The Black History Month Super Bowl is a game show designed to test the participants' knowledge of African Americans with prize money giveaway of \$200 on Thursday, Feb. 18 from 7 p.m. to 9 p.m. in the Student Activities Center Ballrooms A and B.

The Third Annual Black History Month Gospel Explosion will be held on Sunday, Feb. 21 at 5 p.m. in the Student Activities Center ballroom.

The Black History Month Cultural Connection consisting of entertainment, refreshments, and much more will be held on Thursday, Feb. 25, in Student Activities ballroom C, from 6 p.m. to 8 p.m.

For more detailed information visit Clayton State University home page, Campus events, Black History Month, view schedule of events.

## March for MLK

By Jennifer Sawyer Co Editor-in-Chief jsawyer1@student.clayton.edu

The rain did not dampen the spirits of the students at the 2nd annual MLK march. The ballroom in the Student Activities Center was filled with students, faculty, and even children, who were interested in carrying on Martin Luther King's dream.

The evening began with a selection from the Clayton State gospel choir. Then, CSU student Jamie Taylor explained the purpose of the march. "The purpose of this march is to promote diversity, which is significant to all of us."

Since this was to be an outdoor event with the participants walking between the stops, there was a song planned between each stop. Although there was no march, student body president, Darius Thomas led the event attendees in several songs, including "Amazing Grace."

Students acted out scenes and depicted figures that were important to black history, including John Brown and the Harper's Ferry incident, Martin Luther King Jr. giving a modern day speech, Hughie P. Newton and the Black Panther Movement, Malcolm X, Emmett Till, Rosa Parks, and President Barack Obama.

After the scenes from the march were over, the students lined up to go to Spivey Hall. In spite of the rain, everyone marched as one, united by the common goal of carrying on the legacy of Martin Luther King, Jr.

# Inspirational Column: "Love"

By Jason Johnson

Contributing Writer

minister\_jjohnson@yahoo.com

Have we misunderstood "love?" Tina Turner once sang, "What's love got to do with it?...What's love but a second hand emotion?...Who needs a heart when a heart can be broken?" While yet others claim, "love hurts." While we all can agree our hearts have an intrinsic yearningfor love and to express love, we heavily disagree on its true meaning.

One must ask themselves, is love but a second hand emotion? If so, suppose my "emotions" detour as the autumn rain taps at my windowseal. Would not my love detour all the more with my emotion? Even more, suppose love is only experienced and described as unvielding hurt and sorrow. Would it not be better to presume one's discovery of pseudo-love instead of true love? Let us take an objective mental posture. Perhaps, love is not found in the emotional recesses of our souls; rather, love is a transcendent goodness that we display to one another regardless of our socioemotional milieus. This gives liberty for us to understand

that love is a verb and should be kept as such.

Love does not wait to be stimulated; rather love stimulates.

In this season in which we celebrate the history of our colored ancestors and the Valentines Holiday let us adopt the true essence of love. Let us display the action of love in-spite our differences of thought or emotions. It was the great Dr. Martin Luther King Jr. who posited, "Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it.

Jason Johnson is the leader of Instruction at CSU's Kingdom Campus Ministries. The group meets every Thursday in Room B-11 of the Lecture Hall at 11:30am. You can find them online at kiyministries.org. You can email Jason at minister\_jjohnson@yahoo.com.

To submit your own column to The Bent Tree, submit it to jsawyer1@ student.clayton.edu or kliles@student.clayton. edu.

## Gospel Explosion!

Come join the Clayton State Gospel choir for its 3rd Annual Black History Month Explosion on February 21 at 5PM in the SAC ballrooms. This event will feature local artists, collegiate choirs, and liturgical dancers.

Featured artists scheduled to perform include: Citizens of the Kingdom, Daaron McKnight, Avis Admas, and Righteous Praise Mime Ministry. Clayton State's own gospel choir, "Appointed Generation" will also perform.

This year, Appointed Generation will honor Gospel Poineer, Dr. Mattie Moss Clark and the legendary Clark Sisters.

For more information contact Colby Wilson at csugospelchoir@gmail.com or search for "CSU 3rd Annual Gospel Explosion" on Facebook.

Hope to see you there!

# Clayton State has New Media Advisor



By Laurinda Wilson

Contributing Writer

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edu

Clayton State University welcomes new Student Media Advisor, L. Michelle Hayes! She is a native of Florida and graduated from FAMU with her Bachelor's in Broadcast Journalism. L. Michelle Hayes has worked in the news industry for over 8 years as producer, reporter, and anchorwoman.

Her goal is to ensure all media programs will be performing at their best. Hayes passion is for students to be the best media professionals they can be after LAURINDA WILSON/THE BENT TREE

Clayton State's new Student Media Advisor, L. Michelle Hayes in her office, located in room 208 of the University Center.

completing their academic career. She has new and fresh ideas for the media programs at CSU, such as improving a radio division and implementing a television division. Hayes would also like to focus on career development by bringing more internships to the

career center for the Communication and Media Studies program and having key individuals from the media industry to give workshops. Currently she is assessing the immediate needs of all the media organizations at CSU to help these organizations and programs move forward. Hayes states, "It's not just a job it's a passion."

L. Michelle Hayes currently hosts an online gospel radio show Monday through Friday from 6 a.m. to 10 a.m. at wzaz.com out of Jacksonville, FL. She has an open door policy and her office is located at UC 208. Her office hours are Monday, Tuesday, and Thursday from 11 a.m. to 5 p.m.

## Want to write for the Bent

Tree?

Contact us at: jsawyer1@student.clayton.edu kliles@student.clayton.edu

## Got something to say?

Submit it to
Get Bent at
getbentcsu@gmail.com

## And the Survey Says?

By Jamie Appling Contributing Writer

jappling@student.clayton.edu

Clayton State is known to be a culturally diverse university. We are all different on the outside but how are we different on the inside? Each individual has their own set of beliefs that they use to guide their life. Where do you find yourself as it relates to the differences in beliefs of the student population on campus?

There are six different recognized religious organizations on campus including: Baptist Collegiate Ministries, Campus Christian Ministries, Campus Crusade for Christ, CSU Gospel Choir, Kingdom Campus Ministries, and Muslim Students Association.

One of the religious organizations on campus, the **Baptist Collegiate Minis**tries recently conducted a religious interest and involvement survey. When asked why the BCM were conducting the survey Chad Ellis, BCM campus minister for CSU responded, "As a religious organization on campus, we would like to know the religious atmosphere at Clayton State so that we can do our job better."

There are approximately 6,000 students at Clayton State, and 124 of those students took this anonymous survey. Of those surveyed, 104 said that they identify with a religious group. However when asked which belief system they practice more than 104 responded. Forty-nine students identified with Evangelical Christianity, which is a protestant movement that places importance on personal conversion or being "born again."

Fifteen students identified with the Roman Catholic church, meaning that they identify with the church that is based in the Vatican and overseen by the Pope.

Thirteen students identi-

fied with Mainline Protestantism. This means they identify with protestant denominations such as the United Church of Christ, the American Baptist Church, the Presbyterian Church, the United Methodist church, and the Lutheran Church. Four students identified with Islam. Islam originated with on the teachings of the prophet Muhammad.

Four students marked Agnostic meaning that they are doubtful or non-committal to the existence of a deity.

Four students marked unsure and twenty-six students marked other. Other responses to religion included "the do what is right system", "Cao-Di", and "plain Christian." This is just a snap shot of a small part of our campus, but what does the rest of our nation look like?

According to the 2008 American Religious Identification Survey, of the 228,182,000 adults in the continental United States an estimated 173.4 million people were total Christian (including 57.2 million were catholic, 36.1 million were baptist, 5.2 million were Methodist, over 11 million were Lutheran, and 8.6 million were unoffiliated Christian). In other religions, it was estimated that 2.7 million were Jewish, 1.3 million were Muslim, 1.1 million were Buddhist, and 582,000 were Hindu. In those who did not identify with a religion 1.6

Atheist and close to 2 million were Agnostic.

# Stop Stressing, Just Relax

By Logan Browning Contributing Writer

lbrowning1@student.clayton.edu

Sometimes it is all you can do as a student not to stay up till 3am chewing your pen and tapping at the keys of your computer. When all of the stress of school, work, and home become too much, it is nice to know that as a Clayton State student you can make sense of it all with a professional counselor—for free—right here on campus! I sat down with the director of counseling services, Dr. Christine Smith, to learn more about the various resources available through the counseling services office.

Dr. Smith described in detail the two kinds of counseling students generally come in for: personal and career. Personal counseling can range from difficulty managing stress to more serious concerns like eating disorders, anxiety disorders, and domestic violence. Career counseling, on the other hand, helps students develop a career plan or identify a major. There is even career testing (for a minimal fee) to allow your counselor to better assist you. There is also a consultation component, which allows you as a concerned individual to get help for another

She went on to explain the counseling process. After scheduling an appointment, a student speaks with the counselor for about 30-40 minutes the first time. Some students only need one session to work out

the kinks, but a counselor can also be assigned to a student if needed. When that is the case the student and counselor meet for about 50 minutes once a week. The setting is very comfortable and informal so there is no reason for a student to feel intimidated by the situation. The counseling office is equipped with four fulltime staff members: 2 licensed psychologists and 2 licensed counselors. They are available for workshops with student organizations and classes and support the national awareness days for depression, anxiety, eating disorders, and drug abuse.

Dr. Smith understands that some students may feel embarrassed about talking to a counselor. So when asked what she would say to a student who may be wary of counseling she replied, "You don't have to be clinically depressed in order to come talk to us. We talk with everyday people about everyday problems—we've all got them. We all could benefit from having someone to sit down and just straighten things out with." She added, "Almost half of college students get so depressed sometime while they're in college that they have trouble functioning. You're not alone. There's no reason to suffer."

Stop stressing about your rocky relationship or not loving your major, and head to Room 245 in the Student Center to schedule the appointment that could change your life.

# Are you Interested in being a part of a ground breaking endeavour?

Come help us make history at Clayton State

Join us in the creation of Clayton State Television (CSTV)

We are looking for interested students to become familiar with & gain experience in:

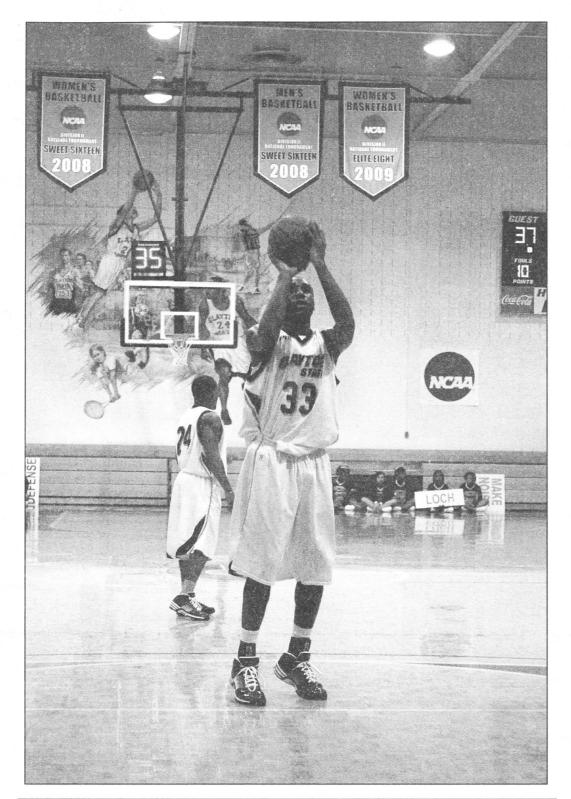
Editing, Filming, Directing. Acting. Script Writing, Producing

Contact:

Iesha Little: Ilittle 1@student.clayton.edu (706) 599-4760 Yul Banks: Ybanks@student.clayton.edu (678) 752-6348

February 2010 Campus Events	Midterm Grade Submission Period for Session I students	Patti Callahan Henry in B10 Lecture Hallat 6:30PM  LEAD the way speaker Rosanna Smith 6PM SAC Ballroom C	Black History Month Observance begins	4	Midterm Seesion I	Pepe Romero on guitar 8:15 in Spivey Hall Cost \$40
Georgian Chamber Players 3PM in Spivey Hall Cost \$30	Valentine's Week begins	Heart Snow Globes from 11am-2pm on UC Main Street  Graduate Studies Open House 5:30PM-7PM CE building	Last day to sign up for indoor rock climb- ing at Atlanta Rocks on February 20 from 11am-3pm Cost \$20 Love Connection: Speed Dating Edition from 7pm-9pm SAC Ballroom B	Softball intermurals begins  Loch Love Date Night from 7pm-9pm in SAC Ballroom B	12	Jeremy Denk 11AM in Spivey Hall Cost \$10 Joshua Bell on violin 8:15PM in Spivey Hall Cost \$75
Kurt-Alexander Zeller, tenor 3PM in Spivey Hall Cost: FREE Happy Velentine's Day!	15	Midterm grade submission period begins for full term students	Last day to sign up for fly fishing on April 17 from 10am-4pm Cost \$30  Free STD screening in the clinic 10AM-3PM	Black History Super Bowl from 7pm-9pm in SAC Ballroom C  Free STD screening in th clinic 9AM-1PM	19	Hector Olivera on the organ 3PM in Spivey Hall Cost \$30
Kurt-Alexander Zeller, tenor 3PM in Spivey Hall Cost: FREE Happy Velentine's Day!	Last day to sign up for the day hike to Amicalola Falls on March 6 from 1 0AM-4PM Cost: \$15	Free eating disorders screening UC Main Street 11AM-2PM	24	Black History Cultural Connection from 6PM-8PM in SAC Ballroom C	26	Taylor Eigsti 8:15PM in Spivey Hall Cost: \$35
Atlanta Chamber Players 3PM in Spivey Hall Cost: \$25	March events 1	2	Last day to register to go indoor rock climbing at Georgia Rocks! Love Connection: Speed Dating Edition SAC Ballroom B 7PM-9PM	Finals for Session I 4 sudents	Finals for Session I sudents  Last day to sign up for day hikes to Georgia waterfalls on March 20 from 10AM-4:30PM Cost: \$15	Spring Break begins! 6

# SPORTS





B. CARZO/THE BENT TREE

HOMECOMING GAME: Torrin Greene (top photo) shoots a free throw during the Lakers 88-80 win over Flagler. The Chick-fil-A cow was on hand for the Homecoming games.

## Calendar of sporting events for January and February

\*\*\*Home games in bold

#### Men's basketball

Feb. 17 vs. Columbus State 7:30 p.m.

Feb. 20 @ Montevallo 3:30 p.m. (CST)

Feb. 24 @ North Georgia 7:30 p.m.

Feb. 27 vs. Georgia Southwestern 7:30 p.m.

Mar. 4-7 Peach Belt Conference Tournament Aiken, S.C. TBA

#### Women's basketball

Feb. 17 vs. Columbus State 5:30 p.m.

Feb. 20 @ Montevallo 1:30 p.m. (CST)

Feb. 24 @ North Georgia 5:30 p.m.

Feb. 27 vs. Georgia Southwestern 5:30 p.m.

Mar. 4-7 Peach Belt Conference Tournament Aiken, SC TBA

#### Men's Golf

Feb. 15-16 Matlock Invitational Lakeland, FL

Mar. 8-9 Samford Intercollegiate Oneonta, AL

Mar. 14-16 Southeastern Collegiate Valdosta, GA

Mar. 22-23 Bobcat Invitational Eatonton, GA Mar. 29-30 Bearcat Invitational Greenwood,

### Women's Tennis

SC

Feb. 13 @ Armstrong Atlantic 1:00 p.m.

Feb. 14 vs. Emory 11:00 a.m.

Feb. 20 @ Columbus State 12:00 p.m.

Feb. 21 @ Georgia Southwestern 12:00 p.m.

Feb. 26 vs. North Georgia 1:00 p.m.

Feb. 27 vs. Lander 12:00 p.m.

Mar. 4 vs. Erskine 2:00 p.m.

Mar. 6@ Augusta State, GA 12:00 p.m.

Mar. 8@ Hawaii-Hilo 1:00 p.m.

Mar. 9@ BYU- Hawaii 12:00 p.m.

Mar. 10 @ Hawaii Pacific 1:00 p.m.

Mar. 19 @ USC Aiken 2:00 p.m.

Mar. 20 vs. Francis Marion 11:00 a.m.

Mar. 21 vs. UNC Pembroke 11:00 a.m.

Mar. 24 @ Flager 12:00 p.m.

Mar. 28 @ Georgia College 1:00 p.m.

## Track and Field

#### Indoor

Feb. 13 Bloomington, IN 12 p.m.

Feb. 14 Greencastle, IN 11 a.m.

Feb. 21 Clemson, SC 9 a.m.

March 1 Fairfax, VA 10 a.m.

Mar. 13-14 Houston, TX TBA

#### Outdoor

Mar. 7 Smiths Station, AL 11 a.m.

Mar. 20-21 Atlanta, GA TBA

Mar. 27-28 Atlanta, GA TBA

# Homecoming 2010









PHOTOS BY B. CARZO/THE BENT TREE

**HOMECOMING BALL: (clockwise from top left) Bianca** Nunally, runner-up for Homecoming Queen; Hiba El-Hag (left) and Jessica Rameau hosting the event; Homecoming King Robert Nicholas III and Queen Tamika Shannon share their first dance together; The women of Theta Phi Alpha

To see pictures from the homecoming game, see page 11.

# Homecoming has come home to spring

By James Baxley Contributing Writer jbaxley@student.clayton.edu

Despite the cold and rainy weather, Clayton State University's Homecoming was hip. This year's homecoming day was held on Saturday the 25th of January in the Athletics & Fitness Center and was an all day event that celebrated the University's 40th anniversary. Saturday's events were only a few of the many events held to recognize homecoming. There were events all week long that involved not just students, but also faculty and staff, leading up to the crowning of the king and queen on Saturday evening.

The theme this year was "From Hippie to Hip Hop & Beyond". This was a fitting theme celebrating pop culture and society from CSU's beginnings in 1969 at the height of the hippie movement to present day in which hip hop influences American society. In charge of homecoming was Alumni Director Gid Rowell. He said about the event, "This year's homecoming was special since it was our 40th anniversary, and the first time that we've had it during basketball season in many years. We had a good turnout for many of our events, and I would like to thank all of

our participants for their support."

Homecoming week's events started with a Door Decorating Contest on Monday. This year there was a tie between the Psi Chi Psychology Honor Society & University Health Services. Second place was Center for Academic Success, which was last years first place winner. On Tuesday, students got a chance to meet the homecoming king & queen candidates who were vying for the crown during the Annual Penny Drive.

On Wednesday, CSU's women's and men's basketball teams hosted Armstrong Atlantic State University for a doubleheader. Both the men's and women's teams dominated their opponents. The women won 83-64 and the men defeated their opponents 67-56. The Clayton State Alumni Association sponsored its Annual Breakfast on Friday in the University Center Commons area. This was the first time it was held on a Friday (it had previously been held on Saturdays). The event was open to all alumni, students, faculty, and staff. Then later that evening the Campus Events Council sponsored the successful "Lakers After Dark."

Saturday was the official Homecoming celebration. Saturday's lunch was served by Atlanta's own, "The Varsity." The CSU men's and women's basketball team hosted another

Peach Belt Conference doubleheader Saturday afternoon, this time against the Flagler Saints. Just like with Armstrong State, both the men's and women's teams were victorious. The women ran over the women Saints and won by a score of 94-60 and the men won with the final being 88-80. The homecoming court was announced during half-time of the men's basketball game. Up for the title of king, Robert Nicholas III, Theo Maxi, and Bubba McKinnon and for the honor of being crowned queen the finalists were Bianca Nunnally, Tamika Shannon, and Jamie Taylor.

Saturday evening held the last event of homecoming week, the Homecoming Ball. The Student Government Association hosted the Homecoming Ball, which included a formal coronation ceremony which presented the crowning of the Homecoming King and Queen. This year Robert Nicholas III was crowned and Tamika Shannon was crowned

To cap off the week, the 2010 Spirit Trophy was awarded to both a student group and to a campus organization. This year's winner for the student group was the Student Government Association and for campus organization was University Health Services.