Finals: Ugly people come in handy

By Elizabeth Thurman
The Chanticleer News Editor

As the dreaded final exams draw near, some JSU students are hustling to prepare for what could either redeem them or condemn them. Either way, the days leading up to finals for these guys are usually stressful, sometimes agonizing and never fun.

For the students who actually take advantage of Academic Preparation Day for last minute studying and not last minute partying, these are troubled times, indeed.

So, if you find yourself in a late night quandary on Tuesday, Dec. 7, pulling your hair out over statistics, chemistry or calculus, remember the following words of wisdom from albertson.edu.

1. It's late in the game. Budget what little time you have left.
2. Study the way that you do best. Some people study better with other people. Some people do better on their own.
3. Repetition works.
4. Review what you aren’t familiar with instead of wasting time on stuff you already know.
5. Concentrate on the professor's teaching style.
6. Take notes on the reading chapter by chapter. It takes less time to review your notes than it does to reread the book.
7. Take notes on your notes to eliminate unnecessary information.
8. Review your notes and the chapter that goes with them to better understand them.
9. Mnemonic devices help, no matter how obscure they are.

These tips are well and good, but what will really help you out?

1. If you don’t know it by now, you never went to class.
2. Throw your plans to “catch five minutes of sleep” out the window. You know you won’t wake up to study some more.
3. Red Bull is good; Stackers are better; Adderall is the best.
4. Take a shower before you start studying; if you don’t, you’ll fall asleep dirty and be too tired to take one in the morning. Nobody likes a Smelly Smellerson.
5. Turn your cell phone off. As soon as it rings, you’ll find some
Activists demand presidential recount; cite invalid ballots

Associated Press

COLUMBUS, Ohio (AP) - Nearly a month after John Kerry conceded Ohio to President George W. Bush, complaints and challenges about the ballot counting process are mounting as activists including the Rev. Jesse Jackson demand closer scrutiny to ensure the vote stand without closer examination.

Jackson, a civil rights leader, has been holding rallies in Ohio in recent days to draw attention to the vote, and another critic plans to ask the state Supreme Court this week to decide the validity of the election.

Jackson said he agreed with the court filing planned by lawyer Cliff Arnebeck, who has represented the Boston-based Alliance for Democracy in other cases.

"The integrity of our election process is on trial," Jackson said Monday in Cincinnati.

Elections officials concede some mistakes were made but say no more than in most elections.

"There are no signs of widespread irregularities," said Carlo LoParo, a spokesman for Secretary of State Kenneth Blackwell.

Blackwell, a Republican, has until Dec. 6 to certify the vote. The Green and Libertarian parties are raising money to pay for a recount that would be held once the results are certified.

Other critics have seized on the error in an electronic voting system that gave Bush 3,893 extra votes in a suburban Columbus precinct where only 638 people voted. The extra votes are part of the current unofficial tally, but they will not be included in the official count that will be certified by the secretary of state.

Some groups also have complained about thousands of punch-card ballots that were not counted because officials in the 68 counties that use them could not determine a vote for president. Votes for other offices on the cards were counted.

Jackson said Blackwell, who along with other statewide Republican leaders was a co-chairman of Bush's re-election campaign in Ohio, should step down from overseeing the election process.

"You can't be chairman of the Bush campaign and then be the chief umpire in the seventh game of the World Series," Jackson said.

Blackwell's office responded by saying the state has a "bipartisan and transparent system that provides valuable checks and balances."

"The problem seems to be that Rev. Jackson's candidate didn't win," said LoParo.

By the numbers:

Gamecock Scoreboard:

Basketball:
Dec. 4 JSU at Jackson State 7:00 p.m.

Come support all of your Gamecock Sports!
Columbian official claims rebels plotting Bush assassination

By Andrew Selsky
Associated Press

BOGOTA, Colombia (AP) - Colombia’s government on Monday backpedalled on a sensational claim made by the defense minister that Marxist rebels wanted to assassinate President Bush during a recent state visit.

Defense Minister Jorge Uribe told reporters Friday that informants said the Revolutionary Armed Forces of Colombia, known as the FARC, instructed followers to “assassinate President Bush” during his visit in the seaside city of Cartagena Nov. 22, where he met with President Alvaro Uribe.

The defense minister, who is no relation to the president, did not say where the information came from, and there was no indication Bush’s life was ever in any danger: He was protected by 15,000 Colombian troops and police, U.S. troops and Secret Service agents during his 3 1/2-hour visit to Colombia.

Interior and Justice Minister Sabas Pretelt played down the comments Monday, saying he had no information about any assassination plot against Bush.

“There is nothing specific,” Pretelt told The Associated Press. “What these terrorists organizations normally try to do is disturb the visits of any head of state ... like President Bush. But we took all (security) measures, and there was no disturbance.”

The defense minister told reporters Monday he did not want to elaborate on his earlier comments, but his spokeswoman indicated he had either misspoken or been misunderstood.

“The FARC wanted to make a noise because of Bush’s visit, that’s to say to place a bomb in Cartagena or something like that,” spokeswoman Daisy Canon told the AP. “But a structured plan, with details to attack Bush, that we don’t know about.”

The FARC has not commented on Uribe’s statement.

Carlos Lozano, managing editor of Colombia’s Communist Party newspaper, who has had contact with rebel leaders in the past, dismissed the claim as outlandish.

“This is just another clownish statement from the ministers,” Lozano said. “He launches these rumors which lack seriousness. I think it is his way of...”

see Bush, Page 3

Kellogg CEO appointed as new commerce secretary

By Terence Hunt
AP White House Correspondent

WASHINGTON (AP) - President George W. Bush picked Carlos Gutierrez, the chief executive officer of cereal giant Kellogg Co., as commerce secretary, working to build a new economic team to help sell second-term overhauls of Social Security and the tax system.

The nomination was Bush’s first step in making a loss of 2.7 million jobs over the past four years as the country’s trade deficit has soared to record levels. He also would a key player in the administration’s campaign for major changes in Social Security and the tax system.

The 51-year-old Gutierrez has been credited with overhauling Kellogg’s operations and providing new life for such brands as Special K. Since he became chief executive officer in 1999, Kellogg’s new sales have risen 43 percent, helping the company capture market share lost to cheaper imports. He also coupled that revenue with a 73 percent jump in profits in 2003.

Gutierrez, who is Hispanic, would replace Donald Evans, a former Republican senator from Virginia who stepped down earlier this year.

The Senate has already confirmed Evans, a second-term fellow Republican, and it is expected to confirm Gutierrez quickly as well.

Evans, a former Senate commerce chairman himself, is being elevated to help Bush focus on Social Security and the tax code.
Plane crash claims life of NBC exec's son

By John Marshall

ASSOCIATED PRESS

GRAND JUNCTION, Colorado (AP) - NBC Sports chairman Dick Ebersol and his college-age son emerged from the wreckage of a chartered jet after the plane crashed, but authorities said Monday his 14-year-old son was presumably dead in the wreckage.

The 18-seat aircraft with six people on board crashed Sunday morning at Montrose Regional Airport in southwest Colorado, not far from the Telluride ski area. Two crew members were also killed.

The plane slid sideways into a road and the impact ripped the cockpit from the fuselage, and Ebersol's older son Charles helped his 14-year-old father through the gap, a witness said.

Matt Ellis, Montrose County deputy coroner, said Monday that the "complete and thorough search" revealed no sign of the second son on the plane, 14-year-old Edward, anywhere around the crash site.

"We believe at this time that the boy has probably perished within the crash," Ellis said. He said the search in the wreckage would get under way when federal crash investigators arrived later Monday.

A heavy snowstorm had eased up before the plane prepared to take off for South Bend, Indiana, where Charles Ebersol is a senior at the University of Notre Dame. There was no immediate word if the weather was a factor in the crash.

The pilot and a flight attendant were killed, said Michael O'Connor, regional duty officer with the Federal Aviation Administration in Washington, D.C. The co-pilot was hospitalized in Denver, while Dick and Charles Ebersol were hospitalized in Grand Junction, witnesses said.

Ebersol's wife of 23 years, "Kate and Allie" and "McMillen and Wife" star Susan Saint James, was not on the plane. The family lives in Connecticut.

Kevin Sullivan, NBC Universal's vice president for sports communication, told the Rocky Mountain News late Sunday that Saint James would have "no comment at this time. She requested privacy, and she is at the hospital with Dick and Charlie," Sullivan said.

Neither NBC Sports nor St. Mary's Hospital in Grand Junction released any information on Dick and Charles Ebersol's conditions. The co-pilot in Denver was in critical condition, authorities said Monday.

Eyewitness Chuck Distel told The Associated Press by phone that he was driving on a highway parallel to the runway when he saw the plane slide sideways through a fence and brush before hitting a road that ripped the cockpit from the fuselage. The Denver Post said the plane had lifted off briefly before crashing.

Distel said Charles helped his father through the front of the plane and that the pair were walking around when Distel and an airport official arrived. He said Ebersol didn't say a word but the younger man cried and yelled "Oh, my God! Oh, my God!"

"I had to think for a second, who are these people?" he said. "They weren't severely injured, they were in shock." Distel said Charles was able to climb into an ambulance, while the elder Ebersol was loaded onto a stretcher.

The wreckage burst into flames, forcing Distel and other rescuers to get away.

A weekend storm that covered most of the state dumped more than 3 feet (1 meter) of snow in the Montrose area and Distel said there was light snow and fog at the time of the crash. Investigators from the FAA and National Safety Transportation Board were en route to the airport, 298 kilometers (185 miles) southwest of Denver.

The Montrose airport is one of several that serves Telluride, a popular ski destination for celebrities.

The plane was identified as a CL-602 Challenger, which could hold up to 19 passengers, registered to Jet Alliance of Millville, New Jersey. The company offered its condolences but said it had no additional information.

Known as a television innovator, Ebersol has a long history at NBC.

He became the network's director of late-night programming in 1974 and replaced Lorne Michaels for a rocky tenure as executive producer of "Saturday Night Live" in the early 1980s. Ebersol, of Litchfield, Connecticut, became president of NBC Sports in 1989 and recently signed a contract that keeps him at the network through 2012.

Ebersol is best-known for his love affair with the Olympics. A protege of Olympics-coverage pioneer Roone Arledge, he worked as an ABC researcher at the 1968 Grenoble Winter Games and carried on Arledge's philosophy of presenting the Olympics through storytelling, rather than emphasizing results.

"He is very innovative," Fox Sports chairman David Hill said Sunday. "He's obviously a great leader and, from my perspective, a very worthy competitor.

By Robert H. Reid

ASSOCIATED PRESS

BAGHDAD, Iraq (AP) - Insurgents stepped up attacks on Iraq's fledgling security forces, killing seven Iraqi police and guardsmen Monday in a suicide bombing hours after seizing a police station north of the capital. The military reported five new U.S. deaths.

Thirteen Marines were wounded Monday in a mortar attack south of Baghdad, the military said. No further details were released.

Military offensives in Fallujah and elsewhere have made November the second deadliest month for U.S. troops since the March 2003 invasion, with at least 133 American dead.

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Seven police and Iraqi National Guard members were killed and nine were wounded.

Late Sunday, gunmen stormed a police station west of Samarra, 60 miles north of Baghdad, looted the armory, commandeered several patrol cars and fled after encountering no resistance, Iraqi officials said.

U.S. troops went to the police station Monday morning and arrested two dozen people, police said. American officials had no comment. U.S. and Iraqi troops recaptured Samarra from insurgents in September, but the city remains tense.

Two American soldiers from Task Force Baghdad were killed and three wounded Monday in a roadside bomb explosion in northeastern Baghdad, the U.S. command said. One American soldier died and two were injured in a vehicle accident 30 miles northwest of the town of Kut in eastern Iraq, the military said.

In addition, two U.S. Marines were killed in a weekend bombing south of the capital, a U.S. official said Monday. U.S., British and Iraqi forces have been sweeping through the area to clear Sunni insurgents from a string of towns and cities between Baghdad and the Shiite shrine cities of Najaf and Karbala.

Attacks have increased against U.S., Iraqi and other targets on the road leading from the center of Baghdad to the city's international airport, located on the western outskirts of the capital.

The British Embassy announced Monday that its staff could no longer be permitted to travel on the airport road, which the U.S. State Department has identified as one of the most dangerous routes in Iraq.

"We advise against all but essential travel to Iraq," the British Embassy said in a statement. "We urge all British nationals in Iraq to consider whether their presence in Iraq is essential at this time. Even essential travel to Iraq should be delayed, if possible."

Suicide bombing kills Iraqis

see Kellogg, Page 3

see Bombing, Page 3
Moon rock found in Antarctica, one of only 30 found on Earth

By Deb Riechmann
Associated Press Writer

ALBUQUERQUE (AP) - University of New Mexico researcher Barbara Cohen now knows for certain that the rock she found while trolling the barren Antarctica landscape is special.

She and a team of eight geologists collected the fist-sized meteorite on a six-week trip during the Antarctic summer, which is December and January. They were trolling the La Paz ice sheet on snowmobiles when they found it.

Finding a meteorite is like finding a puzzle piece to the universe because each chunk tells scientists more about how other planets and asteroids developed, Cohen said.

"It's a real primal thrill of discovery, because no one has ever seen that rock before you," she said. "If you know the rock you found is unusual, your mind just goes crazy wondering what it could be. It could be the first meteorite ever found from Venus, or it could be from the moon or Mars."

Cohen's Antarctica trip was part of a National Science Foundation program to collect meteorites for the U.S. national archive. Scientists from all over the world are chosen each year to search Antarctic ice sheets for new meteorites, which fall on the ice and stick out in the snowy surroundings.

"About 95 percent of the meteorites we find are ordinary chondrites, from asteroids, so of the 1,000 we picked up, about 950 were pretty normal," she said. "This was one of about 50 that were sent on to the Smithsonian, we knew it was something special when we found it."

With the analysis complete, Cohen plans to apply to get a chunk of the rock back from Houston. After analysis, the samples go back to Houston, and the Space Center sends out notification to scientists who might be interested in the rock. The rocks of interest are broken up and shipped out to the planetary science academic community, Cohen said.

"We found it almost a year ago, but the analysis wasn't finished until last month," she said. When I found out it was from the moon, I was so elated. The team knew it was something interesting in the field, but we couldn't test there. We just had to wait."

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Cohen is an assistant research professor at the UNM Institute of Meteoritics.

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from Bombing, Page 2

an offensive aimed at clearing insurgents from an area known as the "triangle of death." Two Marines were killed there Sunday, U.S. officials said, and British troops escaped serious injury Monday when a bomb exploded next to a Scimitar light tank from the Queen's Dragoon Guards.

The offensive, called Operation Plymouth Rock, was launched in part as a follow-up to this month's assault on Fallujah, the main insurgent bastion 40 miles west of Baghdad.

U.S. commanders want to cut off an escape route for Fallujah fighters and pacify the area so that national elections can be held Jan. 30. Sunni Muslim clerics have called for an election boycott, and leading Sunni politicians urged the vote be postponed. Leaders from the majority Shiite community have demanded the elections go ahead as scheduled.

In Mosul, however, the top U.S. commander told the British Broadcasting Corp. that elections could not be held in all parts of the city, Iraq's third largest, under current security conditions. But Brig. Gen. Carter Ham said there was still time to get the situation under control.

The Pentagon, meanwhile, said Monday the U.S. military death toll in Iraq since the U.S.-led invasion in March 2003 stands at 1,251. That is up 21 since the Pentagon last reported a total on Nov. 24. At least 133 American troops have died in Iraq this month, including the two killed in Baghdad and a third who died in a vehicle accident in east-central Iraq on Monday. The deadliest month for U.S. troops in Iraq was last April, when 135 died.

In Geneva, the international Red Cross said Iraq's Red Crescent had set up a relief center in Fallujah to aid civilians, but doctors and nurses have been unable to treat the wounded because of continued fighting between U.S.-led forces and insurgents.

"There are many civilians who are still trapped in the city and don't dare to come to the Red Crescent office," said Rana Sidani of the International Committee of the Red Cross.

She said there was a shortage of drinking water in Fallujah and the city water purification station was not working "because there is nonstop fighting around it."

At the Pentagon, spokesman Bryan Whitman said American troops in Fallujah reported finding nearly as many homemade explosives over the past three weeks as had been recovered throughout Iraq in the previous four months.

Whitman said that in the Fallujah operations, troops found at least 650 homemade bombs, compared with 722 found throughout the country between July 1 and October 31. The attacks against Iraqi forces have raised concern, not only because of the many casualties but because most of the units have not been combat-tested. U.S. officials hope to transfer more security responsibility to the Iraqis, enabling the American military to draw down from the more than 138,000 troops now in the country.

According to The Associated Press, top regional officials — including himself. The aide, Ali al-Sheibani, was detained late Sunday, Gov. Adnan al-Zarufi told reporters on Monday.

"Ali al-Sheibani was arrested because he was planning to establish a terrorist cell aiming at assassinating the governor and other officials in Najaf," he said.

Although some Iraqi units are said to have performed well in Fallujah and other operations, others have not. The entire 5,000-member police force in the northern city of Mosul disintegrated during an insurgent uprising this month, forcing the government to send in reinforcements.

At least 50 people have been killed in Mosul in the past 10 days — most of them believed to have been supporters of Iraq's interim government or members of its security forces.

A statement posted on an Islamic Web site in the name of al-Qaida in Iraq, led by Jordanian terrorist Abu Musab al-Zarqawi, claimed responsibility for killing 17 security force members and a Kurdish militia man in Mosul. The claim could not be authenticated.
OPINION

So many girls, so little time

By J. Wilson Guthrie
The Chanticleer
Editor in Chief

Well, since my esteemed colleague so handily bashed the male gender two weeks ago, I have been asked to do a little categorizing of my own. I haven't dated a lot, but I have been in several long term relationships, and think that I can do a pretty decent job so, if you agree then let me know, and if you don't let me know that too.

The Psycho - This girl, as the name hints so subtly at, is freakin' nuts. She is the one that will show up at your door "pregnant" and want to know what you are going to do about it. Well, guess what? She's not pregnant, because you can't get pregnant by going out to dinner which is all that ever happened between the two of you. She had "problems at home" which means that daddy didn't buy her the right color BMW for her 16th birthday, and her mother, whom she probably learned most of this from, is a raging alcoholic. These are usually easy to spot. Check for the car.

The Controller - This girl -- you think -- is perfect. She loves you and you love her; things are going great. Everything is good. Then it happens. She gets comfortable. Instead of having a drink or two with you now, she doesn't drink. She doesn't want you smoke anymore, and you can forget your friends. That "cute" hat you used to wear - your favorite hat you have had since high school - is ugly and old and now you need another one, one that she is going to pick out. Nothing you do is good enough for her anymore. These are not rare. These abound and are impossible to pick out of a crowd. Be on the lookout, you might be dating one now.

The Morpher - This girl is much like the girl above. Nice. Sweet. Almost innocent. Just enough to make her unbelievably attractive to you. So you start dating. Things are going well, and you think that this just might be the one. Then something happens. Something changes to upset the balance. You know that sweet, innocent girl you thought that you knew? Now she is a regular at Brother's, dancing on the bar. Doing God knows what, with God knows who. These are EVIL. Pure unadulterated EVIL. Warning: stay away if you can. The worst thing about this one guys: she will destroy you for any other women.

The Dater - This girl is not that bad, if you like this sort of thing. All she wants to do is date. Nothing more, nothing less, just date. Things might get physical, still just dating. Bad thing about this is she will never commit. She will let you date other girls, and try to have relationships in the process. Beware of her.

The Thonger - This girl is a bit of a riddle. At first, she is all sweet and innocent, but as your relationship continues, she takes on a new look. She begins to wear thongs, and you are not sure if this is a good or bad thing. She may be trying to make you feel more attractive, or she may just be trying to show off. In either case, be careful. These girls are very dangerous.

The Long Term Dater - This girl is always looking for the next guy. She never stays with one guy for too long, and always seems to be looking for something more. She may be a great girl, but be careful. These girls are very dangerous.

The Breakup - This girl is always looking for the next guy. She never stays with one guy for too long, and always seems to be looking for something more. She may be a great girl, but be careful. These girls are very dangerous.

Well, that's all I have to say about this. If you have any questions, feel free to ask. I promise to answer them as soon as possible.

The Chanticleer
They were a hit when the team recently took their invention to a toplevel bar in Dickinson. "The women liked the product so much that they lined up to give us their real names and cell numbers," Carpenter said.

The thug will be available for $49.95 by mid-December, but the group intends to expand their offerings to include luminous brass and bikinis.

"We're selling attention," Carpenter said. "You kind of feel like Cinderella until the Giot runs out."

WORCESTER, Mass. (AP) — A man was charged with stabbing two relatives after they allegedly criticized his table manners during Thanksgiving dinner.

Police said the fight broke out Thursday when Gonzalo Ocasio, 49, and his 18-year-old son, Gonzalo Jr., reprimanded Frank Palacios for picking at the turkey with his fingers, instead of slicing off pieces with a knife.

Palacios, 24, described by police only as an uncle, allegedly responded by stabbing him with a carving knife.

He was charged with domestic assault and assault with intent to murder. Detective Sgt. Thomas R. Radula said.

Police said Ocasio Jr. suffered stab wounds to the chest, back and right side. A nursing supervisor at the University of Massachusetts Medical Center said Friday she had no information on his condition. His father was treated for a stab wound in his arm.

NEWARK, N.J. (AP) - A father's attempt to teach his daughter a lesson about abusing alcohol backfired when the teen led authorities to a stash of drugs and illegal weapons inside his house.

Police arrested Kevin Winston, 46, early Friday morning on numerous weapons and drug charges, including possession with the intent to distribute and drug possession within 1,000 feet of a school. He was being held at the Essex County Jail.

"He called us on her and ended up getting locked up himself," said Newark Police Director Anthony Ambrose.

The incident began at 2:45 a.m. Friday when the 16-year-old came home drunk and unruly. Winston called police, but when they arrived, the girl told police she feared for herself and her 13-year-old sisters - aged 3 through 15 - because her father stored guns and weapons there.

Winston led them to a hidden crawl space above the ceiling where they found four semi-automatic guns, including an AK-47; a sawed-off shotgun, .44-caliber and more than 70 rounds of ammunition.

They also found 617 vials of cocaine plus drug paraphernalia.

The children were placed in the custody of a relative by the state Department of Youth and Family Services, Ambrose told The Star-Ledger of Newark.

"This was routine police work," he said. "Officers responded to the scene, and acted upon the information received from the 16-year-old. It's a step in the right direction."

SYDNEY, Australia (AP) — Aid workers and celebrity chefs created a stir on the banks of Sydney Harbor on Friday by cooking up what they hoped will be the world's largest risotto - a seven-ton tub of rice and peas - to raise awareness of world hunger.

"There are literally tens of thousands of children dying every week from malnutrition," said RobertGlasser, Chief Executive of Aid agency CARE Australia.

He said the Sydney cook off also would raise awareness of the role rice can play in combating world hunger.
Features
Who you gonna call for a stress buster?

By Erin Chupp
Chanticleer Features Editor

Thanksgiving is over, and for many, the tryptophan from the turkey is still begging our bodies to relax. However, the five day Thanksgiving holiday break is only a teaser. Students must return to school only to discover the dark and ominous presence of finals looming over their heads. Bring on the stress, well-defined as a response to a demand placed upon you.

Stress is actually good for you. If you did not have any stress in your life, you would be a lifeless vegetable. However, there is positive stress and negative stress. Positive stress might be winning an award after working hard and finishing an art project. Negative stress basically comes when there is no relief or release of the tension in your muscles and high heart rate.

The type of negative stress college students will probably experience during finals is mental. Mental stress can become negative when you ignore the basic needs of your body and mind and continue to push yourself into an oblivion of work and exhaustion. This will also result in physical pain by causing headaches, heart disease and many other health problems.

*REST* - Know your body and the rest it requires to function properly. You may perform more poorly on an assignment or exam if you studied all night and got no sleep rather than studying an appropriate amount and resting your mind.

*EAT PROPERLY* - Late night snacking tends to increase during finals. Try to keep your body happier and healthier by drinking water or hot teas after dinner when you begin to study notes and write papers. This will fill your stomach and not give your mind as many urges to stand in front of an open refrigerator or call out for pizza late at night. If you must snack after dinner go for fruits or a good stomach filler like popcorn and preferably not the "movie butter" flavor. The Learning Center at the University of North Dakota says, "Sugar highs and lows often translate into emotional highs and lows." Your adrenal glands, the ones which produce adrenaline, use Vitamin C during times of stress. You can bump up your Vitamin C intake by eating fresh citrus fruits. What you eat will have an affect on how you feel and how well you study.

*TAKE BREAKS* - If you know you are going to have a long evening working on school this point is making sure you actually return to your books.

*GET SUPPORT* - Finals and exams stress everyone out. Talk to friends and family members and have a walk with friends will help relieve tension and stress in your body. The UNC at Chapel Hill's Counseling and Psychological Services says, "a support group can be beneficial to students who want to develop the skills to cope with stress.

*CONTROL YOUR ENVIRONMENT* - Create a healthy learning environment to study. Listening to classical music is one idea and has been proven to help. There are some who believe the theories of the Mozart-Effect and others who do not. This effect is the idea that listening to Mozart's classical music enhances your brain. However, whichever is true, the music certainly won't hurt you. Playing music without words will help you concentrate on your work and create a good environment. It may also help to change rooms to obtain a different atmosphere.

*BE POSITIVE* - This goes back to the saying, if you think you will do bad, then you'll do bad. Your mind is very powerful. Keep a positive attitude, giving yourself affirmation for working hard and completing school.

*JUST DO IT* - It's a school thing. You know you have to take finals. Either way, after December 14, the fall semester students will find it helpful to make a complete list of everything they need to finish by December 14, and check each one off upon completion. This will cause a feeling of achievement and will lessen your depression with the loads of work still on your plate.

There is plenty of time for everything. Some people argue that they are in love and don't want to waste time. However, I know these people have already consummated their relationship and currently alive together. So what are they gaining by getting married? Sounds to me like a tax break or financial aid for school.

Also, as I sit and ponder all of the work I have left to do before the holiday break, I don't know where keeping up a good marriage would fit. Besides my work at the paper, there's about 10 essays, an oral presentation, art projects and exam notes to study. Marriage, especially the first year, requires time and effort. Something most of us don't have to spare while in school.

These comments stem from the marriage of two people who have been together for 10 years. There are many factors to consider, but we cannot deny the love and the time we have spent together.

By Erin Chupp
The Chanticleer Features Editor
in mind over the next two weeks:

- **TAKE BREAKS**: If you know you are going to have a long evening working on school projects, pace yourself. Make a list of everything you wish to complete by the end of the evening, and then break up the tasks into bite-sized pieces. This will help you avoid getting overwhelmed and will allow you to take mini breaks in between tasks.

- **GET SUPPORT**: Finals and exams stress everyone out. Talk to friends and family members about your stresses. Remember, it’s your party and you can cry if you want to. In fact, crying will actually release a lot of tension in your body. The UNC at Chapel Hill’s Counseling and Psychological Service says, “a twenty-minute walk has been proven to be a beter tranquilizer than some prescription drugs.”

- **MAKE A LIST**: Some students find it helpful to make a list of everything they wish to complete by the end of the evening, and then break up the tasks into bite-sized pieces. This will help you avoid getting overwhelmed and will allow you to take mini breaks in between tasks.

- **JUST DO IT**: It’s a school thing. You know you have to take finals. Either way, after December 14, the fall semester will be over. Tell yourself to buckle down and just get the work done.

The Senior Art Exhibit is now on display in Hammond Hall Gallery.

One other song that can’t go unnoticed is the hit single “Take It Slow.” It talks about finding that special someone and not wanting to mess up anything in the relationship. Thus meaning things should be taken slow and O’Ryan vows to do whatever the girl would like. These are some powerful messages coming from a 16 year-old R&B artist and the album is definitely worth a listen. Fans of R&B may find themselves surprised at the work O’Ryan has comprised.

O’Ryan in a bad way

By Antoine Jackson
Chanticleer Features Writer

There aren’t too many people who have heard the name O’Ryan associated with R&B singers, but there is one now. O’Ryan is the younger brother of Marques Houston, lead singer of 1mx, and Omartion, former lead singer of B2K. After spending years watching his older brothers perform, O’Ryan is the most recent member of the Houston family to break into the music business. He released his solo self titled debut album on October 19, 2004. So I know this article is almost a month late but that’s all right. It’s even more reason to go get this album. It could possibly be considered one of the best songs on the album also. This upbeat song is about a girl developing feelings for her boyfriend’s best friend and the best friend (O’Ryan) developing feelings for her also. The best friend knows that he wouldn’t dare try to hook up with her because he best friend means way too much to him. Now that’s true friendship!

“In A Bad Way” is another excellent track that talks about it being whipped by one’s significant other. The song says that it’s ok to be embarrassed or look like a loser to your friends because you are so taken with this person in the worst way. Another upbeat song that may catch your attention is the song “Shorty.” It features rap artist J Kwon. Ok, so you’re at a party and you’re posted up with a few friends. You look across the way and see this fine young specimen looking sweeter than a plate of yams with extra syrup and you decide to make your move towards her to see if she would like to dance. She says yes and you spend the rest of the night dancing and chilling with this girl. This song also has beat (meaning it’s filled with bass if one would like to play it loud in their car.)

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Horoscopes

ARIES: (March 21-April 20)
Use whatever clout you have to get some creative charges off the ground. Friends can really come in handy during times like this. Someone may want to flirt and tell you pretty lies, but don’t be taken in, just enjoy the entertainment. Pay attention to your spiritual side.

TAURUS: (April 21 - May 21)
Keeping your nose to the grindstone is quite commendable this week, to a point. Your superiors may be more impressed if your approach is more balanced. Learn to delegate if management is one of your goals. Both courage and integrity will do well for you.

GEMINI: (May 22 - June 21)
Your hard work may have just finally brought about completion and success. Enjoy the admiration of those around you; you definitely deserve it. Don’t keep your stress to yourself; such pent up emotions will make you ill.

CANCER: (June 22 - July 23)
A little self-contemplation will get your week off and running on a positive note. You may be pleased with your work up until now, but want to improve in various areas. Allow a troublesome problem that has been hanging over your head for some time; take care of itself.

LEO: (July 24 - August 23)
There is a fine line between having a good time and overdoing it, and your body is likely to be the best judge of that this week, just make sure to listen. If your current relationship is a bit unbalanced, playing the roles to faithfully may cause resentment.

VIRGO: (August 24 - September 23)
Money matters may not be as fruitful as you had expected you and those you love. You need to make a choice.

SCORPIO: (October 24 - November 22)
A slow start this week will make it a week of catching up. Your heart is probably not in your work and it will show. There seems to be some contradictions about commitment to a romantic relationship. There are important factors to be weighed before making decisions.

SAGITTARIUS: (November 23 - December 21)
There is a sense that you are walking on quicksand during the week, and there is little you can do about it. Make any necessary sacrifices of time and energy to correct this uncertain situation. You and your significant other make a connection and become even closer.

CAPRICORN: (December 22 - January 20)
Don’t be caught up in your own ideas and point of view that you cease to hear what those around you are saying. Let go of the need to always be right. You may be frustrated at what seems to be your lack of progress, but take the time to realize just how far you’ve come.

AQUARIUS: (January 21 - February 19)
You will get ahead by working hard during the week. Nothing less than your reputation is at stake, but not to worry, because your work is above reproach. Shortly you will be riding high on the waves of success, enjoy it for you deserve every bit given to you.

PISCES: (February 20 - March 20)
A financial windfall is quite possible this week. Prosperity is definitely a main issue for the next couple of months, so instead of whining, it’s time to take action. A surge of inspira-

Remember, the First Amendment is more than our right to print.
Money matters may not be as fruitful as you had expected this week, after all the effort you put into these financial gains, try not to let it get to you. Maybe it's time to make changes instead of being weighed down with so much responsibility. Think things out carefully.

LIBRA: (September 24 - October 23)
Stick with those who have loved and supported you through thick and thin. There is someone in the immediate vicinity that is jealous of your friends and family, and will try to drive a wedge in between.

IF THIS WEEK IS YOUR BIRTHDAY: The thought of being free has always been important to you, and you may invariably dream of escaping to another location. You can also travel in your mind by reading books or renting videos. Unusual people you meet now may turn out to be inspiring.

College Concoctions

Jessica's Ro-Tel Chicken

1 boneless chicken breast
1 can spicy Ro-Tel tomatoes

Put chicken breast in a bowl and cover with can of tomatoes. Microwave on high until the chicken is cooked all the way through. The tomatoes keep the chicken moist. Enjoy!

Michelle's Tuna-Noodle Casserole

1 large can of tuna (drain it)
one small bag of potato chips (crush chips in bag)
a package of elbow noodles
1 can of cream of chicken and a little milk
1 pkg. shredded cheese (sharp or mild)

Preheat oven to 350° boil noodles-pour can of cream of chicken in a bowl with enough milk to make it pretty creamy-get a large casserole dish and put in layers of noodles, crushed up chips, some tuna, and then cheese. (make the top layer noodles)-pour creamy mixture over top and then put on more cheese-cook in oven for about 20 min or till cheese on top is melted and browned a little.

Cara's Breakfast Burrito

1 Tortilla
A Few strips of Bacon
Eggs
Salsa
Sour Cream
Lettuce(Optional)

Scramble the egg, then cook the bacon. Put them on the tortilla. Put salsa and sour cream on the salsa and if you want to put lettuce on it. Then wrap it up and eat. It's fast, easy and yummy!
Paladins end Gamecock season early

Former Florida starter Ingle Martin threw four touchdowns to lead Furman to its first NCAA Division I-AA playoff victory in three years, 49-7, over Jacksonville State on Saturday.

Martin had scoring passes of 48 and 3 yards to Isaac West and a TD throw of 3 yards to Brian Bratton as the Paladins (10-2) took a 21-0 lead and were never pressured by the Gamecocks (9-2). Furman faces either James Madison or Lehigh in the second round at Paladin Stadium next Saturday.

Martin’s touchdown passes gave him a school record 21 for the season, surpassing the mark of 19 set by Furman coach Bobby Lamb in 1984. He also matched Lamb’s record of four touchdown throws in a playoff win over Rhodes Island in 1985.

Jacksonville State entered the playoffs after winning the Ohio Valley Conference for the second straight year, but is still looking for its first I-AA playoff win.

It was Furman’s prize transfer who did most of the damage. Martin was wooed to Florida by the ol’ ball coach, Steve Spurrier, three seasons back as one of the best. But despite starting four games in 2003 for Spurrier’s replacement Ron Zook, Martin fell behind younger star quarterback Chris Leak and chose to leave The Swamp for Furman.

So far, it has been a wonderful union. The Paladins shared the Southern Conference championship and were seeded second in the NCAA’s 16-team playoffs. That success continued against Jacksonville State.

On Furman’s second possession, Martin connected with Bratton on a 19-yard pass and then went deep to West for the Paladins first touchdown.

Martin and the Paladins scored again the next time they got the ball. The 6-foot-3 Martin leaped over a defender as part of an 18-yard run on 3rd and 10. Four plays later, he and West hooked up on a second score.

Martin was in control and on target on Furman’s following possession as well. He completed a 20-yard pass to Bratton to get to Jacksonville’s 27. The two finished off the drive with their 9-yard touchdown pass at 14:54 of the second quarter.

Martin added a 1-yard touchdown run in the third quarter and closed his game with a soft 3-yard TD toss to tight end John Rust with 6:26 left to make its 42-7. Martin finished 14 of 19 for 282 yards.

Furman’s defense also did its part. When the Gamecocks threatened to make a game of it in the second quarter after runs of 55 yards for Oscar Bonds and 4 yards by Raynodd Zeine for a touchdown, the Paladins held them off the scoreboard the rest of the way.

Delta Chi, Phi Mu claim IM water polo titles

Congratulations to Delta Chi, Phi Mu, and Brick house for winning the inner tube water polo championship.

Phi Mu defeated Delta Zeta 4-2 for the second straight year to win their third consecutive water-polio championship.

Delta Chi defeated two time defending champion Sigma Phi Epsilon 5-3 to win their first fraternity conference...
Match 4
All-OVC Valley 3-1 (30-28, 30-24, 26-30, 30-25) in the ever been around and I'm very ing two in his final home game. He also eight post season tournament since moving to Division players Bonds, a senior Russellville, Ala. this season. He is third in the conference with 17 punt returns for a 21.2 average. Shari #2
“I'm very happy and pleased for the Conference team,” said Crowe. to the the best assistant coaching staff that I've defense that ranks fifth in the nation in rushing defense. An Abbey Breit kill tied the game at 26 and later I
West that speaks well for their impact on our finals of the Ohio Valley Conference Volleyball had 53 tackles, 10 deflections add two with the Panthers taking an early 9-5 lead, but Jax Courtesy
anchored an offense that leads the OVC running back Oscar Bonds, center John Jackson scored a couple of Brick-house defeated Delta Chi 5-3 to win the men's university championship for water-polo.

Gamecocks rack up All-OVC honors

From Staff Reports

JSU head football coach Jack Crowe was named Coach of the Year and eight players have been selected to represent the Gamecocks on the 2004 All-Ohio Valley Conference Teams.

Crowe was named Coach of the Year after guiding the Gamecocks to their best record since entering Division I-AA and their second straight Ohio Valley Conference Football title. “I think this year, I got more help than I've ever gotten as a head coach,” said Crowe. “I really think I'm working with the best assistant coaching staff that I've ever been around and I'm very fortunate.”

The Gamecocks had five players earn OVC first-team honors, including senior running back Oscar Bonds, center John Pettus and guard Rod Olds round out the offensive selections. Senior defensive back Russell Green made the defensive first team, while sophomore Craig Age earned first-team return specialist honors. “I'm very happy and pleased for the players that made the OVC All-Conference team,” said Crowe. “All but two of the players are seniors and I think that speaks well for their impact on our football team.

Bonds, a senior Russellville, Ala. native, broke the school scoring record and led the OVC with 19 touchdowns this season. He is third in the conference in total rushing yards and second in yards per game and earned Player of the Week honors three times.

Both Pettus, a senior from Lineville, Ala., and Olds, a junior from Panama City, Fla., have started every game and anchored an offense that leads the OVC in scoring, rushing and total offense. The unit only allowed seven sacks, which is also an OVC best.

Agee, a sophomore Taylorville, Miss. native, leads the NCAA and the OVC with 17 punt returns for a 21.2 average. He has two returns for touchdowns and earned Player of the Week honors twice this season.

Green, a Birmingham, Ala. native, led the OVC with six interceptions, including two in his final home game. He also had 53 tackles, 10 deflections and two fumble recoveries and helped lead a JSU defense that ranks fifth in the nation in rushing defense.

Volleyball team closes season in semi's of OVC

From Staff Reports

Jacksonville State eliminated the 2003 Ohio Valley Conference Champions Morehead State, 3-1 in the first round of the leagues volleyball tournament, Saturday. After falling in the first game of the match 28-30, the Gamecocks won three consecutive games (30-23, 32-30, 30-25) to claim the victory.

“Every time we've played them (MSU) their defense has been very tough,” said JSU head coach Rick Nold. “Both times we've played them this year, the matches have gone five games, so we knew this match would be a challenge as well. Once we got comfortable with what they were doing we played better.”

First team All-OVC Abbey Breit led JSU with 16 kills, while Kisha West led the team defensively with 26 digs. Suzi Terrell recorded her second career double-double with 12 kills and 11 digs.

Jessica Starck had a double-double as well with 11 kills and 18 digs, including back-to-back game winning kills in game three. Shari Weyer, also an All-OVC first team member, had 11 kills and six total blocks. Kim Halbach added six blocks.

Emily Withers also recorded a double-double with 31 assists and ten digs, while Annie O'Connor added 23 assists.

It marks the first time JSU has advanced in a post season tournament since moving to Division I in 1995.

Jacksonville State fell to Eastern Illinois (25-5) 3-1 (30-28, 30-24, 26-30, 30-25) in the semifinals of the Ohio Valley Conference Volleyball Tournament. JSU kept things close in game one, with the Panthers taking an early 9-5 lead, but Jax State came back and led by as much as 22-19. An Abbey Breit kill tied the game at 26 and later a Rebekah Nichols kill tied the match at 27, before the Gamecocks lost 30-28.

Shari Weyer led Jax State in game three with eight kills and no errors, including the game winning kill to take the win 30-26.

Weyer led JU with 21 kills and only three errors, hitting .486 on the day. Abbey Breit added 16 kills and Suzi Terrell finished with ten. Kisha West had 17 digs on defense, while Jessica Starck added 15 digs.

JSU finished the year 21-9 overall.
By Amado Ortiz
Chanticleer Sports Editor

Jacksonville State enters the 2004-2005 season with a lot of questions imitating one of the old AdamWest Batman sitcoms against the Riddler. The Gamecocks return one starter that is OVC battle tested.

Walker has already had an impact this season by winning OVC player of the week honors. Russell started all five games and averaged 20.0 points, 7.4 assists and 3.4 rebounds in the first five games of the season in an average of 34.4 minutes.
Jacksonville State enters the 2004-2005 seasons with a lot of questions imitating one of the old Adam West Batman sitcoms against the Riddler. The Gamecocks return one starter that is OVC battle tested.

The rest of the starting lineup is up for grabs among three veteran reserves, two freshmen and a quintet of junior college transfers.

There will be one constant this season and his name is Walker D. Russell all the way from Rochester, Michigan.

Walker has already had an impact this season by winning OVC player of the week honors. Russell started all five games and averaged 20.0 points, 7.4 assists and 3.4 rebounds in the first five games of the season in an average of 34.4 minutes.

The junior preseason All-OVC pick shot 54.2 percent from the field and 80.6 from the free throw line and scored a season-high 28 points in JSU's 90-74 win over Western Carolina in the BCA Classic.

see Russell, Page 3
Women basketball season outlook

From Staff Reports

The 2004-05 Jacksonville State University women’s basketball 27-game schedule features a trip to Alaska, a road game at Duke and a home game against Auburn.

“We feel like we’ve put together a very competitive schedule,” said JSU head coach Dave Dagostino. “We’re glad to have the opportunity to take our kids to Alaska and also have the opportunity to play at Duke and at home against Auburn.”

After opening the season at Tulane on Nov. 23rd, the Gamecocks travel to Fairbanks, Alaska, on Nov. 26-27, before returning home to open the season against UNC-Wilmington on Dec. 12. Jax State travels to face Duke on December 15, then returns home to face Carson-Newman and Alcorn State before Christmas.

The Gamecocks open the new year on January 2 against Auburn before Ohio Valley Conference play begins on January 4 against Samford and is the first of a 16-game league schedule. The OVC plays six home-and-home series, then split the remaining games. JSU hosts Murray State and UT-Martin and travels to Southeastern Missouri State and Eastern Illinois.

Jacksonville State will have four starters returning from a year ago. The team reached the OVC Tournament in its first year in the league, dropping a first-round decision to Eastern Kentucky 65-63.

Players to watch this year include Shanika Freeman, Cobie Carlisle and Katja Fuess. Freeman was selected to the All-OVC first team last season.

She also ranked nationally in scoring (19.4ppg) and rebounds (10.2rpg). Freeman also recorded 15 double-doubles last year, giving her 50 for her career.

Carlisle saw action in 28 games last season and receiving six starts. Carlisle finished the season ranked third on the team in scoring (9.9ppg) and second in rebounds (.4rpg).

Fuess played in all 28 games last year starting all but three of them. She also scored in double figures eight times last year.

From Russell pg.8

When asked about his role on the team, Russell stated, “I’ve worked on my shot.”

The 2004-05 JU mens basketball 27-game schedule features a trip to Alaska, a road game at Duke and a home game against Auburn.

CS: Who is the player in the NBA your skills are most like?

Pete Matthews Coliseum: Home of the men and women's basketball teams

Pete Matthews Coliseum: Home of the men and women's basketball teams

Men basketball season outlook

From Staff Reports

After graduating five players, Jacksonville State University basketball coach Mike LaPlante has to improve last year’s 14-14 record with an almost entirely new team.

“Three of the five players we lost last year were shooters. We brought in some good, qualified shooters to take those spots,” said LaPlante.

“Quickly they can adapt their game to this level will show in our favor. The key thing is having to rely on returning players.”

Walker Russell is the only starter returning to lead the Gamecocks alongside lettermen Abdou Diame, Anthony Wilson and Brad Peters. Russell, a junior point guard from Pontiac, Mich., is the leading scorer returning. He averaged 12.7 points per game and finished with a JSU Division I school record 182 assists.

He earned Ohio Valley Conference Newcomer of the Week honors twice during the 2003-04 season after joining the Gamecocks from Chipola Junior College.

A pure point guard who understands how to run a team, Russell is a 2004-05 OVC preseason all-conference second team pick. He led the conference with 6.5 assists per game and finished the season ranked ninth nationally in that category.

Russell scored in double figures in 12 of the last 13 games, saving his best for last with a career-high 32 points and 10 assists in the first round of the OVC tournament at Morehead State.

“Hopefully we can build on where he left off towards the end of the season,” said LaPlante.

“That’s the kind of contribution he was making. He had a very good off-season and he wants to lead this team in the OVC.”

The Gamecocks won their last three OVC games, defeating Tennessee Tech, Samford and Tennessee State to finish tied for fifth in the league with a 7-9 conference record.

Diame will be counted on as an anchor in the paint. He transferred from Auburn two years ago and is still looking for his breakout season with the Gamecocks. The 6-foot-9 forward showed potential during two seasons at Auburn (25 points vs Grambling, 19 at Florida) after signing with the Tigers from the talent-rich Oak Hill Academy (Va.), where he was a Parade All-American.

After sitting out the 2002-03 season, Diame saw action in 25 games, recording 15 starts last year for Jacksonville State. He scored in double-figures six times, including 10 points in JSU’s first-ever OVC contest on Jan. 3 against Austin Peay. Diame tossed in a career-high 15 points at
When asked about his role on the team, Russell blushed for a second and proceeded to say, “I’m a Quiet Leader and leader by example.”

CS: What is your season outlook?

Walker: Mike Bibby is our leader. Quiet Leader and leader by example.”

Blushed for a second and

CS: How are the newcomers?

Walker: Good. The freshmen are not like freshmen. The JUCO’s bring a lot of experience. We are starting to come together as a team but everybody is contributing.

CS: Your favorite NBA player?

Walker: Mike Bibby.

CS: Who is the player in the NBA your skills are most like?

Walker: Jason Kidd. Not really but he is a good player to say.

CS: Why Jacksonville State?

Walker: Coach Laplante said I can come in and play early and all three years so I’m here.

CS: Quote that you live by?

Walker: I’m single. Not looking for a relationship but I’m single and you can put that in writing.

CS: One thing the Chanticleer readers must know about you?

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2004 Women Schedule and Roster

5 Heather Shepard
5-4 Senior
Bloomfield, N.Y./Bloomfield Central

10 Laniece Thomas
5-6 Senior Chicago, Ill./Maria Highschool

13 Cobie Carlisle
5-9 Junior Lima, Ohio/Lima HS

14 Ann-Marie Healy
6-3 Junior Killenaule, Ireland/Seoil Ruain

15 Katja Fues
6-2 Junior Mission, B.C./Heritage Park Sec.

20 Rebecca Haynes
6-2 Freshman Birkdale, Australia/Moreton Bay

21 Shanika Freeman
6-1 Senior Chattanooga, Tenn./Chattanooga HS

22 Courtney Slaughter
5-7 Sophomore Dolton, Ill./Thornwood HS

23 Jordan Stagg
5-5 Freshman Newell, S.D./Newell HS

30 Minerva Amputch
5-11 Freshman Sydney, Australia/Sydney Church of England

35 Nina Bliss
6-1 Senior West Warwick, R.I./Rhode Island CC

42 Shari Riley
6-0 Senior Detroit, Mich./Martin Luther King HS

44 Ashley Clay
6-6 Sophomore Marietta, Ohio/Warren HS

2004 Men Schedule and Roster

2 Anthony Wilson
6-3 190 Jr.
Tuscaloosa, Al./Thomas More HS

3 John Ketterer
6-1 170 Fr.

Jacksonville, AL./Jacksonville HS

4 Brandon Davis
6-7 195 Freshman Jacksonville, AL./Jacksonville HS

5 Jeremy Law
6-5 205 Jr.

York, Ala./Shelton State JC

10 Walker Russell
6-0 170 Jr.
Pontiac, Mich./Chippola (Fla.) JC

11 Brad Peters
6-4 185 Jr.
Snellville, GA./South Gwinnett HS

13 B.J. Spencer
6-4 190 Jr.
Starkville, Miss./Beville State-Summiton

20 Tim Lewis
6-3 185 Fr.
Prattville, AL./Shelton State JC

21 Abdou Diame
6-9 235 Sr.
Thies, Senegal/Auburn

24 Rod Venner
6-2 185 Jr.

5 Morrow, GA./Atlanta Metro College

32 Carlos Lumpkin
6-6 230 Jr.
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