Former presidents plan trip to region wrecked by tsunami

By Michael Graczyk
Associated Press Writer

HOUSTON (AP) - Former Presidents George H. W. Bush and Bill Clinton hope to go to the tsunami-ravaged Indian Ocean region to illustrate the need for continued financial help from Americans to rebuild the area, Bush said.

"We're not prepared to say when," Bush said Monday. "We don't want to do it if it looks like we're just kind of getting in the way of the people really on the ground cleaning out and certainly trying to account for as many people as possible."

Besides not getting in the way, he said he and Clinton "don't want to look like we're trying to grab headlines."

"When we go, what we want to say is: 'This isn't over and isn't going to be over for a long time. We need your help, America.' It will be that kind of mission."

Bush's son, President George W. Bush, named the two ex-presidents to head a nationwide private fund-raising effort to help countries devastated by the deadly wall of water that nearly a month ago killed more than 160,000 people and displaced millions of others.

The elder Bush said he and Clinton have met three times about the national fund-raising and more meetings are planned. Clinton said earlier this month that more than a third of a billion dollars had been donated to charities.

The president has pledged an initial aid package of $350 million (euro267.5 billion) in federal funds. His brother, Florida Gov. Jeb Bush, visited the region earlier this month with Secretary of State Colin Powell.

Iraqi security forces accused of torturing detainees, report says

By Jennifer Bacchus
The Chanticleer Staff Writer

"There were some successes and many failures," said Philip Goodman, Vice President of the JSU College Republicans, the protestors' efforts.

An Iraqi war protester was holding a sign that labeled Bush and Cheney "Warmongers" and called for them to "Draft Jenna and Barbars." He was standing next to the veteran and was even holding a sign describing him as a "draft dodger." The veteran held up a sign that said, "I fought for this country," but then quickly took it down when the veteran started to approach him.

"We have a right to protest," the veteran said. "But we also have a right to defend our country." The veteran then left the protest area.

Flags were hung upside down in protest of the inauguration of George W. Bush. The College Republicans traveled to D.C. for the event.

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Flags were hung upside down in protest of the inauguration of George W. Bush. The College Republicans traveled to D.C. for the event.
LONDON (AP) - Iraqi security forces are arbitrarily arresting people and systematically torturing and abusing detainees, Human Rights Watch said in a report released Tuesday.

With few exceptions, Iraqi authorities have not acted to stop such mistreatment, the report said. International police advisers, largely funded by the U.S. government, "have turned a blind eye to these rampant abuses," it said.

"The Iraqi interim government led by Prime Minister Ayad Allawi ... appears to be actively taking part, or is at least complicit, in these grave violations of fundamental human rights. Nor has the United States, the United Kingdom or other involved governments publicly taken up these issues as a matter of concern," the report said.

"The people of Iraq were promised something better than this after the government of Saddam Hussein fell," said Sarah Leah Whitson, executive director of Middle East and North Africa section of Human Rights Watch.

"The Iraqi security forces obviously face tremendous challenges, including an insurgency that has targeted civilians," Whitson added.

"We unequivocally condemn the insurgents' brutality. But international law is unambiguous on this point: no government can justify torture of detainees in the name of security," she said.

Human Rights Watch said it interviewed 90 detainees in Iraq. The group of 15 was scheduled to land at Reagan International Airport, but a snowstorm redirected their flight.

Upon arriving at the inauguration ceremony, the students split up to see the town. Some of the students never made it to the swearing-in. Protestors prevented members Julie Schmiedl, Mercedie Brewington and Julie-Anne Dentici from going in to see the ceremony.

"Even though I didn't see the inauguration, I saw something that was much more meaningful," said Dentici of veteran confronted the sign.

As the veteran left, he asked to shake the hand of the protestor, saying that he fought to preserve the protestor's right to insult him.

The inauguration was the highlight of the trip for the students who managed to make it past the protestors and the security.

"Just the ability to actually be there was incredible," said Goodman.

The last day of the trip was spent in a frantic effort to get out of town, since another snowstorm was headed toward the East Coast.

As the snow on the ground began to accumulate, the flight from Washington D.C. was cancelled, leaving the students wondering whether or not they would make it to classes on Monday.

Luckily, the 6:35 flight was reinstated and the group rolled
**Announcements**

**Alpha Omicron Pi:** We hope that everyone had a great week. Thanks to all of our sisters and alumni for making Founder’s Day a great success and congratulations to all the girls that received awards for their hard work. Remember Stick Up for Arthritis and AOPi in the Sky will be Monday, Jan. 31. **Contact:** Dani McLean DRina805@aol.com

**Delta Zeta:** Hope everyone is having a great semester so far! We love our New Members Laura, Amber, Kim, and Nicole! Sister of the week is Toth and Twisted sister is Heather. Living our Ritual award goes to Erica. Check out our web site www.jaxstdelazeta.org.

**JSU Ambassadors:** Are you looking for that one special thing that makes your college experience? Look no further! Ambassador applications are available starting Feb. 1 at the Visitor Center. **Contact:** Tracy Phillips, 782-5260.

**SGA:** Come out for the free SGA event, “Old Tyme Photos,” today at 11 a.m. til 3 p.m. in the TMB. A Senate meeting will be held Monday, Jan. 31 at 6 p.m. in the TMB. Senate and Exec applications will be available Jan. 31. **Contact:** Brian Snead, 782-5495.

**SPJ:** The Society of Professional Journalists is holding a meeting for those interested in joining. All communications majors and minors are encouraged to attend the meeting Thursday, Jan. 27 at 5:00 p.m. in Self Hall, Room 180. **Contact:** Elizabeth Thurman, 782-8191.

**Zeta Tau Alpha:** We would like to thank everyone who came to the All Sorority Open House last night. We are excited, as always, to bring in new members to the chapter.

**Attention JSU:** Don’t forget to mark your calendars for ZTA’s annual fundraiser, Big Man on Campus, on March 16 at 8:00 p.m. at the Leone Cole Auditorium. We hope everyone has a fabulous week! **Contact:** Natalie Shearer, 338-3230.

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**Campus Crime**

**Jan. 19:** A female victim reported that $145 was stolen from her room in Sparkman Hall.

**Jan. 20:** A male victim reported the theft of his wallet from his Dodge truck outside the Merrill Building.

**Jan. 20:** A male victim reported that he was assaulted by several male subjects outside Pete Mathews Coliseum.

**Jan. 20:** A male subject was arrested for possession of marijuana outside Pete Mathews Coliseum.

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**Announcements**

**Detainees in Iraq allegedly abused**

from Iraq, Page 1

Iraq, of whom 72 claimed to have been tortured or abused.

“The majority of the detainees to whom Human Rights Watch spoke said that torture and ill-treatment under interrogation was routine,” the report said.

“Some also said that the police also used violence against them at the time of arrest. The accounts of their treatment at the hands of the police were consistent to a high degree.

“Typically, detainees reported being blindfolded with their hands tied behind their back while undergoing interrogation. They said their interrogators or guards kicked, slapped and punched them, and beat them all over the body using hosepipes, wooden sticks, iron rods and cables,” the report said.

In London, the Foreign Office said it welcomed the report and would study it.

“The U.K. government condemns all forms of abuse, whoever the perpetrators. We have raised the issue of conditions in Iraqi detention facilities with the Iraqi government and will continue to do so in the future,” the Foreign Office said.

“We are grateful to Human Rights Watch for this report and will study the issues that it raises and its recommendations carefully. The British government is providing assistance to the Iraqi government to overcome the legacy of decades of abuse of human rights under the previous regime. This involves training and monitoring of Iraqi police and prison service in southern Iraq. Of course we stand ready to consider any further requests for assistance from the Iraq government.’

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**Johnny Carson dies from emphysema**

from Carson, Page 1

making his first appearance as a guest on “The Tonight Show.” He would take over as host when Carson retired in 1990.

Others included Carson in one of his signature bits, the mind-reading “Carnac the Magnificent,” a routine that David Letterman’s band leader Paul Shaffer occasionally still borrows for the “Late Show.” Comedians Jerry Seinfeld and Roseanne, who made their starts on the show, also

NBC’s Burbank studios.

At Johnny Carson Park, adjacent to the studio, a vase of red roses and other flowers had been left at a plaque of the late-night host along with notes that said, “Goodnight Johnny, we’ll miss you” and “Nobody did it better than Carson.”

“He will be missed by a lot of people, especially his sidekick Ed McMahon,” said Basha Kerbel, 73, of Toronto, who came with her husband and received standby tickets for the show. “It’s a sad day for everybody. He was liked by so many people.”

style.

“Johnny Carson was more than just a host of his show,” said New York Times television critic Jack Gould. “He was a cultural icon. He was a funny man who made people laugh.”

Johnny Carson dies from emphysema.

Johnny Carson, 73, of Toronto, said, “He was just very funny.”

In Los Angeles, meanwhile, flowers were placed on Carson’s star on the Hollywood Walk of Fame.

“This is a very sad day in Hollywood and I could tell you that Hollywood hasn’t been this shocked since the news of Marilyn Monroe’s demise,” said Johnny Grant, the honorary mayor of Hollywood. “I think we all fe-
Baby killer denied parole

By Phillip Rawls
Associated Press Writer

MONTGOMERY, Ala. (AP) - The state parole board denied an early release Monday for a baby killer who spent 15 years living quietly in New York before being returned to Alabama to serve a life sentence.

The board decided that William Schank, in prison since 1997, won't be considered again for parole until January 2010, which is the maximum postponement allowed by state regulations.

State Attorney General Troy King said he was pleased by the decision and would like to see Schank spend the rest of his life in prison. “William Schank owes Alabama a debt he cannot repay,” King said.

Schank's wife, Rita, said she will continue to stand by him and push for his release "until I pass on."

Schank, 50, was convicted of murder in 1975 for the beating death of his girlfriend’s 1-year-old daughter, Dana Louise Smith, in Tuscaloosa. He was also convicted of burglary. Prison officials were never notified of the murder conviction, and in 1982, when Alabama was facing a prison overcrowding problem, he was released from the burglary sentence.

He moved to Forestville, N.Y., married, did construction work, and lived a normal life until Alabama authorities located him and began seeking his extradition. After a long legal battle, a New York appeals court ordered his return in 1997.

The spelling of Schank’s name varies in court and prison records. His wife and some court records use “Shank,” but other court records and the state prison system use “Schank.”

Rita Schank said her husband is a rehabilitated man and should be allowed to return to Chautauqua County, N.Y., where he has work waiting on him.

“He is sadly missed by his customers, who ask when he is coming home,” she said.

The victim’s family did not attend the hearing, but the child’s aunt, Beverly Smith Williamson of Nortport, Ala., wrote a letter on behalf of the family opposing Schank’s release.

Schank first came up for parole in 2000 and was denied. Normally, an inmate with a life sentence must serve at least 10 years in prison before being eligible for parole consideration, but at Schank’s request, Montgomery Circuit Judge Tracy McCooey ruled before the parole hearing that he should get prison credit for the 15 years he spent in New York and received standby tickets for the flash of Marilyn Monroe’s demise,” said Johnny Grant, the honorary mayor of Hollywood. “I think we all figured that Johnny Carson would just live on forever.”

Writers scheduled for JSU conference

from On the Brink, Page 1

Stitt’s Southern Table by Frank Stitt.
The conference will be held on the 11th floor of the Houston Cole Library.
It begins at 9:00 a.m. and concludes at 4:00 p.m. The cost is $40 for adults and $15 for students. Anyone interested is asked to pre-register by Jan. 31.
Registration forms can be found on the English Department’s website and in On the Brink brochures. For more information contact Gena Christopher at 782-5856 or Dr. Steven Whitton at 782-5414.

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Controversial arthritis drug causes stir

By Lindsey Tanner
Associated Press Medical Writer

CHICAGO (AP) - Merck & Co. forced one of its researchers to remove her name from a study linking Vioxx to heart attacks, then criticized the findings before ultimately pulling the arthritis drug from the market last fall, two of the scientist’s colleagues say.

“Even after funding and agreeing with the design of the study, Merck publicly discredited our findings,” Drs. Daniel Solomon and Jerry Avorn of Boston’s Brigham and Woman’s Hospital wrote in this week’s Archives of Internal Medicine.

Merck spokeswoman Anita Larsen confirmed the company’s action, saying Merck believed the study’s conclusions “were not supported by the data.” The incident came a year before another study prompted the Whitehouse Station, N.J.-based drug maker to withdraw Vioxx.

The journal contains several studies about Vioxx and Celebrex, the once popular and heavily promoted painkillers advertised as stomach-friendly alternatives to aspirin. They are under congressional and regulatory scrutiny.

One new report echoes previous data suggesting that in some older patients the drugs might not offer as much protection as thought against gastrointestinal problems.

A separate study suggests they have been over-prescribed, frequently to patients at low risk for GI problems. And other research supports evidence that Vioxx increases some patients’ blood pressure.

Vioxx was withdrawn Sept. 30 because of a study suggesting it doubled the risk of heart attack and stroke. Celebrex maker Pfizer Inc. halted its ads last month after a study linked high doses with increased heart and stroke risks.

Both drugs are in a class called Cox-2 inhibitors. The Archives reports, published Monday, come just weeks before a Feb. 16-18 Food and Drug Administration meeting on the safety of all Cox-2 drugs. Also Monday, the watchdog group Public Citizen petitioned the FDA to immediately remove the market Pfizer Inc.’s Celebrex and a related drug, Bextra, because of the potential heart risks.

Critics contend Merck attempted for years to suppress Vioxx risks found in numerous studies. The company maintains it has acted responsibly.

The author-removal incident, mentioned in previous news reports, involved a Merck study of more than 50,000 patients age 65 and older taking Vioxx, Celebrex, traditional painkillers or none of the drugs. The results, published last year in the journal Circulation, showed Vioxx patients faced a higher heart attack risk than the other groups.

When the results came in, “Merck required a co-author who was an employee of the company to remove her name from the article immediately prior to publication,” Solomon and Avorn said in an Archives editorial.

Solomon identified the co-author as Merck epidemiologist Carolyn Cannuscio. She did not respond to e-mail and telephone requests for comment.

Meanwhile, the British medical journal is releasing a study on the heart dangers of Vioxx after withholding the report because the researcher said he had been threatened by his superiors at the FDA.

The study links Vioxx to between 88,000 and 140,000 excess cases of heart disease in the United States - a conclusion that has previously been disclosed.

Dr. David Graham, who works in the FDA’s office of drug safety, claimed he was threatened with dismissal and said he asked the Lancet to withdraw the paper from publication in November. Earlier this month, the FDA agreed the study could be published.

Media leaks discovered in Michael Jackson molestation case

By Larry O’Dell
Associated Press Medical Writer

RICHMOND, Va. (AP) - A lobbying organization for college-age Virginians is urging the General Assembly to pass legislation targeting the high price of textbooks at campus bookstores.

“As any student or parent with a child in college knows, the price of textbooks has gotten out of control,” Virginia Tech student body president Sumeet Bagai, representing Virginia21, said at a news conference Monday.

He said the price of college textbooks and supplies averages $817 per semester, a 238 percent increase over the past decade. Representatives of textbook publishers and college bookstores disputed Virginia21’s numbers, saying the average is closer to $400 per semester.

Nevertheless, Bagai said students are hit with “a serious case of sticker shock” when they buy their required textbooks. Students typically can’t find out which books they will need until the first day of classes, making comparison shopping impossible, Bagai said.

Virginia21 released a list of 23 textbooks and their prices at campus bookstores and from Internet sources. The online prices were 5 percent to 46 percent cheaper, with an average savings of 32 percent.

Del. Glenn Oder, R-Newport News, is sponsoring legislation that would require campus bookstores to make the list of required textbooks available to students as soon as they receive it. The idea is to give students time to search for the books from other sources, including online.

“When consumers don’t have information about which books will be required in advance, the campus bookstore becomes an artificial monopoly, destroying the power of the free market to set fair prices,” Bagai said.

The bill also prohibits publishers from offering kickbacks to professors for assigning certain books to their students. Oder and Virginia21 representatives said this is a necessary protection even though kickbacks have not been a problem in Virginia.

Jennifer Libertowski, spokeswoman for the National Association of College Stores in Oberlin, Ohio, said campus bookstores already do all they can to hold down costs for students. For example, said she the stores sell used books as a low-cost alternative.

“Online shopping does save money sometimes, but it can also be risky,” she said. “We’ve heard story after story about students not having a book for the first two weeks of classes or showing up with the wrong edition.”

She said the campus bookstores’ profit margin on textbooks is 22 percent, and “it’s stayed the same for the last decade. That’s low when you consider typical retail margins are 28 to 40 percent.”

Libertowski said textbooks are inherently expensive because they are developed for a niche market. A book might sell only a few thousand copies and be good for only a year or so, she said.

Lobbyists urge Virginia legislators to lower college textbook prices, bookstores say prices are reasonable
Santa Barbara County sheriff’s officials said information about the case has been released in defiance of a judge’s gag order imposed on both sides.

“We consider the release of these materials to be a violation of the law,” according to a statement posted on the department’s Web site. “Some media commentators have alleged that we are responsible for these leaks. We are not.

These accusations are irresponsible, unfounded and untrue.”
Sheriff’s Sgt. Chris Pappas declined to elaborate, citing the gag order.

The online statement was, in part, a response to the recent ABC News report that quoted from transcripts of grand jury testimony given in the molestation case.

In that testimony, Jackson’s accuser described the pop singer’s alleged crimes in graphic detail, including an incident in which Jackson allegedly molested him on a bed.

ABC has not revealed how it received more than 1,900 pages of grand jury testimony.

Grand jury transcripts normally are made public in California 10 days after a defendant receives them. But the judge in the Jackson case has kept the transcripts sealed, along with most other documents.

Jackson, 46, was indicted in April on multiple counts of molestation and a count of conspiracy involving child abduction, false imprisonment and extortion. He has pleaded not guilty and is scheduled to stand trial Jan. 31.
Peanut Capacitors and Ashlee Simpson

By J. Wilson Guthrie
The Chanticleer
Editor in Chief

Well, folks I’m sorry that I didn’t give y’al a piece of my mind last week. I’ll try not to let that happen again. The answer to the question of life and human strife: parking. Whoever solves the problem of parking on college campuses should get the Nobel Prize.

Now, I have a few ideas, but they all deal with trying to harness the space-time continuum and some type of peanut butter capacitor. I don’t know. It came to me in a dream one night with a voice that said, ‘If you build it, they’ll stop griping.’

Seriously folks, I think the underlying problem is that we are mostly all just lazy. I don’t want to walk any farther than I have to. First: I smoke, and I physically can’t walk that far. Two: I just don’t want to. I want a device that will “beam” me to class right after I step out of my truck. Is that too much to ask?

* * *

My favorite time of the year is almost over, and I am not a happy person. I didn’t get to go hunting that much this year, even though I spent more money on hunting this year then I ever have.

The temperature changes have really screwed with deer movements this year, causing me to not even see a deer in the probably 15-20 days that I have been hunting this season. I know the deer are there, but I just can’t see them.

My cousin did, however, harvest a nice eight-point from my granddad’s farm last week. We have an on-going bet for the biggest deer taken this season. I do not have too much longer, so wish me luck.

* * *

The Super Bowl should be interesting this year. I wonder who’s gonna get naked this time. Lord knows it won’t be Ashlee Simpson. I hope that you all were not subjected to the National Championship game fiasco.

First, Saturday Night Live, then getting booed off stage during a live national broadcast. It might be the saddest thing that I have ever laughed at. She should have stayed on Seventh Heaven.

* * *

If you can believe this or not, we are all sitting in the office right now singing Karma Chameleon and Amado just added in the Little John beat. The things that we must endure to get this newspaper out are unreal.

This all stems from last week, when I had to go to Wal-Mart to get a disk that we needed. Well, you see, when I go to the evil place that is Wal-Mart, it becomes the Labyrinths. I get lost in the cheap buys and hazy glow of bad florescent bulbs. Wal-Mart is the sucker of life and money for me.

Anyway, I was lost somewhere in the CD’s and found this completely awesome 80’s mix CD. It has EVERYTHING that you could possibly want in an 80’s mix CD. Cindy Lauper, Boy George, Jefferson Starship and Toto; what else could you want? Well there is nothing else that could warm the heart of these sleep-deprived newspaper workers.

* * *

So now we have a Super-Center. Well, we will by the time that you read this. The only good thing to come out of a Super-Center is cheap beer. That’s it. Well, I guess that I have ranted and raved and spoken on enough things for this week. If you guys have any opinions on anything send them in a letter-to-the-editor form to me at the Chanticleer office.

Stupid things people do that we find amusing

order dinner and drinks, eat and enjoy, then fake his need for medical assistance when the check more.

The student had asked Stevens if he could catch and cook a wild rabbit and she approved, provided he gut the carcass before class, Gage said. He said the student, whose name was not released, is an active hunter.

The animals, however, apparently were purchased at a pet store.

The quirky museum in Eugene has phones galore on display - Pink Princess phones, old fashioned desk phones, even a 1980’s cell phone about the weight of a brick.

The volunteers - all retired phone company workers - who staff it still marvel that so few folks come by.
A 32-year-old Czech man got a hold of a telegraph transmitter to a switchboard used by the Shaniko Public Service District, and he used it to try to appear as if he were a bank robber. Authorities said Elias would try to avoid paying the tab for restaurant meals by pretending he had trouble breathing and was having a heart attack.

"He has 18 convictions just since 2003," the year Elias moved to Maine from California, and has been jailed numerous times, Cavanaugh said.

Authorities said Elias would Davidson said.

TRENTON, N.J. (AP) - The New Jersey Lottery could generate a different kind of green, if plans for a new environmentally beneficial game get off the ground.

Environmental Protection Commissioner Bradley Campbell promised to discuss the idea for a lottery game to benefit the environment with the state treasurer, but cautioned that approval of such a game is not a sure thing.

Green Action Alliance Chairman Ed Knorr came up with the idea for the "Best Dam Lottery Game," whose proceeds would be dedicated to public and private well testing for senior citizens and low-income households in the state.

The already lucrative Lottery generated $765 million for higher education and other institutions in 2003.

Campbell apparently would put off going to give the living skills curriculum an extreme makeover after a student killed and cooked a Guinea pig and a rabbit during class.

The student, a 16-year-old boy, told the principal, Beto Gage, that he killed the animals at home before bringing them to Ledgemont High School. Gage said living skills teacher Diana Stevens lets students prepare a meal of their choice on Wednesdays.

Students who didn't want to watch were allowed to go into another room, Gage said.
FEATuRES

Art show helps students

By Joe Munson
Chanticleer Features Writer

The Art Department here at JSU is hosting a Juried Student Art show at Hammond Hall on Tuesday, February 1. The exhibition will have different works of art that were completed by students who are either art majors or art minors here at JSU. Since it is a juried show, not all of the students will have work in the show. Each student is allowed to submit two pieces of work to be evaluated. If the jurors like what they see it is admitted into the show. Some students may have both works in the show, some may only have one piece, and others might not have either one of their works shown. The jurors consist of the art department faculty.

One of the jurors is Diana Cadwallader, a professor in the department whose discipline is graphic design. According to Cadwallader, it is very important to have a like-minded jury to work with. Last year she entered two ceramic pieces, last year she entered a ceramic sculpture and a plaster sculpture and this year she has branched out to enter a ceramic sculpture and a watercolor print.

According to Palmer the show is very important because “it helps you because it is great exposure, it helps you deal with the your self-consciousness of displaying your work, and unlike most shows that cost money to enter your work the juried show is free.” Palmer says the thing she looks forward to is comparing her work with everyone else’s and see what everyone is working on and their progression as an artist as well as her own progression.

“Compared to two years ago I understand things a lot better. My sculpture this year is much more realistic than the ones in the past.” She also says the thing she hopes to get out of her sculpture is a good laugh, because it closely resembles some one close to her. I do not know her but judging by her work I think she sounds like a very funny person.

Class is out and I’m ready for lunch; food is favorite. My stomach leads me to the screen porch door at my house, but instead of my feet following I stopped, felt something, smelled something and then saw the animal. A mangy looking black and white cat ran through the opening as if I were at his service. A glance of his green eyes said, “Don’t mind if I do.”

Trying to get in the door without this determined cat I deemed worthy of the name Nappy was a feat, but one I managed to conquer with only small amounts of frustration. I grabbed a quick PB and J and turned on the TV--afternoon news. The anchors spoke truth with much weight.

Ironically, I was told there was a huge problem in the area with cats running wild. You don’t say? Free-range chicken might be a commodity and a bonus in life, but there isn’t a need for free-range felines.

It was then that my ears were tainted with screeching sounds, ‘ike nails on a chalkboard. Close, it was nails on a window pane. Suddenly, in the freedom of my own living room, I felt bad for eating a sandwich in front of my sad-eyed visitor. Why did I feel responsible for the well-being of an animal after only 10 minutes? I just
Fit with fiber

By: Erin Chupp
Chanticleer Features Editor

Used to only hearing the word fiber followed by the word optic? Now doctors and health experts are advising people to be conscious of their consumption of fiber in a daily diet.

To fully explain what exactly this is, Johns Hopkins Bayview Medical Center defines fiber as “an undigestible complex carbohydrate found in plants, not a single food or substance.” The center explains why it is encouraged in the diet as well.

“Fiber in itself has no calories because the body cannot absorb it. Therefore, high fiber foods low in fat are low in calories, such as fruits and vegetables.” Much of the fiber from fruits, such as apples and pears, is found in the skin, making it imperative that one does not discard this part of the food.

Keeping a daily eating plan high in fiber fits a nutritionally sound plan as well. By “coating the gut’s lining and delaying stomach emptying,” the Center said, “fiber can slow sugar absorption after a meal and may reduce the amount of insulin needed.”

Many people struggle with being hungry all throughout the day, never fully satisfied by the balanced diet they strive to keep. First, may health advisors stress drinking water, as the water in the stomach may sometimes send mixed signals. Sometimes a large glass of water is all the stomach is craving. However, it is not enough, fiber saves the day. The JHB Medical Center found that “fibers called cellulose and hemicelluloses take up space in the stomach, making us feel full, therefore food intake is less.”

How much fiber should be filling the stomach? The U.S. Surgeon General suggests a diet containing 20-35 grams of fiber a day. However, most Americans barely make half of that.

When changing one’s diet to include more fiber, it is important to remember not to load up on the very first day. Jacob the body with fiber, causing immediate change, will most likely result in bloating, cramping and gas. Instead, gradually adapt to this new diet.

Make small changes in the beginning, such as changing from white bread to wheat and whole-grain breads. Also, eat brown rice instead of white rice. The mornings are very important. It is that make it or break it time. Eat foods such as bran cereal, oatmeal and fruits rather than a blueberry muffin or pop tart. The morning often dictates the rest of someone’s day.

Caution: Just because a food product advertises to be “healthy” doesn’t mean it’s true. Check the side of the box.

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<td>Raspberries</td>
<td>1/2 cup</td>
<td>3.1 g</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
<td>3.0 g</td>
</tr>
<tr>
<td>Baked beans</td>
<td>1/2 cup</td>
<td>8.9 g</td>
</tr>
<tr>
<td>Dried beans, cooked</td>
<td>1/2 cup</td>
<td>4.7 g</td>
</tr>
<tr>
<td>Kidney beans, cooked</td>
<td>1/2 cup</td>
<td>7.3 g</td>
</tr>
<tr>
<td>Lentils, cooked</td>
<td>1/2 cup</td>
<td>7.3 g</td>
</tr>
<tr>
<td>Lima beans, cooked</td>
<td>1/2 cup</td>
<td>4.5 g</td>
</tr>
<tr>
<td>Navy beans, cooked</td>
<td>1/2 cup</td>
<td>6.0 g</td>
</tr>
</tbody>
</table>

In the gallery you are in luck. The show opens on Tuesday night at 7 o'clock with refreshments and awards lasting until 9. There will be a first place award given in every category and students are allowed to submit different types of art. Do not worry too much if you can’t make it on Tuesday night because the exhibition will run through Wednesday, February 23. If you like what you see at the exhibition and want to see more works in the gallery you are in luck. Starting Tuesday, March 1 the Photographic Print Collection of David Cummings, a 19th century photographer will be on display in the Hammond Hall Gallery through March 18th. So go take advantage of our extremely nice art gallery and at the same time see what some of your fellow students have been working on. It makes for a pleasant evening and makes the college experience all that much more enjoyable.

As the song goes, the cat came back the very next day. I hold the belief that he is staying alive by drinking the puddles in our front yard; long live the Napster.
Linguine with clam sauce

Ingredients:
- 8 ounces Linguine
- butter
- 2 tablespoons finely chopped Onion
- 2 tablespoons Butter
- 1 tablespoon Olive Oil
- 2 teaspoons bottled, minced Garlic
- 1 tablespoon Flour
- 1 teaspoon Parsley
- 1/4 teaspoon Salt
- 1/8 teaspoon White Pepper
- 1 can minced Clams
- 1/3 cup clam juice
- shredded Parmesan Cheese

Directions:
Cook linguine to package directions and drain but do not rinse. Toss with some butter to keep it from hardening up while fixing the sauce.

In a 4-cup measuring cup, combine chopped onion, Butter, Olive oil and Bottled, minced garlic. Microwave at High 2 minutes or until onion is tender and butter melts. Blend in Flour, stir in Parsley, Salt, White pepper, minced clams and clam juice. Microwave at High 1 to 3 minutes or until onion is tender and butter melts. Blend in Flour, stir in Parsley, Salt, White pepper, minced clams and clam juice. Micro-wave at High 2 minutes or until onion is tender and butte...
A rather dullish mood will give away to a real sense of being alive, and an interesting job idea promises to send more income your way, if you are more than willing to learn a new skill. Home is where the heart is, and home is where you will find happiness.

TAURUS: (April 21 - May 21)

This week seems to be mostly pleasant, even though a bit ho-hum. Zero in on chores both at work and in the home that need to get done, and you will feel like you've accomplished something. Some home members may not be quite in sync with you, causing friction.

GEMINI: (May 22 - June 21)

The week seems to revolve around money and social interests - and they may integrally relate to each other. Resist any urges to speculate or take risks concerning financial rewards. Try to avoid making any firm commitments, or breaking any close alliances.

CANCER: (June 22 - July 23)

Your creativity is strong during the week, whether in a solo project or group situation. Romance may also put stars in your eyes, as you and a loved one see heart-to-heart on an important issue. Delay any important decisions until all the facts are clear.

LEO: (July 24 - August 23)

During the next few weeks you are likely to make a major decision regarding your highest change is completely possible, but don't do anything unless it's been researched from all ends. It's time to get involved in ongoing education.

VIRGO: (August 24 - September 23)

This week may seem just like a struggle for survival - primarily on the job, but also in other people's various problems. Everything seems to be intense, and you should tread lightly, especially when involved in other's emotions. Everyone seems to be overreacting.

LIBRA: (September 24 - October 23)

This week is no time for excessive independent behavior. Try to tone down any possible conflicts between work and home. By the week's end, you will seem more like yourself - looking for change, variety and adventure. Feelings run high for your lover or mate.

SCORPIO: (October 24 - November 22)

Any career efforts should be put on hold this week, and extra time should be spent with loved ones... you won't be sorry at the results. The next month will definitely favor marriage or other close ties. Don't rely on a friend for support; you'll be disappointed.

SAGITTARIUS: (November 23 - December 21)

You have a number of positive trends going for you this week, starting with romance - there are also excellent job and career indications. Your upbeat feelings are real and contagious to those around you. Adopt a low profile near the

CAPRICORN: (December 22 - January 20)

Domestic troubles seem to be highlighted this week and may jar you into reality. Get to the heart of the matter as soon as possible, and don't defeat yourself by talking in circles. Draw on your intelligence and common sense, and project your charm.

AQUARIUS: (January 21 - February 19)

Your financial picture looks quite rosy this week. Make sure to save a few dollars for a rainy day. It's time to stop bottling up your feelings, express your anger in a constructive way. Make sure to speak clearly to avoid any misunderstandings among cohorts.

PISCES: (February 20 - March 20)

Although expectations are high this week, it may be best to lay low, don't make waves, and wait for a better day - for you are bound to meet with opposition everywhere you turn. Avoid any overindulgence or overdoing; in all ways guard your health and mindset.

IF THIS WEEK IS YOUR BIRTHDAY: It's time to work on improving at least one important relationship. You are now learning to demonstrate your interest and affections. It's also time to face any problems that may be hiding in the closet, probably regarding a family member.
Gamecocks split with Morehead St.

From Staff Reports
Special to The Chanticleer

The men’s basketball team dropped another heartbreaking loss to Morehead State and saw their record drop to 4-14, 0-6. Morehead got busted by the women’s team as they clawed back to .500 in the conference and set at 6-9, 3-3.

MEN
Chad McKnight scored 17 points, while Ramon Kelly and Quinton Smith each added 15 points to lead Morehead State (8-9, 2-4 OVC) to a 69-63 win over Jacksonville State in front of 2,408 fans at the Ellis T. Johnson Arena Saturday night.

Anthony Wilson led the Gamecocks with 15 points, while Walker Russell finished with his seventh career double-double with 13 points and 10 assists. Brad Peters finished with a career-high 12 points and Tim Lewis added 11 points as the Gamecocks suffered their 12th straight loss.

Morehead State built a 34-27 lead at the half after shooting 52.0 percent in the first half. Smith sparked the Eagles with 11 points, including three 3-pointers in the first 20 minutes.

“I thought our guys were doing an excellent job with our game plan. We didn’t want to let Reed and McKnight beat us,” said LaPlante.

“We said let’s make Ramon (Kelly) beat us. He had hit only two 3-pointers all season and he had three in the first half. He really came up with some big baskets.”

Morehead State pushed the lead to nine points, 36-27, after McKnight scored inside with 19:06 left, but the Gamecocks battled back over the next three minutes to slice the lead to one-point after Walker Russell sank a free throw with 16:24 left.

The Eagles then pushed the lead back to seven points, 46-39, over the next five minutes, but JSU battled to cut the lead to 50-48 after Anthony Wilson scored on a lay-up with 8:52 left.

“In the second half, they really got into a rhythm in the second half, but we were able to cut the lead down to one point,” added LaPlante. “We just couldn’t overcome the seven point deficit.”

Kyle Hanks sank a 3-pointer from the left side and McKnight scored on a putback to push the lead to 57-50 with 5:25 left and JSU was never able to get any closer than four points.

“The loss is not for a lack of effort. I think we are undermanned at times and we’re suffering from lack of depth,” said LaPlante. “The bottom line is we have to learn to overcome these situations and win a game.”

WOMEN
Jacksonville State women’s hoops downs Morehead State 71-61 in front of 1,013 at Johnson Arena Saturday night.
The Gamecocks used a 22-12 run to close out the game in the last seven minutes to earn its third conference win of the season and improve its record to 6-9, 3-3 in the OVC.

“Tonight’s effort in the ballgame was good. I think it was a total team effort on both sides of the floor for us,” JSU head coach Dave Dagostino said. “I think the combinations we have seen the last couple of games have really worked for us, even though we might have struggled against Eastern Kentucky the other night.”

After the two teams swapped baskets in the first five minutes, JSU went on an eight point lead with 11:57 remaining before the intermission on a lay-up by Cobie Carlisle.

The Eagles climbed away behind an 11-3 run of its own to tie the game at 20 all, when TaNeeisha Johnson hit two from the charity stripe.
The two exchanged baskets in the final two minutes, but JSU took a 29-28 lead in at the half behind Rebecca Haynes seven points.

“To get this win in the conference is good. There is a bit of a log jam in the conference and this keeps us in at 3-3,” Dagostino said. “We have a tough trip coming up next week as well, as we leave for Southeast Missouri State and Eastern Illinois. Right now SEMO is at top. We just have to keep chipping away and get back home.”
The Gamecocks placed four players in double-figures, as they were led by Haynes who finished the night 15 points. Shanika Freeman posted 14, as Carlisle and Kat Fuess tacked on 10 points a piece.

Jacksonville State continues its four-game road trip on Thursday at Southeast Missouri State. Tip-off is set for 5pm and 7:30 p.m. at the Show-Me Center in Cape Girardeau, Missouri.

Smith honored Student-Athlete Spotlight

Amado Ortiz
The Chanticleer Editor

Smith received honors for her work with the Salvation Army in the Woodlands, Texas, participating in numerous projects to help the homeless.

Rooster Readers where athletes go and read to elementary students in the community.

CS: What is your favorite quote?
Ashley: I believe in hard work. Hard work gets you the farthest. No matter what your talent, you have to work for it. You can’t just sit back and expect it to happen. You have to put in the work to get to where you want to be.
Jacksonville State’s own Ashley Smith recently won the HCA-OVC student athlete spotlight award. Ashley Smith, a junior midfielder on the soccer team, was honored with the award sponsored by HCA’s TriStar Family of Hospitals. The award goes to the Ohio Valley Conference student-athletes who are making a difference in their communities.

The Chanticleer Sports Editor
Crystal Arndt: 570
Ashley: on Jacksonville State athletics.
CS: Why did you decide on JSU?
Ashley: Well my graduating high school class had over two-thousand students in it so I knew I didn’t want to go to a big school. The atmosphere was just more personable here at JSU.
CS: What’s the big deal about the award?
Ashley: It is a huge honor. I mean it really is rewarding for student athletes to give back.
CS: Who is your favorite soccer player?
Ashley: Alli Wagner but nobody knows who she is really.
CS: What is your favorite thing to do other than working out?
Ashley: I like to workout.
CS: What is the one thing the Chanticleer readers must know about you?
Ashley: Go Astros and a little upset
CS: What do you do in your spare time, so they can get some rest from competing and stay on top of their school work since they have been on the road the first
CS: What is your favorite quote?
Ashley: I believe in hard work. Hard work always prospers.
CS: What is your favorite quote?
Ashley: I am looking forward to my senior season. Practice starts in February so hopefully we can all work hard.

The rankings, which only take place two times a year are based on the team averages posted during the fall season. The final ranking is released after the NCAA Championships. JSU will travel to the Murray State Invitational on January 29. The OVC Championship will take place in Morehead, Ky., February 19-20.

JSU Smallbore Results
Crystal Arndt: 570
Kari Baldwin: 578
Joseph Hall: 570
James Hall: 588

JSU Air Rifle Results
Audrey McMillin: 580
Kari Baldwin: 581
Joseph Hall: 577
James Hall: 584

Rifle shooting lights out

From Staff Reports
Special to The Chanticleer

Jacksonville State continued its' flawless rifle season this past weekend at the Newkirk Invitational hosted by Tennessee Tech. The Gamecocks tallied an aggregate score of 4628 and were followed by fellow Ohio Valley Conference foe Murray State with a 4651 aggregate.

Memphis placed third (4609) and the host squad was fourth (4573).

James Hall finished first for JSU in both smallbore (588) air rifle (584), while Kari Baldwin finished second in both guns, 578 in smallbore and 581 in air.

With all the success the Jacksonville State’s rifle team is ranked second in the Ohio Valley Conference dominated Collegiate Rifle Coaches Association’s Top 25 list. The Gamecocks have been unbeaten this season and compete in the James Newkirk Invitational this weekend.

The rankings, which only take place two times a year are based on the team averages posted during the fall season. The final ranking is released after the NCAA Championships.

The Chanticleer Sports Editor
Amado Ortiz
The Chanticleer Sports Editor

Jacksonville State’s own Ashley Smith recently won the HCA-OVC student athlete spotlight award. Ashley Smith, a junior midfielder on the soccer team, was honored with the award sponsored by HCA’s TriStar Family of Hospitals. The award goes to the Ohio Valley Conference student-athletes who are making a difference in their communities.

What’s the big deal about the award? Smith is one of many athletes who not only excel on the field and classrooms but also in the community. Smith serves as president of Jacksonville State’s Student Athlete Advisory Committee.

A volunteer coach for soccer camps in the Jacksonville area, she also continues to be active in her hometown of the Woodlands, Texas, participating in numerous projects to help the homeless and children in third-world nations.

The Chanticleer caught up with Ashley to get inside the mind of a soccer whiz.

CS: How do you feel about the award?
Ashley: It is a huge honor. I mean it really is rewarding for student athletes to give back.
CS: What is your favorite soccer player?
Ashley: I serve as president for the Student Athlete Advisory Committee and it is basically like the Student Government Association of athletics.
CS: What does the committee do?
Ashley: We do several service projects in the community. We are putting together three care packages for troops in Iraq. We are sending magazines, dvds and keeping them informed on Jacksonville State athletics.
CS: Anything else?
Ashley: We also do a project called Rooster Readers where athletes go and read to elementary students in the community.

CS: Why did you decide on JSU?
Ashley: Well my graduating high school class had over two-thousand students in it so I knew I didn’t want to go to a big school. The atmosphere was just more personable here at JSU.
CS: What’s in your CD player?
Ashley: The Used but I only like number eight on the CD.
CS: Who is your favorite soccer player?
Ashley: Alli Wagner but nobody knows who she is really.
CS: What is your favorite thing to do other than working out?
Ashley: I like to workout.
CS: What is the one thing the Chanticleer readers must know about you?
Ashley: Go Astros and a little upset with Carlos Beltran.

Track rundown

From Staff Reports
Special to The Chanticleer

JSU Track Breaks Three School Records at Final Day of Niswonger Invitational
Jacksonville State’s track and field team finished the Niswonger Invitational with another strong showing, as three school records were broken by the Gamecocks.

"The second day of the meet was another big day for us," JSU head coach Heath Dudley said. "Sarah Caine got us started off with another school record in the 3000 meters running 10:44.36 and Megan Ziarek followed that up, breaking the school record in the mile while running 5:25.36."

Junior Eboni Matthews finished the 400 meters in third place with a personal best time of 56.23 and later help the 4x400 relay team set a school record of 3:57.93 to finish the day for the Gamecocks.

"Edisha Brown ran a great leg of our 4x400 relay team," Dudley said. "If she continues to work hard she is going to have a great season."

"We can take a lot of satisfaction from this meet knowing we are getting better week by week," Dudley said. "Our next meet will be in two weeks and this will help our ladies with some off time, so they can get some rest from competing and stay on top of their school work since they have been on the road the first two weeks of school."

JSU's next meet comes on February 5th, as they travel to Carbondale, Ill. for the Southern Illinois hosted McDonald's Invitational.
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