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Berkley professor discusses world peace Pg. #



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# Crew of seven changes future for better

By Rofkens Petit-Homme rpetithomme@valenciavoice.com

Family, friends, and members of the aeronautics community joined together to celebrate the lives of seven incredible explorers: Gregory B. Jarvis, S. Christa McAuliffe, Ronald E. McNair, Ellison S. Onizuka, Francis 'Dick' Scobee, Michael J. Smith, and Judith A. Resnik.

These seven astronauts were the flight crew of the Challenger STS 51-L. Tragically, while the shuttle lifted off the platform on Jan. 28, 1986, from Cape Canaveral Florida, the shuttle malfunctioned and took the lives of all seven passengers with it.

The nation watched in amazement as the Challenger reached for the skies only to be stopped midway and turned into a memorial. The Astronauts Memorial Foundation (AMF), founded in 1986, began a progression to remember and dedicate the lives of all astronauts who sacrifice their lives for the nation and the space program.

Dr. Stephen Feldman, President and CEO of the AMF welcomed loved ones to the 25th anniversary Challenger anniversary signifies more than a loss



Breanne Murphy / Valencia Voice Dr. June Scobee Rodgers, wife of deceased Challenger astronaut, Francis "Dick" Scobee, speaks at memorial.

ceremony, with the mood sober and reminiscent.

The wife of Commander Scobee, Dr. June Scobee Rodgers, offered a silver-lining to the people, "We are a nation of innovators, problem solvers, and risk takers." One of the most captivating stories on the Challenger STS 51-L was an exceptional definition to Dr. Scobee Rodgers quote, the first teacher in space, S. Christa McAuliffe. Talking to individuals from all across the country, Mary Salverson

from White Water, Wisconsin, said, "I was teaching at the time that this happened. I hope that this helps many people support space education in the future." Rick Soria is a space educator, and assistant principal of

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Choctawahatchee High School. He and a few others are focused on the future of space education.

Engineers For America Program is an innovative elementary school initiative that promotes science, technology, engineering and mathematics, or STEM, a basic education through hands-on flight, aviation and aerospace activities.

As the recipient of the Alan Shepard Technology in Education Award he had this to say, "Teaching these kids cannot wait until tomorrow; it was supposed to be done yesterday."

With a wreath reading "In memory of Challenger" placed in front of the Space Mirror Memorial established in 1991, family, friends, and members of the aeronautics community placed roses in front of the memorial.

One image stood out among the rest, children learning about the sacrifices made for them, so they can embrace the spirit of exploration, technology, and innovation.

Ronald Reagan said it best, "The future doesn't belong to the fainthearted, it belongs to the brave."

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# To catch a stalker

# Valencia Volunteers host stalker awareness event

#### **By James Tutten** jtutten@valenciavoice.com

The openness of the digital community has caused virtual stalking to become increasingly common in the modern age. Stalking Awareness Month, and its sponsors, try to help individuals around the nation stay safe and informed about the dangers of predators.

Information Stands, organized by peer educators and Valencia Volunteers, guided students in the lessons of stalker awareness. Valencia Volunteers member. Angelique Mulligan said, "We are working to spread information about stalker awareness and sexual assault awareness this month," when asked about the mission of this event.

aged 18 to Persons 24-years-old make up the highest percentage of stalking cases, and stalking, on average, affects 3.4 million Americans a year.

Stalking can be a single act to a series of acts centered on



Sebastian Arbelaez / Valencia Voice Cally Papageorge (Left) and Angelique Mulligan.

causing fear in a specific person. Seventy-five percent of with large numbers of people victims are stalked by someone they know, with nearly half of all victim's receiving at least one unwanted contact per week.

Thirty percent of victims are stalked by a current or former intimate partner; one in five of these cases involves the stalker using a weapon to threaten or harm victims. Stalking is a crime in every state with misdemeanor charges for a first-time nonviolent offense, and felony charges for a second offense.

Widely used social media

Web sites share information on the Internet. Users of social media should limit the personal data they release, and utilize all security and privacy settings to safeguard their information.

An annual event, the awareness theme for this month is "Stalking: Know It. Name It. Stop It." This is meant to challenge people to fight this crime by learning more. Communities and individuals are encouraged to report stalking cases to the authorities and promote general safety and awareness.

# War games take place at West Chess tournament keeps students' boredom in check

By Christopher Ortega cortega@valenciavoice.com

Chess is one of the oldest games known to mankind and has attracted many players throughout the ages. It's a game that involves intellect, courage, strategy and respect, and it's alive and well on Valencia's West campus. Thanks to the chess club, friendships have been formed and game play strengthened. "I think it keeps your thinking very clear, keeping your mind muscle



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strong. It teaches you how to think before you move and has helped me in all aspects of

*"It teaches you how to* think before you move and has helped me in all aspects of my life." *—Barry Hyman* 

my life", says Barry Hyman, a player for 13 years, whose strategic moves led to an impres-

sive winning record during Saturday's chess tournament. Barry Hyman won the title with a humble attitude.

The Valencia Chess Club plans to organize two more tournaments before the semester is over, and invites those who are interested in meeting other chess players, to stop by the meetings and play sometime. Those who are interested in the club or how to enter a tournament can contact Justin Bonilla at: jbonilla15@ mail.valenciacc.edu.

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# **East campus students go clubbing** 'Club Fair' provides opportunity for students to get involved

#### By Shannon Metherell smetherell@valenciavoice.com

The Student Government Association had set up tables with individual clubs to promote the club fair. They hosted this event on East campus Thursday, Jan. 27.

With their military uniforms and the training techniques using the pull up bar, the Valencia Veterans Association stood out the most. Many of the club's activities in creating a brotherhood include recruiting them around campus, helping homeless veterans, and even taking a trip to the gun range with UCF. "We like to help come together and try to help veterans transition into school life" stated president Donald Gibson. The goal for the Asian Culture and Entertainment club, as Sarah Jackson stated, "is to introduce the asian culture and entertainment through shows, music, and movies." It is a club that is interested in expressing and learning about the asian culture while encouraging students to take part in their upcoming activities. "We are going to Mori Kami Museum, a Japanese fair and we are holding a Masquerade Ball on April 1st" expressed Chris Ortega, the president of the Asian Culture and Entertainment club.

While some clubs at Valencia are meant to just educate the members in the club about a certain subject, Amnesty International is meant to inform. "All Rights for All People" is their slogan and they



Shannon Metherell / Valencia Voice Valencia Veterans Association members display their patriotic pride during 'Club Fair' on Valencia's East campus

deal with enforcing human rights such as the death penalty, child soldiers, human trafficking, domestic violence, poverty; as well as lesbian, gay, bisexual, and transsexual, LGBT which is the right to love.

Unlike Amnesty International, Model UN works as a simulation to demonstrate how the United Nations works with America. Members in the club are divided into Delegates that represent each country, and they all work together to demonstrate the reality of what the nation has to do to get along and deal with the United Nations.

Acedemics are important to any college student, so Phi Theta Kappa had their own table at the club fair reaching out to students explaining to them the benefits of graduating with Phi Theta Kappa on their backs. "We put our people to a higher standard," said the vice president of Fellowship, Tony Hall. Phi Theta Kappa is the honor society at Valencia that helps students exceed in their studies by setting a expectation that allows them to graduate first in their line, as well as get letters of recommendation into jobs and other schools. With the help from the Career Center, they can find the right path in any career. From guidance in interviews to a ten page report on any job, the Career Center can help.

When it comes to hobbies, there seems to be a trend in the arts. In the Visual Arts Club, fine and graphic art is what they focus on, but according to the President, April Burns, "we are an extra hand to art students and try to provide as much information as we can." Similar to the Visual Arts Club, the Graphic Design club help students interested in graphic design by providing side projects to give them. Each club provides workshops and guest speakers to the members to lead them in the right direction referring to their art interest. The Film and Video Club allows

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Shannon Metherell / Valencia Voice A member of the Asian Culture and Entertianment club

students who are interested in acting, directing, producing film into their club, no matter the experience one may have. Vice president Anthony George explained that the club tries to be fun by creating short films and movies to practice the talents. "Maybe they can be entered into the film festival" states George.

Every fall and spring, SGA hosts the club fair to provide "extracurricular activities to make students feel at home" states president James Fremming. Not only do the different clubs get to recruit new members, but it helps "students know how to mingle as well as be involved in their academics" expresses Roger Cruz, the senator of community relationships. SGA's goal when it comes to the club fair is to get students motivated by giving out information about clubs to get students involved with people who have the same interests, but also to have fun while attending school.

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# **Prostesters in Egypt erupt** Cairo streets flooded by angry rioters

Al Jazeera MCT

Egyptian protesters have called for a massive demonstration and a rolling general strike on Tuesday in a bid to force out president Hosni Mubarak from power. Our producer in Egypt reports on the latest developments The so-called April 6 Movement said it plans to have more than one million people on the streets of the capital Cairo, as anti-government sentiment reaches a fever pitch.

The call came as Mubarak swore in a new cabinet in an attempt to defuse ongoing demonstrations across the country. But opposition groups say personnel changes will not placate them and they will continue until the president steps down. "The whole regime



Michael Robinson Chavez, Los Angeles Times / MCT Anger boils over during the 'Day of Rage' in Egypt.

must come down," Hassan, a construction worker and protester told the Reuters news agency. "We do not want anyone from Mubarak's retinue in the new government, which the people will choose. We want a civil government run by the people themselves."

Tens of thousands of people are continuing to demonstrate in Cairo's Tahrir square after hundreds remained camped out overnight, defying a curfew that has been extended by the army. There is a heavy army presence around the area, with tanks positioned near the square and officers checking identity papers.

One of Al Jazeera's correspondents said military attempts to block access to the square on Monday by closing roads was not working as more people were arriving in a steady stream. "Protesters say they'll stay in this square for as long as Mubarak stays in power," she said.

Protesters seem unfazed by Mubarak's pledge to institute economic and political reforms. Our correspondent said people feel that such pledges "are too little, too late." Al Jazeera reporters in Cairo also said police had been seen returning to the streets, directing traffic, after being absent since Friday. One correspondent said. "The absence of police has given looters a free rein, forcing ordinary citizens to set up neighbourhood patrols. Many people are wondering where the police disappeared to. "There are two schools of thought as far as the police are concerned: One is that many of them decided to join the protesters. "The other is that the regime was saying to the people, 'You want to protest. We'll pull back the police and you feel what anarchy feels like'," our correspondent said.

After deadly clashes in which around 125 people were killed in Cairo and other cities, protesters complained that police were using excessive force. But



an Al Jazeera correspondent said some locals greeted police as "long-lost friends" on Monday. "It's almost as if the population of Cairo is suffering from selective amnesia ... We saw one small boy carrying a tray a of tea to a group of policemen. Another man got out of his car, kissed and hugged the policemen."

As the protests continue, security is said to be Meanwhile, many people are reported to be deteriorating and reports have emerged of sevpanic buying in Cairo amid the unrest. "I walked eral prisons across the country being attacked and fresh protests being staged in cities like Alinto a supermarket and saw complete mayhem," an exandria and Suez. Thirty-four leaders from the Al Jazeera correspondent said. "People are stocking up on supplies as much as they can. There are Muslim Brotherhood were freed from the Wadi very few rations available in the stores. They are Natroun jail after guards abandoned their posts.

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Michael Robinson Chavez, Los Angeles Times / MCT Thousands gather in Cairo to protest Egyptian president Hosni Murbarak who has been in power for 30 years.

> running out of basic supplies, like eggs, cheese and meat. Deliveries have not been coming for days." Chaos has also been reported at Cairo's international airport, where thousands of foreigners are attempting to be evacuated by their home countries.

#### **OPINION** FEATURES SPORTS Author pays tribute to Dr. King Dr. Michael Eric Dyson speaks on being black and civil rights

#### By Gabriella Marin gmarin@valenciavoice.com

Renowned author, Dr. Michael Eric Dyson visited Valencia Community College last week to speak to students about Martin Luther King Jr. and racial equality in America.

During his hour-long speech, Dyson primarily paid tribute to Martin Luther King Jr. "He wasn't a formal politician...," says Dyson, "and yet he was able to exert such profound influence over American events and the flow of public life around the central issue of American life, which is race."

Race is a topic that Dyson feels strongly about. Aside from doing research, he is a man who speaks American life as a young, black boy. He tells of the times when there were water fountains labeled "colored" and when blacks were looked negatively upon.

"When they weren't treating black folk right, they weren't treating Americans right," said Dyson of the treatment of African-Americans during the Civil Rights movement. Dyson talked about the "dehumanization" of colored citizens and compared that to how animals were treated. "If they treated animals the way that they treated us then I wonder how they treated their own pets."

Dyson also strongly addressed some obvious misconceptions people have of racial equality in today's society. When speaking of successful public figures, such as Barack Obama and Oprah Winfrey, Dyson made it clear that the success of few folks doesn't save all folks. "One black man who's done extremely well cannot offset or balance out the extraordinary difficulties that other people of color endure."

Dyson points out that the public cannot assume or conclude that a certain group of people is doing well just because one person of that group has done well. "While there's been enormous progress, the struggle for equality remains," he says.

"He's controversial which makes from experiencing the struggles of him even better because he says the truth" says SGA's Jayce Victor of Dyson's unique approach. "He was phenomenal; he was able to keep you on your seats...You didn't want to get up for water or a bathroom break. If we continue to have people like Dr. Dyson speak out for the truth, we'll be able to change the world." Victor was left hopeful for change after the presentation.

> The event, attracting over 150 people, was primarily organized by Dyson's long-time friend, Gerald Jones. Dyson met Jones during a 1998 UCF diversity week presentation . "It was an 'ah-ha' moment



Gabriella Marin / Valencia Voice Michael Eric Dyson spoke to students and signed books after his lecture on East Campus. The speech was attended by over 150 people.

meeting. "Ever since, I've been a huge fan."

Dyson's "controversial", yet mesmerizing ways of speech grasp the attention and get through to younger audiences. "Dr. Dyson understands the student. He relates to the student. He understands the culture of the 21st century student that we have on the college campus today," says Jones.

The reason why Jones wanted to bring Dyson to Valencia...? "I wanted to create the same experience that was created for me as a student at UCF back in 1998. I wanted to give Valencia students the same opportu-

for me," says Jones about their first nity, and I believe I did. The students connected with him and he has the gift of doing that."

> Dyson hosted a book sale and signing after the event.

A sociology professor at Georgetown University and author of 17 published books, Dyson is also the host of "The Michael Eric Dyson Show" where he discusses current events and important topics such as race, sexual orientation, immigration and hip-hop culture. "It's interesting and it's fun," says Dyson. He has interviewed many celebrities including Oprah Winfrey, Jay-Z and Lupe Fiasco.



**United States Secret Service Representatives from the United States Secret** Service will conduct on-campus informational sessions about career opportunities. Wednesday, February 15, 2011 Time: 9:30am – 11:30am **BLDG. 8 RM 101** Valencia Community College - East Campus www.secretservice.gov/join **Equal Opportunity Employer** • TTY: 202-406-5390

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# The harms of factory farming Keeping produce price low is not always the healthiest idea

In the United States it was recorded that adult citizens consumed close to 275 pounds of meat per person this past year. With new shows like BBC's "Kill It. Cook it. Eat it," Americans are starting to see many reasons why paying attention to this country's methods of factory farming might be in their best interest.

As the current population grows to rates previously unimaginable, food production and food consumption are issues that have gained large amounts of attention recently. This is especially true concerning the production of edible products on a mass scale.

Unlike the conjured mental images of years past, the term "farm" means something very different now then it would have ever meant before. Consider that most food in the nation, specifically meat products, do not come from the free roaming fields as they once did.

For years, organizations such as the Humane Society and PETA (People for the Ethical Treatment of Animals) have fought for the better treatment of animals subject to many terrible procedures and conditions produced by the modern factory farm.

Rampant among these facilities are conditions such as restricted cage sizes, limiting the natural movement and behavior of the livestock, unnecessary castration of pigs, and the amputation of tails from cows and beaks of chickens.

Providing sub-standard and unnatural living conditions for these free roaming grazing animals would be enough to concern even the most mild animal lover. In many studies, pigs have been documented to be more intelligent than the domesticated dog.

Still many of the atrocities committed in these factories go unnoticed, or ignored by a large percentage of meat-eaters in this country. Considering that these farms produce meat with such efficiency and ultimately keep the price of products low, it is no wonder that many people would rather not think about where their food comes from.

For some, not even the worst conditions inflicted upon these creatures are enough to drive the point home. But there is a side



Keith Myers, Kansas City Star / MCT Hogs are raised inside these climate-controlled buildings.

to the issue that most would agree effect them daily: their health.

In order to maintain the weight and health of these animals in their confined accommodations it is necessary to heavily medicate cows, pigs, and chickens with antibiotics to prevent diseases from killing them.

This precaution might seem like a sound idea if it wasn't for the fact that these heavy doses of immune boosters and growth hormones were making their way into our burgers, wings, and ribs every day.

With generations being exposed to these chemicals in their food daily, the full effects of factory farm produced food and meat products can't be fully predicted. With the correlation between an increase in American obesity and the amount of meat consumed yearly by individuals, now is the time to really consider the true price we pay for eating cheaper.

Equally as important is the price that these farm animals pay for our need to eat cheaper.

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### **SPORTS**

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#### **NEWS**

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# To leave, or not to leave

#### **By Rofkens Petit-Homme** rpetithomme@valenciavoice.com

Home sweet home, the lair, the cave, la maison; there are many ways to call the place where you rest at night, but while living with mom and dad, the mind is forced to wander.

A multitude of students choose to live at home during the university or college years, compared to the portion that live in dorms or a bit off campus. Many opportunities tend to present themselves: free room and board, three meals a day, plus snacks, no life-altering bills, and the occasional cash perks.

On the other hand, you have the Ramen noodle diet, the pile of unwashed clothes, working while barely making rent, salvaging pennies in the clubhouse lounge, making the two-week check-up call to wire money into the bank account and the freedom to do what you like that comes with living on your own.

While the latter option may sound far less advantageous, it really is the best option to move out.

The collegiate experience is like no other, the time where you can become prepared for the real world. Decisions made during this time will either break you or make you.

Yes, it is difficult, but at the end of it all, the one left standing will be you, regardless of what happens. Good choices and bad choices will be made, but being on your own means those are choices made by you.

Granted, being away from the nest can cause a mental wear on the mind, but as they say, "What doesn't kill you makes you stronger."

But as a good friend of mine once told me, "Why would I accumulate a large amount of expenses when I'm living thirty minutes from my parents, it doesn't make sense."

As positive as moving out is, it is not for everyone, especially if the cost is too high. The current cost of rent near UCF is between 500-1,000 dollars. Combined with the costs of school, books, food and other expenses, it's no wonder why many choose not to.

The fact of the matter is moving out expands your education beyond school. When the time comes for you to make the important choice between books and food for the month, Ramen noodles doesn't sound so bad.



"I am for living at home because I am one of those students. It saves money."

-Kaileyanne Homan



"It saves money but holds students back and makes them pendent."



more dependent instead of inde-

to live at home. It's financially beneficial."

-Martin Bass



"It's convenient, benefits students financially and makes things easier."



"I do it because it saves me money and I don't have to work that much."



"I don't mind the idea that much but I'd rather live with other students in a dorm."

-Marcos Peres

—Maria Saavedra

# **SPORTS** What do you think about living at home?

—Felipe Amorim



"I live at home, and it's nice because I have family to lean on."





"I live independently and it's a lot harder. Staying at home really helps though."

-Jasmin Loney

—Alex Romano

#### **NEWS**

#### **OPINION**

# Why can't we all just get along?

#### **By John Scolaro Special to the Valencia Voice**

Several years ago, my wife and I found our way to Tucson, Arizona to attend a Retrouvaille Conference, which is a Catholic-sponsored program to help couples of all faiths and those with no faith tradition, heal and renew their marriages. Since this was our first visit to Tucson, we decided to take a casual stroll down one of Tucson's main streets before returning to the conference. During our walk, we passed by a music shop outside of which was a young male vocalist-composer behind a stack of CDs he was offering for sale.

What really grabbed our attention, however, was his pet cat, which was perched, on the sidewalk in front of his CDs. And then, to our surprise, we also noticed that his pet mouse was perched on the back of his cat. Both of these pets sat motionless. Right next to them was a small sign which said: "Why can't we all just get along?"

That perceptive sign struck a chord in us that will live with us forever, especially now after the bizarre Tucson shooting at Representative Gabrielle Giffords' "Congress on Your Corner" public meeting on Saturday, January 8th. Despite the loss of 6 lives on that tragic morning in Tucson as well as the serious injuries sustained by 19 other victims of such a horrific event, here is what I think that simple sign, placed beside those two pets, might teach us:

1. Conflicts or differences of both a political and personal nature will never be resolved at the end of the barrel of a gun! Dialogue and debate, driven by respect between and among those with whom we disagree, is the better and more viable option to embrace. This option requires us to listen attentively to the views held by our opponents and to engage them fairly in an ongoing discourse. Doing this will never result in anyone's death or serious injury!

Our Retrouvaille experience taught us that. It's also what I have invited my students to embrace at the college where I have taught now for almost 22 years.

2. Don't wear your feelings on your sleeve. Even Plato, the Greek classical philosopher of antiquity, extolled reason as the highest form of knowledge. According to Plato, emotions occupied the lowest level of his hierarchy of knowledge simply because he knew that our emotions often skew our better judgment. This becomes rather obvious based on the children's fairy tale, "The Three Little Pigs and the Big Bad Wolf." In the best known version, published in 1890, the motives of the wolf were misunderstood by the pigs. So, they ended up boiling a pot of water into which the wolf plunged, by sliding down the chimney. The pigs were convinced that the wolf was up to no good. However, the revised version of this original children's fairy tale, published in 1989, reveals that the wolf found his way to the pigs' houses to innocently ask them for sugar so that he could bake a cake for his dear Granny's birthday. In other words, the wolf was never as bad as the pigs thought he was.

Apply this to any issue and the degree to which our response to the views expressed by others are, more often than not, driven by our emotions rather than by reason will be obvious. This is what often causes us to act in ways that we may later regret. Isn't the true balance between one's emotions and reason the more viable option?

If so, then perhaps, unlike the pigs, we can avoid the jaundiced view of others, often embraced, whenever our emotions get the best of us. We might even be able to answer the question posed by that sign my wife and I saw on that Tucson street several years ago: "Why can't we all just get along?"

# **FEATURES**

# **Endorsement or** career cover-up? Michael Vick re-enters the public limelight

By Camilo Echeverri Bernal cecheverribernal@valenciavoice. com

Michael Vick, Eagles quarterback and dog-killer. Ring a bell? With the diligent aid of his friends (Purnell Peace, Quanis Phillips and Tony Taylor), he forcibly drowned, maimed, shot, and electrocuted these creatures (and perhaps more) all over the course of five years (2002-2007).

Dog fighting is the least of their crimes. Vick watched these animals as they tore each other up and bled. Often times, the dogs were purposefully deprived of food and sleep to make them more vicious and pugnacious. They were pushed to the very edge of their physical limits. Vick paid for these activities in South Carolina and Philadelphia out of his own pocket.

His petty excuse for a sob story only further exemplified how contrite he was, how wrong he was, and how he was unable to stop once started. His supporters seem to believe ball games and athletic wear in



back in the NFL. This seemed more like a performance. Vick's two year endorsement with Unequal Technologies took place last week, on Jan. 25. The company produces protective pads worn in foot-

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it. Though it may just be his skill, they see worth forgiving and forgetting his crimes. Vick publicly apologized for his actions and said he was a changed man, shortly after his release from prison in 2009 and prior to his admittance

Dan Honda, Contra Costa Times/MCT Michael Vick.

general. Rob Vito, President of Unequal Technologies seems to think Vick deserves a second chance. Vito is a dog-owner himself. In a recent interview, Vick said that being endorsed and wearing Unequal Technologies gear made him feel invincible. I wonder if he felt invincible when he was slamming dogs against the walls and concrete floors, or watching the light leave their defenseless eyes.

The Eagles went to Unequal to get some gear for Vick, as they thought he needed it, so that he would not get hurt during the games since he apparently tends to get extra rough...

According to Unequal Technologies, Vick is the first paid endorsement as far as athletes are concerned. Why the peculiar choice?

Allegedly, Vick paid his debt to society through community service and manual labour. The Eagles quarterback now has a semi-blank slate in the eyes of the American public. Vick has used this to even advocate against underground dog fighting.

Unequal Technologies has refused to release any further details concerning the amount of money they will give Vick. They plan on doing so during their press release before or after the Super Bowl. I bet PETA has a piece of their mind to give to these people.

<sup>-</sup>John Scolaro is a professor of humanities at Valencia College

### **OPINION**





Collin Dever / Valencia Voice

Michael Nagler delievered his workshop on nonviolence, based on his book, to students and Faculty on the East Campus

# **Creating a non-violent future** Berkely professor shares his vision for peace world wide

#### By Collin Dever cdever@valenciavoice.com

Violence has been a byproduct of the human condition since our arrival on Earth. It would seem, given history, that it is an unavoidable repercussion of coexisting humans.

There are some who believe that as humans we deserve better; that violence is not inevitable but avoidable through conscious decision.

Dr. Michael Nagler, professor Emeritus at the University of California Berkley, has dedicated his

entire life to this ideal and believes that if humans did not alienate themselves from one another, peace could be found.

Author of "Search for a Nonviolent Future" and current President of the Metta Center for Nonviolence Education, Nagler took time last week to teach students and faculty how to remove violence from their lives and promote peace.

According to Nagler, there are five steps to nonviolence, and once you master all of them you can move onto a big project that helps humanity.

**Continued on Page 10** 

# **Family fun for little ones** Orange County libraries offers stories for kids

By Maraya Figueroa mfigueroa@valenciavoice.com

The kids are running around and you find yourself out of activities that haven't already been done before. What to do? The Orange County Libraries are here to save you. They offer free educational activities for parents and children. It ranges from "Tiny Tales" (birth to 18 months), "Toddler Times" (18-36 months), "Story Book Fun" (3-5 years) and "Family Story Time" (all ages).

Those are just the story book events but there are many more activities to take part in. The readings change times, locations, and vary from branch to branch but they have a detailed calendar that can be picked up at any Orange County Library. The readings only last 15 minutes for the youngest group and go up five minutes the older the group.

There's a variety of storytellers and on Friday, Jan. 28 at the Alafaya Branch Library, Nancy Waldman was the storyteller. She is a professional musician and believes music is an important factor to be incorporated into the readings. She has been a storyteller for six years. "It's important the kids learn natural sounds and be able to identify them. We require parents to stay and

"It's important the kids learn natural sounds and be able to identify them. We require parents to stay and won't let them leave their kids here; it reinforces the importance of parent-child time," Nancy Waldman said.

The group atmosphere provides opportunities for kids to socialize with others and for parents to meet other parents. Her main point is that socializing and learning while interacting are very important to the developmental process.

It was a full house consisting of 15 adults and 23 kids for "Toddler Time." The class starts off with counting, reciting the alphabet, then leads into creative thinking and the book of choice. "Who said Moo" by Harriet Ziefert and Simms Taback was the book for the "Toddler Time," which taught the ability to identify animal sounds and

# SPORTS



Photo by Maraya Figueroa / Valencia Voice library offers story times for all ages with various storytellers reading to the children

"Do you see the twinkling stars?" she asked.

A little girl named Jett Martin, age three, whispered to her mom, "Mommy! I see the twinkling stars! I see them!" Melissa Martin, mother of Jett, said, "I've been coming for almost two and a half years. There's always a change in the amount of kids and the readings help Jett pay attention and listen better."

#### **OPINION**

## **FEATURES**

# Pacifism could save humanity from itself

**Continued from Page 9** 

#### Learn Nonviolence

Looking into the history of nonviolence, two names that cannot go without mention are Mahatma Gandhi and Martin Luther King, Jr. Their movements had both scale and intent according to Nagler.

The important thing to remember is that it is not only the great leaders of nonviolence that can make an impact; anyone can practice nonviolence on a daily basis.

Nagler believes a key factor that we must all avoid is, "if you lose awareness so totally of the value of another human being then you de-humanize yourself in the process."

#### **Disconnect** yourself

Our society is plagued with violence, and we are bombarded through mass media with violence from movies, video games, and even the news.

With the advent of the 24-hour news network, information moves at lightening speed. A key example is the recent tragedy in Tucson. News continued to flood in on what had happened, while everyone failed to ask the question of why it had happened.

"The reason we are so fast is we are fascinated by the surface," said Nagler. "We would be slower if we were looking for basic principles, because basic principles don't change."



Don Burlinson / Valencia College Student John O'Keefe patienetly waits for Dr. Nagler to sign his book. 'A Search for a Nonviolent Future' recieved the American Book Award 2002.

#### Articulate Vision

Nagler received his PhD from Berkley in Comparative Literature in 1967. He has spent over 40 years is the field of academics. Often he uses his education to make points on morality through the classic writings of history.

"I think education has to recover its purpose, and that purpose is to enable the full development of the human being."

Sri Easwaran, a spiritual mentor to Nagler, believes the problem in America is that we educate for the head only and not the heart.

Schools should begin to see their role as teaching knowledge as well as morality. We cannot be fully realized individuals without knowledge of how things are as well as how we must act.

Nagler met Sri Easwaran in 1966 when he was a resident scholar at Berkley. He taught Nagler in the ways of meditation, adding a greater depth of spirituality in Nagler's life.

#### **Spiritual Practice**

There are some problems we face and questions that need answered that we can only workout in spiritual practice according to Nagler.

For him it has been lifelong process that requires an acknowledgement that we, as people, come into this world alone, we must find the capacity to overcome this separation, which culminates in the fulfillment of a universal unity.

Nagler feels with each new area explored and understood, he gains deeper insight and wisdom to help him in his path.

The important thing to remember is not a promotion of any specific spiritual practice, just the importance of a religious component in life.

## SPORTS



Collin Dever / Valencia Voice Dr. Michael Nagler, author of 'The Search for a Nonviolent Future,' graced Valencia students and faculty with guided meditation, workshop, and lecture.

#### **Rehumanizing Relationships**

It is important for us to treat each other as equals and to realize that we have inherent similarities as humans.

Nagler believes that it is when we view people as "others," and different from ourselves, it allows us to treat them differently, even less human.

If we believe each one of us to be equal and the same then we can treat everyone peacefully because, like Nagler said, "Diversity belongs on the surface, unity belongs underneath."

#### OPINION

#### **FEATURES**

# **Return to space spreads terror** 'Dead Space 2' defines the survival-horror genre for a new generation

#### By Jonathan Terbeche jterbeche@valenciavoice.com

**Valencia**Voice

When the first one was released, fans didn't know what to expect and they didn't know how much they needed a good scary game. I'm of course speaking of the original 'Dead Space.'

What that game did so well, what the sequel continues, is an amazing atmosphere, a sense of isolation, seclusion, vulnerability, and of course, incredibly satisfying combat. Though the sense of isolation is slightly diminished due to the game's new location, all of the other elements remain.

The original 'Dead Space' took place on the damaged, infected spaceship, USG Ishimura. The main character, Isaac Clarke was sent their as part of a recovery mission, then suddenly thrown into a hornet's nest of nightmarish events. This time around, Issac is not so helpless.

In 'Dead Space 2' Isaac wakes up three years after the events of the first game on the Titan moon space station, the Sprawl. Being a space colony, there is a definite sense of life and realism, as more characters inhabit the world. While this may slightly detract from the isolation, it doesn't do away with it completely, as the majority of the game will still be spent alone.

Having survived the terrors of the Ishimura, Issac is hardened and not taking orders this time around. This is also shown by the amount of weapons, armor, and power-ups available.

Favorites like the plasma cutter make a return, but new additions like the javelin gun, mine gun, and seeker rifle introduce some rather interesting gameplay options. Having both primary and alternate firing modes, each weapon has numerous uses, and finding the correct combination for

> each combat scenario is one of the most satisfying experiences in gaming.

Not only have the weapons seen an upgrade, but Issac's suit has as well, with flaps and boosters for flight. This becomes useful for the game's improved zero-g segments, which are experiences you will only find in 'Dead Space 2.'

What makes this a great horror-survival game is the incredible level design and memorable scripted sequences. Having to conserve ammunition and health while walking down an almost



Screenshot / ea.com The Necromorphs lurk in the shadows of the Sprawl.

pitch-black hallway, when all of a sudden a giant monster comes crashing through the floor, can certainly get one's heart pumping.

Not only is the level design and combat great, but the graphics and sound design are incredible. Looking at the detail of a toy store, with numerous toys and ads, when ominous, child-like sounds play in the background, goes a long way towards adding to the immersion of the game.

If there were any part of this game that was bad, it would be the fact that it is too difficult. Even on the normal difficulty setting, dying dozens of times will be commonplace. Not to mention there are three more settings above that. But seeing as how some players expect that, it may be a great thing.

So the question remains, should you get this game? If you love survival games, satisfying combat, science fiction, and if you have the stomach for it, then there's no question. Go play 'Dead Space 2.'



Screenshot / ea.com Issac fires his plasma cutter at a horde of Necromorphs waiting to attack.

# SPORTS

## 'The Rite' wrongs fans

#### By Andresa Knight aknight@valenciavoice.com

Directed by Mikael Håfström and starring seasoned actor Anthony Hopkins, along with costars Colin O' Donoghue, Alice Braga and Ciaran Hinds, "The Rite," is a thriller movie that follows in the footsteps of many other exorcism films.

This seems to be another overdone thriller exorcism involving priests, nuns, and demonic beings right from the start. "The Rite," however, is supposedly based off of a true event and based on facts from the book, "The Making of a Modern Exorcist" written by Matt Baglio.

The story follows a mortician-turnedseminary student, Michael Kovak, played by O'Donoghue. He meets a very unorthodox priest who opens up the dark side of their religion.

Kovak develops a friendship throughout the movie with a reporter in his class, Angelina (Braga), who has been asked to write an article on the seminary classes for the newspaper.

Encountering certain evils Michael Kovak (O'Donoghue) and Father Lucas (Hopkins) embark on a journey of strange exorcisms and dark events which leads to Michael learning about the other side of his faith. The basic message of the film is that the devil is real and can reach even the holiest places on Earth.

"I really expected more action," said audience member Khalel Daniels. "However, I did enjoy the story line."

Offering moderately scary Roman Catholic "Ah-ha's," this film definitely does not set itself apart from the average exorcism film. Thanks to Hollywood viewers have yet another pathetic, watered down spin-off to William Friedkin's "The Exorcist" (1973).

#### **OPINION**

### **FEATURES**

# **O-town plays host to international bands** Tokyo Police Club and Two Door Cinema Club rock Orlando in 2 packed venues

#### By Evelyn Ortega and Veronica Figueroa eortega@valenciavoice.com vfigueroa@valenciavoice.com

Many fans were risking fines and their cars getting towed for parking in front of other stores during Tokyo Police Club's and Two Door Cinema Club's in-store performance at Park Ave CDs.

"I would risk that, just to hear Alex's voice," Nicole Bell said while the store manager gave everyone in the packed shop another warning. She was speaking of Alex Trimble, lead singer of Two Door Cinema Club, one of the two bands that were scheduled to show up.

Thursday night Winter Park welcomed these two international bands touring the United States: Tokyo Police Club and Two Door Cinema Club.

Tokyo Police Club came from right across the northern border; Ontario, Canada. The four band members, Greg Alsop on drums, Josh Hook on guitar, David Monks on vocals and bass and Graham Wright on the keyboard and percussion came to be in 2005. The band finally released their first full length album, "Elephant Shell" in April 2008, which was followed by numerous sold out shows in cities like Toronto, New York, Los Angeles and now, Orlando.

Two Door Cinema Club traveled a much longer commute all the way from Northern, Ireland. The three band members meet at the age of 15 in school in a town close to Belfast, Northern Ireland. Vocalist and guitarist Alex Trimble and bassist Kevin Baird studied music together; guitarist Sam Halliday was a friend of Alex's. The trio originally formed a rock band with a drummer, but after he left the remaining members continued on using a session drummer only for live shows.

Park Ave CDs has held many in store performance in their funky, quirky headquarters. As soon as you walk in you can see all types of artist and bands posters throughout the walls, rows of various genres of music from new releases to the rarest vinyl and an incredible stage. Tokyo Police Club stepped into the stage and they began the show giving thanks for everyone who came out to the show risking their cars's well-being.

"I wasn't able to get tickets to the show and couldn't miss on a chance to watch them for free. I prefer Tokyo Police Club my favorite song is "Wait Up." I really hope they play it tonight. They might not have too much time to sign stuff but I would love to get an autograph," Valencia student, Marie Battad, said.

When Two Door Cinema Club began to set up, lead singer Alex Trimble apologized for the technical difficulties they were experiencing. While they waited for the issues to be fixed, they mentioned that they loved Orlando and had spent all day at Universal Studios.

After playing at Park Ave CDs, the bands graced downtown Orlando's The Social with their presence once again at a sold out show.

mance, but nonetheless it was great. They played songs Doors opened at 8:30 p.m., but it would be another from their first and second albums, including "Bambi" hour until TDCC took the stage, and the opening band wasn't helping. The Missouri-based band, called Someand "In a Cave." one Still Loves You Boris Yeltsin, can be found at http:// "This show was great. Both bands have two very different styles, but I felt that they were super good together. www.myspace.com/boris. They were sweating profusely and not playing to their full capacity, but they were They should have reversed the line up though and let Toopening for two great bands, so who can blame them? kyo Police open for Two Door," said Louie Diaz, a fan When the alternative/electronica band, TDCC, fiand Valencia student.

When the alternative/electronica band, TDCC, finally came out, they rocked the stage. They sang some of their more popular songs including "What You Know" and "I Can Talk." During the "I Can Talk" performance, the fans were all over the place. The combination of jumping and the strobe lights added to the hipster insanity. and Valencia student. Both bands sounded great live and the fans really enjoyed the show. For the finale, Two Door Cinema Club and Tokyo Police Club did a cover of "Last Night" by The Strokes which was pretty much everything the fans could have wanted.

They played for an hour, then Tokyo Police Club came out half an hour later and Dave Monks, their lead singer, along with the band, jumped right into their hit song "Favourite Color." Their genre is indie/pop, so there was a lot less bouncing fans during their perfor-



Tokyo Police Club / Facebook TPC members: guitarist Josh Hook, keyboardist Graham Wright, drummer Greg Alsop, and vocalist Dave Monks.

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# SPORTS



Park Ave CDs / Facebook

### **OPINION**

### **FEATURES**



University of Central Florida guard, Marcus Jordan, attempts to step over University of Alabama player for the shot.

# UCF chokes under conference pressure "We played well enough to win the game tonight,

# Knights lose 6th game in a row after a 13 non-conference winning streak

#### By Bryan Levine blevine@valenciavoice.com

Will the real UCF Knights please stand up? After dominating the non-conference games with a perfect 13-0 record and topping out at 17th on the ESPN rankings, the University of Central Florida Knights have not faired the same since entering conference play.

After winning their first game in conference against Marshall, the Knights have lost their last six contests, including Saturday's game against the University of Alabama at Birmingham where the Knights were simply out matched late in the game when it mattered the most, losing 74-69.

The Knights were led by Center Tom Herzog who scored 20 points and guard Marcus Jordan wasn't too far behind with 15 points and five assists.

Both were available for interview after the game and both of them appeared very defeated.

"Its our defense right now," said Jordan. That's something the head coach Donnie Jones agreed to as well. The UAB Blazers were 10 for 20 from beyond the arc.

The Knights have been missing speedy guard AJ Rompza, who is out with a foot injury, and it showed against the Blazers as they were able to quickly move the ball around the court leading to wide open shots.

but that's not what happened," said Jones after the game. In the second half the score was tied nine times and there was 10 lead changes. Throughout most of the second half it seemed like the Knights were playing like the 14-0 Knights, motivated and getting fast break dunks, but once they lost the lead with two minutes left the Blazers were in the midst of a 10-3 run.

In that span they went from being a team that hustles and seems motivated to being a team that seemed over matched and defeated; almost as fast as they went from being a nationally ranked undefeated team to a team in the cellar of the Conference USA.

Up next for the Knights is the Memphis Tigers who just like the Knights spent some time in the national rankings. Coach Donnie Jones will still be looking for his 70th career win in his 8th try and we'll see which Knights show up; the 14-0 Knights or the 0-6 Knights.

time expired.

the game.

# **SPORTS**

# **Houston Cougars** prey on UCF Knights

#### **By Bryan Levine** blevine@valenciavoice.com

The University of Central Florida Knights women's basketball team lost 71-68 to the Houston Cougars in back and forth game on Thursday. The Knights were led by guard Nia Carter who scored 22 points off the bench, but missed what would have been a game tying three-pointer as

The Cougars had as high as a 13 point lead mid way through the second half, but the Knights were able to trim that lead and eventually overtook the Cougars late in

With 2:43 left in the game, the Cougars were up by one point until guard Aisha Patrick made both of her free throws to give the Knights the lead. She also missed two free throws with 44 seconds left which eventually led to the Cougars taking the lead right back.

In that time there were two lead changes and the score was tied twice. Leading the Cougars was guard Porche

Landry who scored 17 points and had one Lebron Jamesesge despite being the shortest girl on the court.

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Center Lesslee Mason had herself a double-double with 12 points and 13 rebounds, including a clutch lay up late in the game.

The Knights fell to 11-9 on the season and 4-3 in conference play. While the Cougars improved to 16-4 with a perfect 7-0 record in conference.

Next up for the Lady Knights and Head Coach Joi Williams is a game in East Carolina as they try not to lose their fourth game in their last five tries.



#### **OPINION**

### **FEATURES**

# Green Bay is 'Pack'ing for a win

McCarthy wants to bring the Vince Lombardi Trophy home

#### **By Emmanuel Colon** ecolon@valenciavoice.com

Fans of the green and yellow, the time has come to wear our cheeseheads for the big game. Despite having a 10-6 record this season and making the playoffs as the sixth seed in the NFC, the Green Bay Packers have defeated the Philadelphia Eagles, the Atlanta Falcons, and the Chicago Bears to secure a position in Super Bowl XLV against AFC champions, the Pittsburgh Steelers.

The Steelers are definitely a force to be reckoned with, but I have no doubt in my mind that the Packers will win the Super Bowl this season. Green Bay's offense has been phenomenal this season with Aaron Rodgers (3,922 passing yards and 28 passing touchdowns) and his receivers.

The team's defense is no laughing matter either with 47 sacks and 24 interceptions (not to mention Clay Matthews will give the Steelers offense a run for their money.

Numbers can say a lot of things about a team, but they never tell the whole story.

The Packers are about tradition and honoring the football greats that were once an essential part of the team including: Curly Lambeau, Don Hutson, Bart Starr, Brett Favre, and the legendary Vince Lombardi.

Throughout its history, the Packers have won a total of 12 NFL Championships (more than any other team in the NFL) including three Super Bowls.

Green Bay hasn't won a Super Bowl since 1996 and their last appearance (prior to Super Bowl XLV) was in 1997. Now they're gun-



ning for another big game win, but Pittsburgh stands in the way.

They hunger for that honor to be brought back to Green Bay, for the team is the only non-profit, community-owned team not only in the NFL, but in the nation's sports professional major leagues. The team isn't just playing for personal glory, but for the 150,000 residents of Titletown, USA.

With the likes of Mike McCarthy, Aaron Rodgers, Greg Jennings, Charles Woodson, and Clay Matthews, Green Bay will destroy the Steel Curtain to win the Vince Lombardi Trophy and take it back to where it belongs.



By Nate Boulware nboulware@valenciavoice. com

There will be blood; the kind of blood that only four quarters of Super Bowl-caliber football can shed – and the turf at Cowboys Stadium will be soaked in Packers green and yellow.

The Pittsburgh Steelers are looking to add Super Bowl XLV to the achievements the franchise has racked up over nearly eight decades, including six Super Bowl victories, two of which were won in the last six years. Led by veteran quarterback Ben Roethlisberger and Head Coach Mike Tomlin, Pittsburgh is looking forward to adding a seventh Lombardi Trophy to their résumé.

Pittsburgh's defensive unit will undoubtedly play a major role in their quest for NFL greatness on Sunday in Arlington, TX – the site of Super offensive are QB Ben Roeth-

Bowl XLV. Known affectionately by fans as "Blitzburgh," the Pittsburgh Steelers trademark 3-4 zone blitz configured by defensive coordinator Dick LeBeau is not to be taken lightly.

Leading the defensive push is hard-hitting strong safety Troy Polamalu. Amidst his many endorsement deals, Troy Polamalu remains the most down-to-earth, fundamentally sound defensive player in the NFL. With Polamalu's ability to penetrate offensive lines, as well as provide reliable backfield coverage, Pittsburgh will definitely call upon the ferocious tenacity of one of their favorite son's this weekend. Despite having one of the

best defenses in the league, Pittsburgh cannot rely solely on that fact to secure a win Sunday. The two essential components to the Steelers



1,268 Students voted

535 Students believe that the Steelers will win

### SPORTS

# Pittsburgh want to 'Steel' the show 'Blitzburgh' looking to rush Green Bay back to Wisconsin

lisberger and RB Rashard Mendenhall. Roethlisberger's role as game manager is paramount, as well as his ability to connect passes with his wide receivers, especially Antwaan Randle El, Emmanuel Sanders, and former Super Bowl XL MVP Hines Ward. Mendenhall's relentless, pounding running-game will also continue to keep Packers defensive coaching staff on their toes, and Green Bay players on his heels.

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In the interest of fairness the Green Bay Packers are a solid team with a lineup that boasts such notable personalities as QB Aaron Rogers and OLB Clayton Matthews. Unfortunately for the Packers the modern-day "Steel Curtain" is impregnable. So much so that former Pittsburgh Steelers defensive tackle and NFL hall of famer "Mean" Joe Greene would have to tip his hat to them.

#### Valencia College Super Bowl Poll

335 Students do not care who wins

398 Students believe that the Packers will win

#### NEWS

## OPINION

### **FEATURES**

# **Super Bowl survival guide** Everything you need to know to make your Sunday trophy worthy

#### By Bill Nichols The Dallas Morning News

The helicopter has just dropped you deep in the perilous Super Bowl jungle with a compass, two matches and an all-purpose tool. You have been left alone, ticketless, on this primordial landscape, stripped of many life-sustaining elements: No HDTV signal; no infrared meat thermometer; not even a cover for the granite outdoor cooking station.

The road to Super Sunday satisfaction is paved

#### HUNTING AND GATHERING

Remember, if you order a pizza, the terrorists win. Building a fire is essential, especially since this is the big game. There's plenty of time to (pay someone to) construct a cooking station out back. Or enclose a store-bought grill yourself. Simply go get some exterior grade plywood, galvanized sheet metal, hinges and door pulls, then assemble,



and voila! You have a grilling station. Don't underestimate the grill's importance. In addition to creating mouthwatering fillets, you will always look busy when the game's not on. with unforeseen obstacles, from an undercooked steak on the grill to an over-served neighbor on the porch.

Ticket holders must decide who accompanies them to Cowboys Stadium. Party hosts face the daunting prospect of an early blowout. Complex issues hang overhead like snakes in trees: What do I serve? What do I bring? What's the difference between a hard count and goose-and-go?

To the uninitiated, trekking across the challenging terrain can be scary. But don't fret, Super Bowl Survivorman is here.

#### **GIMME SHELTER**

The first priority of anyone stranded in the wild is shelter. And no shelter is wilder than Cowboys Stadium, a juiced Roman Colosseum with a retractable roof. The \$1.2 billion colossal hut measures 3 million square feet and holds about 100,000 fans. Grub is plentiful with 800 pointof-sale concession stands. Those lucky enough to bag tickets will be watching most of the game on TV like the rest of us, but on a 160-foot by 72-foot video screen spanning from 23-yard line to 23-yard line.

Stock your party with everything ordered from the hotel's front desk: A quart of Chivas Regal, a quart of mescal, three Crab Louis salads, 16 grapefruit and lots of ice. This is a surefire way to make the Buffalo roam, even if the Bills aren't playing.



#### HANDLING A SUPER BOWL HANGOVER

A survey by the Retail Advertising and Marketing Association reveals that about 7 million people will not show up for work on Monday following the Super Bowl. This means a handful of people still insist on resuming work on Not-so Super Monday. And that means you will need an excuse. According to www.wannaskipwork. com, describing your ailment is crucial. Among the site's favorites:

Don't say headache, say sinus headache: "There's a bearing pressure like something is expanding and pushing against my eyeballs, trying to pop them out of their sockets."

Prostate exam: "You don't need to say another word. You might even get two days out of this one. If you have a male boss, the most he's going to say is 'Jeez, sorry buddy' and he's going to hang up and fidget in his chair the rest of the day."

Laryngitis: "What's really sweet about laryngitis is you can't talk, so you can't call in sick. Does it get any better than that? The best excuses cover all the bases."

Bad reaction to medicine: "The doctor gave me some new pills, and it knocked me on my butt." (You may have to say what the reaction is. A horribly itchy rash is good.) -MCT



#### CHEER AND LOATHING

# SPORTS

#### **TERMINOLOGY 101**

Check off: This refers to the quarterback changing the play at the line of scrimmage. The term may have been coined by a college noseguard who majored in English and had trouble reading check-offs and Chekhov, the Russian playwright.

Stunt: Pass-rushing technique in which one defensive lineman crosses behind another, hoping to confuse the blockers. Many marquee players do their own stunts.

Nickel back: The Canadian band took this name because one of the members, who once worked at Starbucks, used to tell customers, "Here's your nickel back." If one of those hosers played football, he would have been called a "nickel back" if he was used as the fifth defensive back on obvious passing downs.

Playbook: This is what the coach tells you to bring to his office when you are being released.

Pylon: An orange foam marker that is placed in all four corners of the end zones. It also can be used as a derogatory term when a situation calls for taunting. Opposing players can be collectively dissed as "a bunch of pylons" if their inferior speed makes them appear to be standing still, like a pylon.

Encroachment: This penalty is called when a defender makes contact with an offensive player before the snap. Not to be confused with offside, which is when a defender's body is beyond the line of scrimmage when the ball is snapped. And neither of those is a false start, which is called when an offensive player moves before the ball is snapped.

Too many men on the field: This means there are too many men on the field. Which word is giving you a problem?

Unsportsmanlike conduct: A player incurs a 15-yard penalty for taunting or acting in an unsportsmanlike manner. In other words, you can't stand over an unconscious player beating your chest and screaming, "How do you like me now?" as medics lift the stretcher.