

ValenciaVoice

February 9th, 2011
VOLUME 11 • ISSUE 4
VALENCIAVOICE.COM

Official Student Media of Valencia College

Packers reclaim their championship glory

Green Bay brings another Super Bowl victory back to “Titletown” by defeating Pittsburgh

By Shay Castle
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Glory was restored to Green Bay Sunday night with a Super Bowl victory.

Packers quarterback Aaron Rodgers threw for three touchdowns. Couple that with the ability of the Packers defense to capitalize on three turnovers by the Steelers propelled the Packers to a win.

Rodgers completed 24 of 39 passes for 304 yards and was named most valuable player.

The Packers become the first sixth-seed team from the NFC to win the Super Bowl; only the second in league history to do so. The first and only other team to accomplish this? The Steelers, with their 2006 Super Bowl victory over the Seattle Seahawks.

Green Bay finished the season 10-6, entering the playoffs as a wild card team.

The Packers first playoff



Louis DeLuxe, Dallas Morning / MCT
Green Bay Packers quarterback Aaron Rodgers, right, and linebacker Clay Matthews celebrate at the end of Super Bowl XLV; the Green Bay Packers beat the Pittsburgh Steelers 31-25 at Cowboys Stadium in Arlington, Texas.

game against the Philadelphia Eagles was a prediction of things to come in the Super Bowl. Each game was nearly identical: a first half dominated by the Packers, the third quarter comeback by the Eagles, and finally, a turnover to seal the win.

Green Bay went on to defeat teams in the playoffs who had handed them losses early in the regular season; the number one

seeded Atlanta Falcons for the divisional title, the Chicago Bears in the NFC championship game.

The Packers are one of the most legendary teams in the National Football League, with thirteen NFL championships and four Super Bowl titles. They are also the only professional sports team in the United States owned by a community.

Founded in 1919, the team was incorporated as a private, non-profit organization in 1923. Today, there are over 100,000 shareholders in control of over four million shares. Incorporation rules prevent any one citizen from owning more than 200,000 shares.

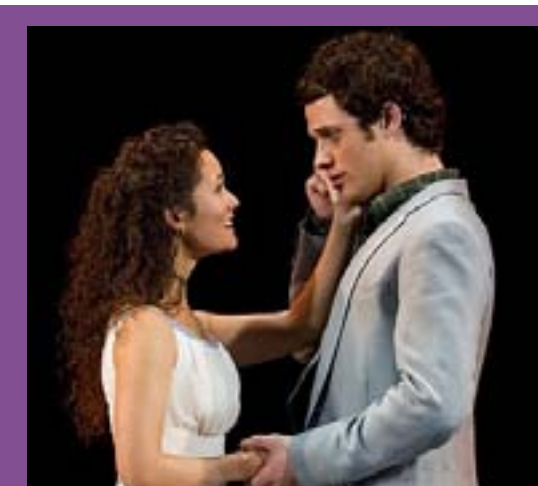
The Packers are the last of the small-town teams, a true testament to the spirit of community and sportsmanship, of the early days of football. With golden boy Aaron Rodgers at the helm, the best days of the Green Bay Packers may be yet to come.



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Florida governor sued

Rick Scott accused of obstructing amendments

By Kevin Wadlow
Florida Keys Keynoter

Five residents of the Florida Keys have signed on as plaintiffs in a federal elections lawsuit filed Thursday against Gov. Rick Scott. The suit, which includes the League of Women Voters and Florida chapters of the NAACP as plaintiffs, charges that Scott has delayed implementing two amendments to the Florida Constitution approved by voters in Nov.

Amendments 5 and 6 were designed to reduce gerrymandering -- the process of drawing legislative and congressional voting districts to create a political advantage for one political party. "A lot of people worked very hard to get these amendments passed, and it would be a shame if their implementation is stonewalled or obstructed," said Dan Gelber, a former state senator who supports Fair District Florida, a group that campaigned for the amendments. "All we want is for the governor and [Secretary of State Kurt Browning] to do their jobs," said Gelber.

Lower Keys residents Charles Major Jr., Sarah Fowler, Rosanne Potter, Michael E. Berman and Patricia M. Lenny are the only individuals listed as plaintiffs in the federal lawsuit. "It's all about districting," Major said. "We had to fight really hard to get single districting here in Key West. It all boils down to making the [district] lines fair for everybody."

"These are people known to have been involved with groups active in supporting the amendments," Gelber said. Monroe County residents were enlisted as plaintiffs since Monroe is one of five Florida counties under special federal elections oversight due to "a long history of racial discrimination," according to the suit. Hillsborough, Hardee, Hendry and Collier are the others.

Any state election-law changes that affect residents of the five counties are required to go through "preclearance" by the federal government before they take effect. Then-Gov. Charlie Crist submitted the amendments for preclearance, but Scott and Browning asked to withdraw Crist's request for approval. "The absence of preclearance for Amendments 5 and 6 jeopardizes the application of the new standards and renders the ongoing redistricting process legally uncertain, harming voters who intend to participate meaningfully in that process," according to the suit. That could cause "uncertainty, delay and confusion," it charges.

The lawsuit points out that Browning, before Scott appointed him secretary of state, was a leading opponent against Amendments 5 and 6. "Mr. Browning publicly championed the amendments' defeat" and "appeared on numerous occasions in public and in the media to argue against the amendments," the suit says.

Browning "was the leader of the opposition," Gelber said. "Obviously, he walks into the job not the very best defender of these amendments that were approved by the voters." Unless Gov. Scott [moves forward on the amendments of his own volition, it appears a judge is going to have to force him to submit them."

According to the Miami Herald, a spokesman for Scott said an attorney is reviewing the lawsuit for the governor. "Gov. Scott is not delaying the process," said the spokesman. "Since the Legislature is months away from the start of the redistricting planning, it's premature for anything except a thoughtful consideration of the issue." It is the second federal lawsuit filed over the constitutional amendments. The other, contends that Amendment 6 is unconstitutional.

—MCT Campus



Joe Burbank / MCT

Scott is accused of holding up two amendments.

Scott unveils new state budget

By James Austin
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Florida Governor Rick Scott announced his new state budget in Eustis, Fla., on Monday. During his speech, Scott highlighted his desire to cut the budget without raising taxes, in fact the proposed budget lowers taxes for some. "To those who suggest that we meet those new unsustainable expectations with higher taxes, I want to send a clear signal. "That is not the answer." Scott said, "We will not increase taxes."

The proposed budget also includes a number of spending cuts, totaling 4.6 billion dollars. Most of these cuts are found in the education budget, with 3.3 billion being pulled from the Pre-K through university funding.

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Students showcase skills

Spring marks return of Talent Tuesday

By Rofkens Petit-Homme
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The Student Government Association (SGA) is on a mission, a mission to bring out the performance skills of the Valencia student body; Talent Tuesday is how they plan on accomplishing this goal. The first event began on Tuesday Feb. 8.

Seven hopefuls lined up for a chance to wow the panel of judges on the SSB Patio, each with unique or amazing skill sets. Miming, singing, displays of nunchuck mastery, and duo guitars were all used to dazzle the crowd and impress the judges. "We are doing this to showcase the talent of Valencia students," said SGA senator Max Murphy.

The audience was not only entertained by the acts but by the food arrangements of the SGA as well. With a menu including hotdogs, hamburgers, and vegetarian burgers, the SGA made sure that the crowd was well fed.

Talent Tuesday has had some success in the past. "This is actually our second year doing this," said Murphy, "Although it is my first year as the host."

A second showcase will be held Tuesday Feb. 15; the grand finale will be held Tuesday Feb. 22 featuring the finalists from each showcase.

Forty-five people gathered to watch the seven acts, but because of the consecutive shows, the SGA is hopeful it can draw even bigger crowds.



Sebastian Arbelaez / Valencia Voice
Vocalist 'Young Voice' sings an original song outside the SSB.

Conflict in Egypt rages on despite concessions

Protesters say they will continue until Hosni Mubarak steps down

By Kim Murphy and Raja Abdulrahim
Los Angeles Times

Egypt's newly appointed cabinet met Monday as the government attempted to reassert stability over the turbulent country with protesters in Cairo's Tahrir Square continuing to resist the new administration. The cabinet met without the widely despised former Interior Minister, Habib al-Adly, replaced by another police general, Mahmud Wagdi. Some signs of freedom were becoming apparent for the large number of protesters detained over the past two weeks.

Following widespread international outrage, a Google executive was scheduled to be released Monday afternoon, Egyptian television reported. Wael Ghonim, Google's head of marketing for the Middle East and North Africa, had traveled to Egypt from his home in Dubai and was believed arrested Jan. 27. Ghonim was arrested after joining the protests in central Cairo, according to Amnesty International investigators who spoke to eyewitnesses.

Ghonim announced on his Twitter feed before his arrest that he had been "brutally beaten up by police people." Not long

before he disappeared, he wrote: "Very worried as it seems that government is planning a war crime tomorrow against people. We are all ready to die."

The release of prisoners has been a key demand of opposition representatives who met with newly appointed Vice President Omar Suleiman. They also are looking immediately for greater press freedom, a lifting of emergency laws, and restraint in the use of force against anti-government protesters, in addition to comprehensive political reforms.

Government spokesman Magdy Rady said there has been so much instability that "some groups" may be holding detainees without the government's authorization. "In the mess we are in, everything is possible," Rady told the Associated Press, adding that the government is investigating all reports of missing persons. "We are really against these forces now," he said.

Protest leaders say the security services have been responsible for widespread detentions and beatings, and while the cabinet began the day-to-day business of attempting to restore normalcy to the country, their occupation of Tahrir Square continued.



Carolyn Cole, Los Angeles Times / MCT
The standoff in Cairo, Egypt's Liberation Square continues, with thousands of protesters remaining throughout the day and into the night.

Large crowds filled the square through much of Sunday night with loud speeches, music and celebrations, though the carnival-like atmosphere turned briefly into panic with the sound of an extended burst of automatic gunfire. It was reportedly shot as a warning to activists who had moved in to protect a line of razor wire blocking access to the square.

Past midnight, the square settled into quiet, and the numbers by morning were significantly smaller, though many protesters were still sleeping in tents. Protest leaders said larger numbers were expected at the square after

returning to their homes for the night. "No one has tired out," said Mina Fakhouri, a business student from Mnoufia. "No one is going to be tired before he [President Hosni Mubarak] resigns, even if it takes six months."

Aya Elkabbany, 25, who has been coming to the square since the first day of protests, said protesters would not vacate before Mubarak's departure. "These people that came here won't leave except as corpses," said Elkabbany, who teaches in a dental school. "We are still sitting because we are convinced that this country will be fixed."

—MCT Campus

Community leaders honor education program

Scholarships allow under-served children in Florida stay focused on their future

By James Tutten
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The Orange County Take Stock in Children recognition event was held at Valencia's West campus last week. A prestigious group of community, business, and government leaders honored students and mentors involved in the program.

Opening remarks were made by City of Orlando Commissioner, Daisy Lynum, "America has got to move forward in education, we cannot continue to roll back on issues." Superintendent of Orange County Public Schools, Ron Blocker, addressed the audience later, "I'd like to personally thank Dr. Shugart and Valencia Community College for bringing Take Stock in Children to Orange County, and the Valencia Foundation for helping to move things forward."

More than 16,000 students in Florida have been enrolled in the Take Stock in Children program since 1995. Starting in eighth grade, students sign performance contracts agreeing to get good grades, exhibit positive behavior, and remain drug and crime free. They are, in turn given mentor assistance, and upon completion of the program and high school graduation, the students are awarded a Florida pre-paid scholarship to any in-state university they choose.

The Orange County division represents 108 students in three middle schools and 11 high schools. The first 50 recruits, currently in the 10th grade, are set to be the first graduating class of the county's Take Stock in Children program.

The program boasts respectful figures dealing with students involved with a 92 percent high school graduation rate and a 60 percent college graduation rate. There is over 109 million dollars



Don Burlinson / Valencia College

Take Stock in Children matches Orlando area youth with mentors from around the community.

in Florida pre-paid scholarship assets backing the program and, since its inception, has generated over one million mentor volunteers with 7,500 current mentors in action.

"America has got to move forward in education, we cannot continue to roll back on issues."

— Daisy Lynum

At the event this year the two students involved with the highest grade-point average were given special awards presented by Adonal Foyle, the Director of Player Development for the Orlando

Magic. The top student received a new Dell laptop computer. The student with next highest score received a signed basketball from the Orlando Magic. Additionally, both students received free tickets to Thursday night's Orlando Magic and Miami Heat game.

President of Orange County's Take Stock in Children, Elisha Gonzalez-Bonnewitz, is also an executive director of Valencia Community College. After recounting the success rate of students involved, Bonnewitz said, "These successes are a reflection of why Valencia believes in this program."

To provide a tax-deductible contribution, volunteer as a mentor, or for more information about the Take Stock in Children of Orange County program, please contact Elisha Gonzalez-Bonnewitz at 407-582-3336 or <http://www.takestockinchildren@valenciacc.edu>



Don Burlinson / Valencia College

Tom Stroup speaks to students about staying on the path of education.

Egyptian protestors want progress

The power of organized youth hope to make changes in Egypt

The world is all a buzz with the recent protests and political atmosphere that has been developing this past week in Egypt. Currently, things have reached a stand still. Protestors have not slowed down in their efforts and are still not satisfied by the actions of current Egyptian President Mubarak to peacefully end the arguments.

We Americans find ourselves on an interesting and conflicting side of this situation.

On one hand, we are the freedom-loving nature that attempts to set the tone and example of what democracy can truly do for a nation willing to work and fight for it no matter the costs.

On the other hand, our leaders, like us, understand the importance of making sure that such a large political “player” like Egypt can’t really afford to be unstable for too long, due to the risk of affecting many things including over seas oil trade prices.

Which side of history does America hope to be on when things finally erupt for better or for worse in Egypt? More importantly, how will we reconcile our infatuation with all things free and just with the cost that openly backing a change of power might bring?

The simple answer is that there really isn’t a clear way to go about this and offering moral support with a hand full of qualifying statements is the best we can do and, thus far, is the best President Obama can do as well.



Michael Robinson Chavez, Los Angeles Times / MCT

Anti-regime protestors occupy Tahrir Square in downtown Cairo, Egypt

But what is truly worth observing in this whole game of political “Risk” is not necessarily the wave of complications that is sure to come once the situation reaches its crest, but rather the reality of what these brave and passionate

protesters have done in such a short amount of time.

So many of those who have flooded the streets and openly bashed the current and previous actions of their government are college-aged men and women.

amazing reminder that our generation as socially networked, as plugged in, and as naive as it sometimes can be, truly is the inheritor of this world and in little time will be the controller.

How long will it take before our actions truly begin taking a toll on the world around us?

If the actions of the Egyptian protestors have taught us anything, it is that change has no time limit or age minimum, and that we are just as capable of influencing our own lives as the invisible hands that lead our nations are.

Although some of the things that have taken place in the wake of the protests, including mass amounts of looting, violent encounters and property damage, really had no rhyme or reason to them.

But these are just all too common side effects of the fevered protest and should not be looked at as the sole contribution of Egypt’s tumultuous push toward democracy.

As it stands, the country’s political future is unclear and the time frame for its change is unknown. No matter how the cards will eventually lay, the people of Egypt will know that they were the ones to deal them.

Seeing people of our generation stand up for their beliefs and convictions in the face of adversity and overwhelming odds really opens our eyes to the power we possess as citizens of any country.

Their actions serve as an

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POLL

Girls just want to have fun

By Jenn Stripling
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Plush pink furry bears, fake beautiful red roses, and an overkill of hearts. This could only mean one thing, Valentine's Day is right around the corner and the masses are reminded just how "commercial" this holiday has become, not only to those who have significant others, but for those who don't.

Let me just say this before I go into my generation's point of view on long-term relationships; it is the small things that count. A simple card, a single rose, or the treat of my favorite candy is highly appreciated. Simple gestures that arise due to Valentine's Day are a great way to let your significant other know, "I love you."

With that aside, when it comes to long-term relationships, let's just say the tables have turned and they simply don't meet the desires of women today. In the old days, it was the female population that wanted to settle down, get married and raise a family. Where as the males wanted to continue their education, thrive in their careers and focus on themselves. This is no longer the case and now it seems men are throwing engagement rings at women who then shriek and run in the opposite direction.

In conversations with friends, I have noticed that so many of my guy friends are having lady troubles, not because they can't find the ladies, but because they are seeking "the one." Well the reality is that ladies in this day and age aren't concerned with being "the one," but with getting their degree, succeeding in their career, and being independent.

Ladies just want to live and have a good time. Where is the harm in that? For as long as I can remember, guys have wanted that cool chick that plays beer pong and actually drinks the beer, the girl that plays video games rather than stares blankly at the screen. Now that a new generation of girl has fulfilled the ideal girl, boys want what they had 20 years ago! Go figure!

What do you think about long-term relationships?



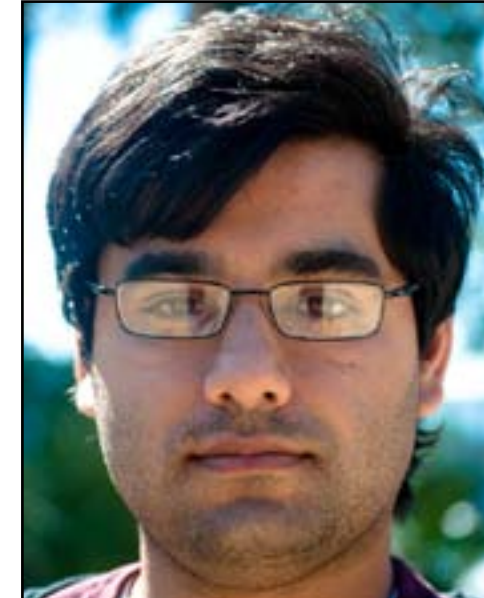
"Both people need to be on good terms. If one side is iffy it doesn't work."

— Melissa Somwaru



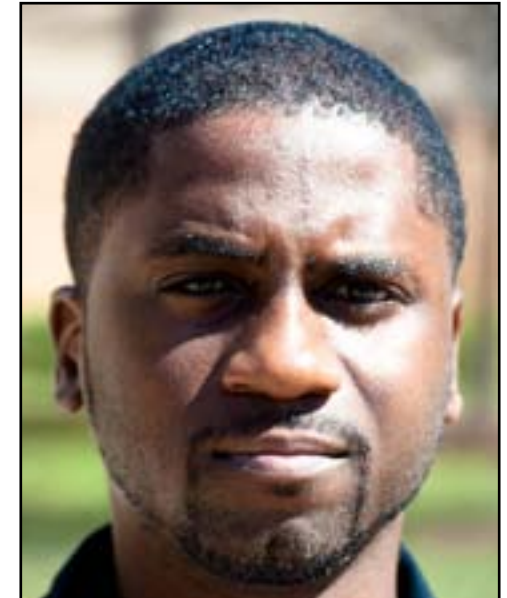
"I think that both sides have to be open to compromise."

— Kelsey Wilkins



"I absolutely love them. It allows for a deep emotional connection and this kind of bond can only be obtained through time."

— Ajay Singh



"They help you build character. You need them because how can you truly get to know someone in a short amount of time."

— Jahrid Colbourne



"They're difficult, takes a lot of work and commitment."

— Julio Ortiz



"They can work, it takes romance though, you need date nights."

— Kellie Morgante



"It will work as long as feelings are mutual."

— Khalila Cook



"It's prison."

— Windy Pierre-louis

Super Bowl: The Commercials

Groupon offends while the car industry uses the force

By Collin Dever
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Having to watch my hometown team give away their chance at further propelling their standing as the best football team in the country has left me with very little to discuss when it comes to the Super Bowl.

Fortunately, the actual game is not the only thing there is to talk about in relation to the Super Bowl. Each year the advertising agents and marketing moguls compete for the top ranks in advertising by being crowned the best Super Bowl commercial.

This year's National Football Championship was viewed by 111 million people, the largest single event audience in America. It reasons then that a Super Bowl commercial can make or break a company, and this year we have a blend of the good, the bad, and the ugly.

The Good

Taking top prize, as an industry, would be car and automotive commercials from this year. My favorite, with just one ad, was Audi and their commercial that urged you "Break free from the confines of old luxury" showing

probably the classiest jailbreak I've ever seen and Kenny G rocking a clarinet.

Other car commercials to note were the Chrysler spot featuring Eminem while an announcer eloquently speaks on the merits of Detroit, and the young Darth Vader who magically makes the new Volkswagen Jetta come to life.

The Bad

Traditional favorites fell short this year, with an unimpressive show from Budweiser, Doritos, and Snickers. Specifically, the Bud Light commercials were abhorrently bad and failed to draw laughs.

Sadly, the Doritos commercials were equally pathetic, and Snickers failed to come up with an original idea for the special occasion, and stuck with their recent run of cranky celebrities being beat up.

The Ugly

Groupon succeeded only when it came to offending. What started as a short-sighted parody of a public service announcement, turned into an insulting stab at two hot button issues of the day, Tibet and endangered species.

According to their website, Groupon CEO Andrew Mason believes that "Our ads highlight the often trivial nature of stuff on Groupon when juxtaposed against bigger world issues." Mason continues by saying "We took this approach knowing that, if anything, they would bring more funding and support to the highlighted causes."

Groupon boasts that they were trying to bring awareness to these issues and has partnered with such groups as The Tibet Fund, and Greenpeace. Unfortunately, I think Mason is assuming a level of attention that most Americans are lacking.

People will see the commercial, get offended, and simply not use their website. All of Groupon's good intentions just get swept away in the details.

Overall I hope we are seeing a change in the times. Hopefully we can do away with beer frogs, and awkward celebrity sightings of the past.

Perhaps the future holds a more refined and updated advertising approach.

Unfortunately football has never been associated with intelligence. So the hot women drinking beer and funny animals might just have to do for now.

The Adventures of Johnny Ganjaseed and the Blazin' Cajun

Written by Emmanuel Colon / Illustrated by Carl Theramond





A tale of forbidden romance

Classic musical West Side Story graced Bob Carr's stage

By Nikki Namdar
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Arthur Laurent's live rendition of "West Side Story" hit the stage of Orlando's Bob Carr Performing Arts Center on Thursday bringing in hundreds of people in the audience with remarkable acting and vocals by Ali Ewoldt as Maria and Kyle Harris as Tony.

Inspired by William Shakespeare's classic, "Romeo and Juliet," this musical executes Shakespeare's story in an entirely different way. If you liked "Romeo and Juliet," you will surely enjoy this dark play. Set in the 1950s in New York, two

rival gangs, the Sharks and the Jets, dispute over territory.

A forbidden love soon forms when Maria, sister of Sharks' head honcho Bernardo, and Tony, former Jets member meet each other at a dance. The romance angered many and the story took a sharp turn when Tony was shot and killed by Chino, who was in love with Maria. Prior to this, Maria's brother, Bernardo, and Tony's "like a brother" Riff both died after a fight between the two. The numerous deaths opened the eyes of everyone around, and allowed them to realize that hate and violence is unnecessary and that we are all equal despite skin color or where you are from.

Unfortunately, it takes tragedy to inspire people to realize that differences don't make a difference. That is what this play is really about.

This is a story of life's common enemies: love and hate, happiness and tragedy, right and wrong, war and peace. It also tied in civil rights. The actors, the stage appearance and costume designs captured the feel of 1950s New York and what was going on inside of it.

This classic tale creates a mix of emotions; it's going to make you laugh, it's going to make you cry and it's going to make you angry. You are going to leave the theatre enlightened because it teaches you, regardless of demographic, to accept people and that it's okay to love someone who comes from the other side.

The Bob Carr was offering student rush tickets. They were \$20 each and the best available seating was only available for purchase with a student ID two hours prior to the show at the theater's box office. The show ran from Feb. 4-6.

To find out more about upcoming shows that the Bob Carr Performing Center has to offer, visit: <http://www.orlandovenues.net>.



Maria (Ali Ewoldt) and Tony (Kyle Harris) share an intimate moment during their first encounter.



West Side Story cast artfully performs "America," while singing in both English and Spanish.

Photos by Orlando Broadway

Environmental kindness

Alicia Silverstone speaks at UCF

By Veronica Figueroa
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"Clueless" star Alicia Silverstone was charming but a bit ditsy, like her 1995 character Cher Horowitz, this past week at University of Central Florida's Pegasus Ballroom where she gave a presentation titled, "An Afternoon with Alicia Silverstone On the Environment," to more than 600 students.

"Disclaimer," she began. "I am pregnant so if I say something ditsy, just ignore it."

Author of "The Kind Diet," Alicia Silverstone has been a vegan since 1998. She lightly touched on the three levels to attempt in her book. Level 1: The Flirt, in which the reader gets to know vegan food and culture, Level 2: Vegan, in which the reader eats

plant-based foods and no dairy, and Level 3: The Superhero, in which the reader submerges into the vegan lifestyle and eats a lot of greens.

Her first experience of guilt while eating an animal, she shared, was when she was 8 years old and her brother started making animal noises while she ate lamb. From then until she turned 21, she was on an "on-again-off-again" vegan diet. She used to be an animal lover and would rescue dogs, but she also felt like a hypocrite because as she saved animals, she also consumed them.

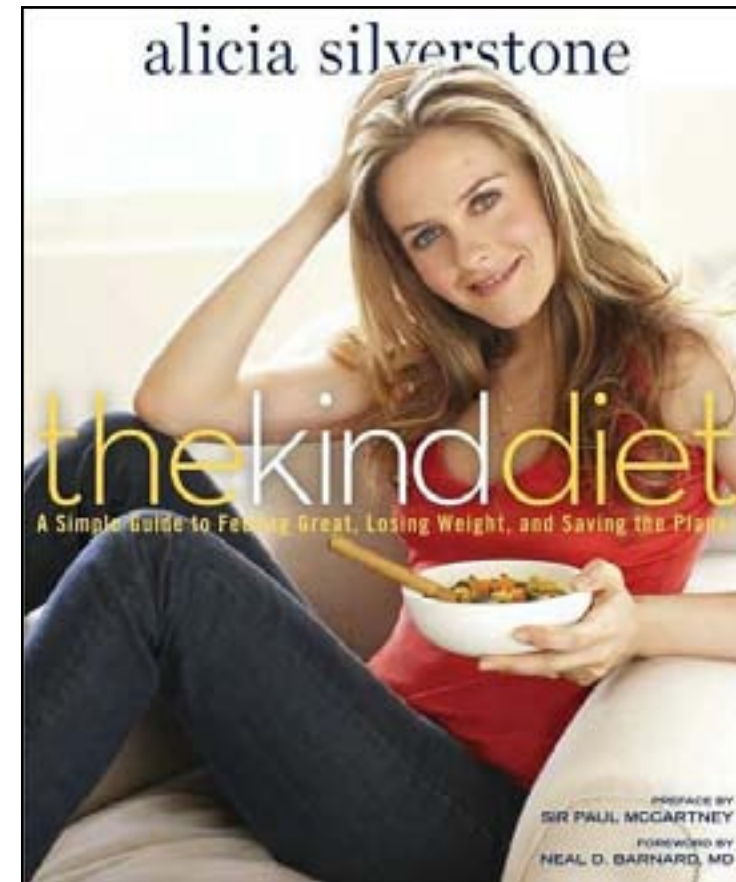
She made a choice to commit to veganism and her then boyfriend, now husband, decided to become a vegan as well and support her choices.

A firm believer of "every choice taken, makes a huge difference," Silverstone mentioned little things like recycling, buying used things, unplugging unnecessary cables, buying biodegradable products, and strategically using water in order to save money and stop harming the planet.

She shared that when she became a vegan, she went through a transformation. Her eyes were brighter, nails were stronger, her hair was thicker, and she finally started standing up for her beliefs.

"I felt lighter," she said. "The choice I made to save an animal's life saved my life."

She shared a few anecdotes about her and her close friend Woody Harrelson, who is also a



vegan, and she also referenced the UN to back up her statements.

"In 2006, the UN issued a report saying that the livestock industry was the cause of more global and environmental destruction than the automobile industry," Silverstone said.

When asked by UCF student Alyssa Bailey whether she planned on raising her child on a vegan diet, Silverstone replied, "I want to do what is healthiest for my baby, so yes."

Sponsors of this event included: the Global Perspectives Office, the UCF Student Government Association, the Sibille H. Pritchard Global Peace Fellowship Program, the UCF Global Peace and Security Studies Program, the UCF Political Science Department, UCF LIFE, UCF Focus the Nation, and the Global Connections Foundation.

To find out more about Alicia Silverstone's ideals and environmentally friendly tips visit <http://www.thekindlife.com>, or look for her book "The Kind Diet," in your neighborhood bookstore.

Orlando's taste of Italy

By Melissa Lane
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Fratelli's Italian Restaurant brings a taste of Southern Italy to the busy corner of North Orange Avenue. This family owned business offers a variety of homemade pastas, soups, hot sandwiches, pizza, and desserts. The lunch menu is offered daily from 11 a.m. to 3 p.m. Lunch was the perfect opportunity for me to satisfy my stomach.

I ordered spaghetti with meatballs and a cannoli for dessert. The presentation of spaghetti was simple but inviting. The portion was just enough for lunch. From the first to the last bite, the spaghetti was moist and the sauce complemented it well, not too saucy nor overpowered by the garlic. The meatballs were tender and lightly seasoned, just enough meat for the dish.

After finishing an entire plate of pasta, I could not leave without eating dessert. I knew a cannoli was the best way to end my meal. Fratelli's owner Julian Serjani garnished the dish with a chocolate swirl design, coating the cannoli with the chocolate as well. Every bite was creamy with a moderate amount of crunch from the cannoli shell. It was the best cannoli I have ever had.

For authentic Italian food with a great taste and price, definitely try Fratelli's Italian Restaurant.

Fratelli's is located at 373 N. Orange Ave Orlando, FL 32801. Open Monday through Saturday, from 11 a.m. to 9 p.m.

For more information on Fratelli's you can go to <http://www.fratelliitalianrestaurant.com>



Myscha Theriault / MCT

Fresh produce and vegetables are an important part of "The Kind Diet," the book written by Alicia Silverstone on healthy living.

Quest for survival in Cameron's underwater thriller "Sanctum"

By Michael Precourt
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Starring Rhys Wakefield, Richard Roxburgh, and Ioan Gruffudd, "Sanctum" is what I would consider a very decent movie. The movie was produced by James Cameron, director of such films as "The Terminator," "Titanic," and "Avatar." The film was inspired by a near-death experience of co-writer Andrew Wright, during which he had to find a way out of a series of underwater caves after a storm collapsed the entrance. "Sanctum," however, is not the best of James Cameron's work.

tum," however, is not the best of James Cameron's work.

The lack of any big name actors in any film usually does not work to a film's advantage. "Sanctum" chose actors who were able to portray their characters well. The main character in the film is Josh (Wakefield). Josh is the estranged son of a highly respected cave explorer named Frank (Roxburgh) whose primary co-worker is Goerge (Dan Wyllie). Frank's expedition is being funded by a billionaire named Carl (Gruffudd) and the closest thing to an antagonist in this film. Carl's girlfriend Victoria is played by Alice Parkinson.

The film takes place in a series of caves in Papua, New Guinea. After a cyclone traps our five main characters in the flooding caves, they must all band together to make it out of the caves alive. The only downside to this film's plot is the constant use of language. This film could have appealed to a broader audience and received a PG-13 rating if most of the language had been cut.

Aside from that, the 3-D visuals in the film are great, using similar 3-D technology to James Cameron's "Avatar."

While the quest for survival in the caverns rages on, the filmmakers somehow managed to squeeze in mourning, compassion, father/son bonding, and betrayal. One neat thing in this film is that some characters eventually show emotions and reactions similar to what another character felt earlier in the film, especially between Josh, Frank, and Carl.

Ultimately, I would not consider this film to be anything spectacular.



Jasin Boland, Universal Pictures / MCT

The underwater crew shoots "Sanctum," the new film by executive producer James Cameron.



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Taking crazy college roommate to new level

‘The Roommate’ delivers creepiness

By Maraya Figueroa
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College is a time where you can really figure out what you want to do with your life; make memories, network, and make lasting friends. You move into a new place and, if you're the average college student, you have a roommate. Strangers picked at random that share your living space and become part of your life in one way or another.

The movie “The Roommate,” which premiered this past weekend, exploits the possibility of the worst case scenario of that new situation. Forget the unclean, food stealing, loud, hardcore party-day-and-night-roommate. Say hello to the clingy, over protective, schizophrenic, bipolar roommate. Sara Matthews (Minka Kelly), a freshman college student who aspires to be a fashion designer meets her new dorm roommate Rebecca Evans (Leighton Meester).

The two get along fairly well at first and their friendship develops as they get to know each other but things start to take a dark turn when Sara doesn't report to Rebecca the details of her life and her whereabouts.

Sara is kind, understanding and smart but still wants to have fun while she's in college. She has her dreams set and is intent on pursuing them.

Rebecca is a chilling character and hides this from the only person who doesn't seem to know, Sara. Now, Sara's not oblivious and begins to take note and investigate Rebecca. Without giving too much away, she finds out a little about her home life and history. Can she handle what she learns?

Taking the psycho college roommate angle for



Jaime Trueblood, Courtesy Screen Gems / MCT
Rebecca (Leighton Meester) spying on her roommate.

a movie was a great idea, but not terribly original. This movie is actually a remake of the 1992 “Single White Female” which has the same premise but not in a college setting. This remake is meant to be aimed at a younger audience and that's why “The Roommate” is rated PG-13 instead of R like the original. It contains less violence, nudity and sexual scenes. Both have similarities in the characters, the feel of slow creeping insanity, and suspenseful moments. The original is a bit more intricate, more thought out and creepy. But remakes can never beat the originals.

This move is perfect for a light thrill ride, especially for those too scared to watch horror films but still want to experience a few frightening moments. It's nothing that can't be handled and most times lets it be up to the audience to imagine what's happened or going to happen. The remake held up all on it's own.

Adele gives new life to soul music

English diva releases sophomore album ‘21’ for fans to enjoy

By Christine Saraceno
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Musicians who have achieved major success with their debut albums often face the laborious task of having to duplicate the results with their sophomore release.

With her first album “19” going double platinum worldwide and earning her two Grammy awards, British songstress Adele must have been under the same pressure.

However, for her new record “21” she met the challenge head on with a fresh new spin on her signature sound. It also must have helped enormously to have legendary producer Rick Rubin (Slayer, Jay-Z) behind some of the tracks with his unparalleled talent.

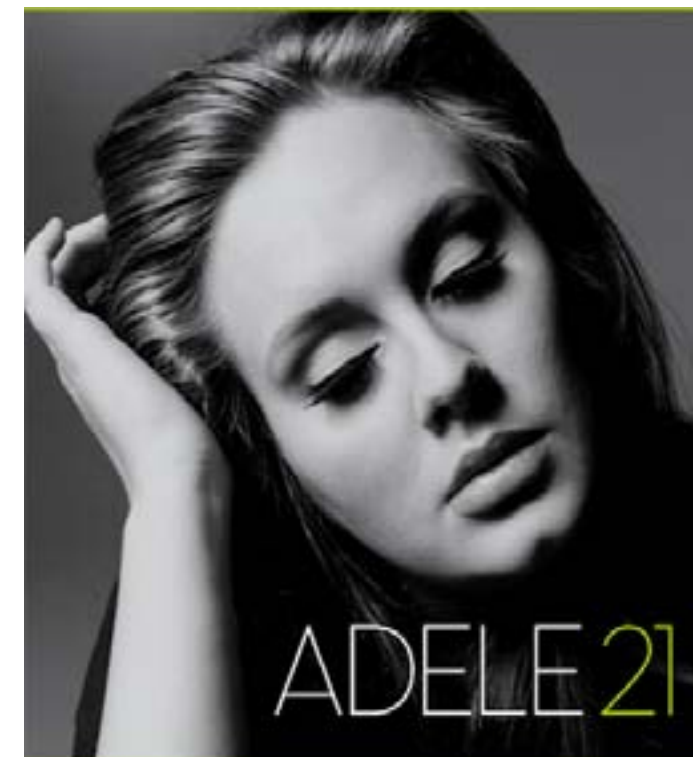
The album's lead single “Rolling in the Deep” evokes the spirit of classic soul music

beautifully. A steady build up by her band to the climactic chorus displays Adele's unmatched vocal range, framed ever so perfectly by her gospel-like back up singers.

Listeners can hear the influence of Brit-soul idol, Dusty Springfield, on the blues inspired “I'll Be Waiting” which tells the story of a girl's unwavering love for her boyfriend no matter the distance between them.

Much like she did on “19” when she covered Bob Dylan's “Make You Feel My Love,” she puts her own twist on another classic

It's an album that should be an instant addition to any music lover's collection no matter what your genre of choice may be.



ballad in the form of The Cure's “Lovesong” by giving it a smooth jazz vibe. When asked about her thoughts on “21,” Valencia student Kristin Levy said, “I think she has a really great voice so I'm really excited to listen to it. I've heard it's pretty good.”

Many comparisons have been made between the music of Adele and fellow English divas Duffy, Amy Winehouse, and Kate Nash but this assortment of eleven songs stands all on it's own and hits notes, blends melodies, and tells stories of love and loss that the others could never dream of mastering.

It's an album that should be an instant addition to any music lover's collection no matter what your genre of choice may be.

Packers capitalize on Steelers turnovers

Green Bay defeats Pittsburgh, 31-25

By Ed Bouchette
Pittsburgh Post-Gazette

Three killer turnovers proved too much for the Steelers, who fell short and so did their quest to win a seventh Super Bowl.

Green Bay had an early lead and held off the Steelers to win their fourth Super Bowl, 31-25. Super Bowl MVP Aaron Rodgers threw three touchdown passes, two to Greg Jennings. Ben Roethlisberger threw two touchdown passes, but

he also threw two interceptions, one returned for a touchdown.

The Steelers came back from deficits of 21-3 in the second quarter and 28-17 in the fourth quarter to trail by just 28-25. A 23-yard field goal by Green Bay's Mason Crosby put the Packers ahead by six with 2:07 left.

After a 5-yard pass completion to Hines Ward, Roethlisberger threw three consecutive incomplete passes toward Mike Wallace and the Packers took over with 49 seconds left and ran out the clock. The Steelers jumped right back into a Super Bowl after scoring a touchdown in the third quarter to trail the Packers 21-17 entering the final quarter.

The Packers recovered at their 45 and eight plays later, Jennings beat Troy Polamalu and was wide open to catch his second touchdown pass of the game to put Green Bay back on top 28-17 with 11:57 left in the game.

The Steelers moved 66 yards on 7 plays for yet another touchdown. Roethlisberger threw 25 yards to Wallace for the touchdown

with 7:34 left. Roethlisberger then pitched out to Antwaan Randle El on an option for the two-point conversion that cut the Green Bay lead to a field goal at 28-25.

Mendenhall had run 8 yards for the only score of the third quarter for the Steelers' second straight touchdown to close a gap that had been 21-3 in the second quarter.

Trailing 21-10 at halftime, the Steelers got the ball at the 50 after a punt and a penalty, and covered all 50 yards on five running plays. It was the Steelers' second straight touchdown on two drives, one to end the first half and the other to start the second after Green Bay had jumped to a 21-3 lead in the second half.

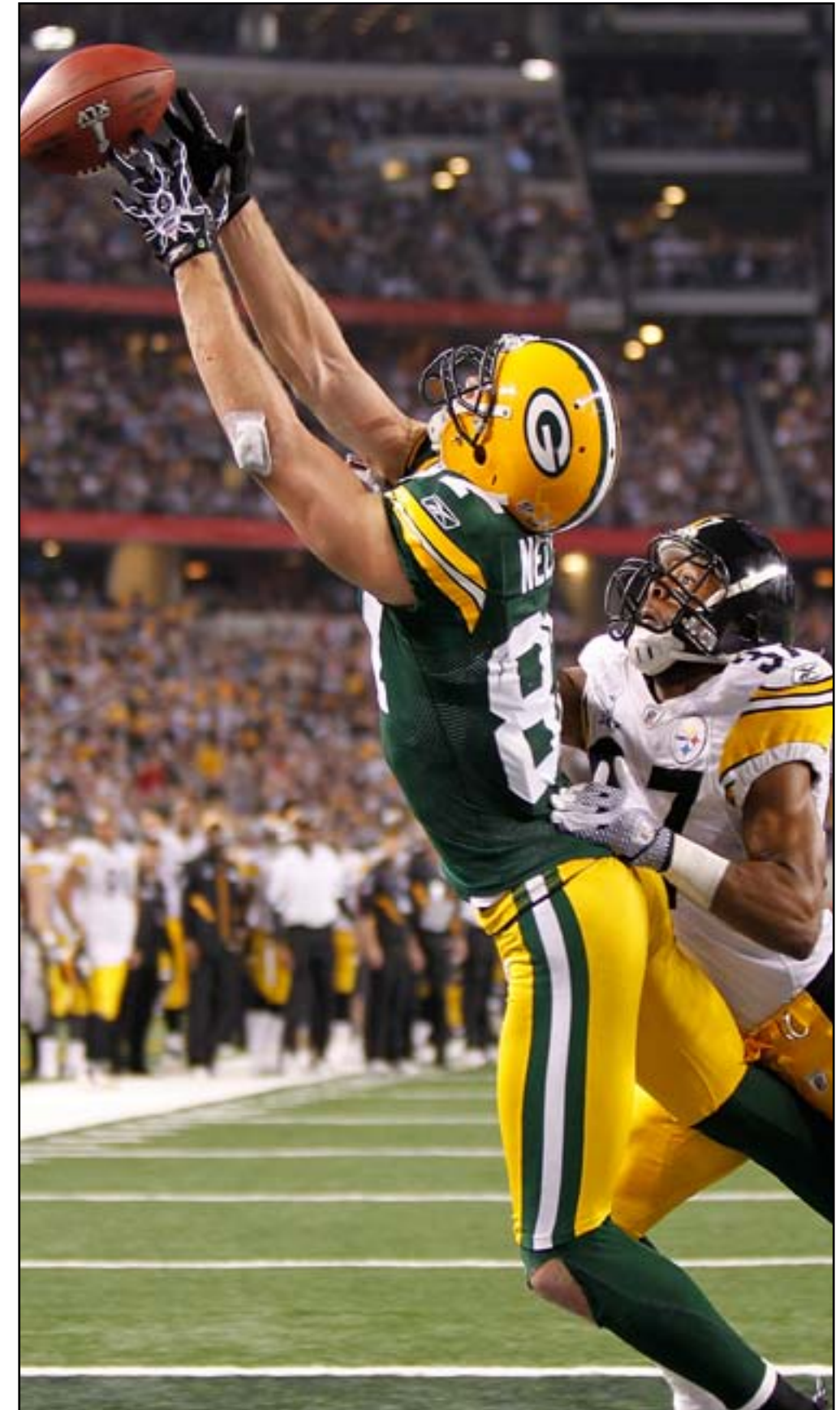
Green Bay stunned the Steelers by jumping in front 14-0, tying a Super Bowl record for most points in the first quarter.

The sluggish Steelers offense got untracked enough to score 3 points early in the second quarter on Suisham's 33-yard field goal to stem the bleeding as they cut the Packers lead to 14-3.

—MCT Campus



Khampha Bouaphanh / MCT
Pittsburgh Steelers safety Troy Polamalu trips up Green Bay Packers wide receiver Greg Jennings in the second half of Super Bowl XLV.



Mark Cornelison / MCT

A pass in the end zone goes off the fingertips of Green Bay Packers' Jordy Nelson, as Pittsburgh Steelers cornerback Anthony Madison defended in the fourth quarter.

Player has St. Louis singing the blues

After a losing streak Stamkos proves himself a worthy player

By Erik Erlendsson
Tampa Tribune

Just hours shy of his 21st birthday, Steven Stamkos showed the moxie of a grizzled veteran.

Coming off a disappointing effort in Tampa Bay's loss to Washington two days prior, Stamkos responded by factoring in on every Lightning goal in a 4-3 overtime win against St. Louis on Sunday.

Vinny Lecavalier batted in a rebound of a shot from newcomer Marc-Andre Bergeron for a power-play goal with 6.7 seconds left as Tampa Bay maintained a three-point lead over Washington in the Southeast Division.

Steve Downie and Dominic Moore also scored, while Dan Ellis made 29 saves as the Lightning improved to 4-1 after five games of a league-record 12-game homestand.

"Personally for myself, that was one of my worst games in the last game, so I knew I had to come out and try to prove to myself that I want to help this team win."

--Steven Stamkos

But the spotlight was clearly on Stamkos, who was held to one shot on goal and was essentially a non-factor in Friday's loss to the Capitals, even falling behind Vancouver's Daniel Sedin for the league scoring race. For one of the more high-profile players in the game, his poor effort in the loss did not go unnoticed, especially by himself.

"Personally for myself, that was one of my worst games, so I knew I had to come out and try to prove to myself that I want to help this team win,

especially in big games. I wasn't impressed with my game last time," said Stamkos, who also registered three hits and won eight of 15 faceoffs.

Stamkos responded in the next game with a goal and three assists to put Tampa Bay back on the winning track. He scored his league-high 40th goal of the season, becoming the quickest to 40 goals in franchise history, doing so in 54 games, and is only the second player in team history to record back-to-back 40-goal seasons; Lecavalier accomplished the feat in 2006-07 and 2007-08.

It wasn't just the points, however, even as he moved three points ahead of Sedin. In many ways, Stamkos took a step forward in leadership and end-to-end play, especially after being challenged before the game by the coaching staff.

"He knows that last game, that (Alex) Ovechkin and those guys were way above what our guys did, so he came here on a mission," Lightning coach Guy Boucher said. "That's the bounce back in him, and it's just another, another proof, it's another proof of this kid's character and that's what makes him so effective and so good in many facets of the game.

Stamkos opened the scoring, going to the front of the net for a rebound of Brett Clark's shot with 1:17 left in the first period. Stamkos was knocked to the ice from behind by a sliding Clark, who was pushed to the ice, and hit his head on the ice, but



Bridget Samuels / Flickr.com

Steven Stamkos celebrates 21st birthday by pulling Tampa out of slump.

Stamkos said he was fine after his helmet absorbed most of the hit.

He then fired a shot from the low slot that went off Moore in front at 2:33 of the second, made a nice backhand pass to Downie at 13:39, which came 30 seconds after a long Nikita Nikitin shot from the left point eluded Ellis that gave the Blues a 3-2 lead, and made a nice cross-ice pass to Bergeron on the winner. The effort did not go unnoticed by others.

"He played great. He's skating, hitting, shooting, driving the net, making some good plays," said Lecavalier, "We needed leadership like that to step up. He's obviously a great player and he proved that again tonight."

New jersey shocks fans

By Amanda Gonzalez
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New team jerseys are not the only new component that the Tampa Bay Lightning has introduced. New perks will come along with the purchase of full season tickets for the 2011-2012 season.

Ticket holders will receive a team jersey with their purchase of full season tickets. The jersey will contain a microchip. "It will be in the left sleeve, by the wrist. When a season ticket holder wears that jersey they will get 25 percent off concessions and 35 percent off merchandise," said Executive Vice President of Communication, Bill Wickett.

Wickett also said that one of the Lightning's goals is to do better by the fans, and that so far, feedback has been fantastic.

Valencia Community College student David Campione seems to like the idea. "It is a good idea. I think more people who buy half season or other game packs will now get season tickets instead because of the team doing so well, plus the benefits you get," said Campione.

Much like Campione, Nick Hansen believes that the jerseys will get more people to buy full season tickets.

"It's a decent idea, but I think they're just trying to do something that hasn't been done before to get fans to buy the full season tickets," said Hansen. "I don't think it's necessary though, because they could have just given season ticket holders a discount card. The jersey is probably just a way to get fans to warm up to the new jerseys and get them to buy the season tickets."

Valencia alumni and former equipment inventory analyst for the Lightning, JR Boucicaut, said that the microchip in the sleeve of the jersey is, "an interesting concept," and believes that the microchips will hold some research value as well.

LeBron's Heat too hot for Magic

Miami edges Orlando to lead season series 2-1

By Rofkins Petit-Homme
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In a game that could be a preview of this year's Eastern Conference finals, the Orlando Magic played catch-up with the Miami Heat losing 104 to 100.

"I really did like our offensive rebounding," coach Stan Van Gundy expressed, "not happy with the way we played. It wasn't aggressive."

The Magic were down 63 to 79 and 41 percent for field goals to end the third quarter against the Heat who now improve the record to 22-1 when leading into the fourth quarter.

Coach Erik Spoelstra after the game had some kind words to issue, "They (Magic) are a championship caliber team."

Not to worry Magic fans, your only four and a half games behind the Heat for the Division lead. Especially with the insane 'run down the hill' before the playoffs.

With the Magic creating a 'flick of the wand' performance, they managed to come back from 23 points to bring the game within three points.

"The most important thing was the stops, that was the most important thing," stated Magic guard Jameer Nelson. What he forgot to mention was his distribution of the ball in the fourth quarter to a multitude of teammates.

Brandon Bass (Small Forward) was out with and ankle injury and not expected back in the Magic line up until after the All-Star break, the Heat's injury list was non-existent. Having Matt Miller off the injured list made a difference for the Heat, but having Bass out on the injured list gave Earl Clark (Power Forward) a chance to play.

"I just really wanted to make the best of opportunity." That being said, Earl finished the game with three rebounds and two points, considering the circumstances of division-rivalry-game-comeback it was a huge contribution.

The Heat blew a 23 point lead but still ended up winning the game, by the foul shot shooting of LeBron James. He cashed in holding 51 points, 11 rebounds, 8 assists, one steal and one block. A record high in the new Amway Center, the 51 points that is.



Gary W. Green, Orlando Sentinel / MCT
Orlando Magic's Dwight Howard dunks in the first half against the Miami Heat, on Thursday, Feb. 3.

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