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Steve Crist Named Distinguished Graduate

Alumni Association awards scholarship to West Campus student who will speak at graduation

By Collin Dever
cdever@valenciavoices.com

Once a year, The Valencia Alumni Association awards one student the honor of distinguished graduate. Steve Crist, from West Campus, has been named this year's Distinguished Graduate.

Along with being given a platform for their words at commencement, the distinguished graduate is awarded a \$1,500 scholarship. The funds are provided by the Alumni Association of Valencia College.

This year marks the final graduating class of Valencia Community College as the school will officially implement the name change to Valencia College. With the transition ahead, this year's Distinguished Graduate's message is for Valencia to mature with that role.

"Valencia will remain, until the attitude changes, just a place to take classes to go to UCF," said Crist. "Among a few students who chose to get invested, in the right way, that there is a community, but beyond that most students could care less."

Crist served as the Vice-President of Scholarship in Phi Theta Kappa, the President of the Honors Advisory Council, and the two-year state representative to the Florida Collegiate Honors Council.

Crist was heavily involved in the honors program after entering the Interdisciplinary Studies Program at Valencia. That was when he met Director Valerie Burks, who had only recently begun working at Valencia as the Honors Director.

Together the two of them began working on student issues through the Honors Advisory Council being a fledgling organization.

"Steve has brought principles and integrity," said Dr. Burks. "It's not a role model situation it's through example and through your expression of your ideals... they become wedded to that concept, and that what I think true leaders do is they awaken an understanding in people of those intangibles."

As President, Crist drafted and ratified a constitution and began work on the creation of an Honor Code. In addition, the Honors Advisory Council hosted several events, such as a Movie Night, for the student body.

Crist will speak during Commencement to take place on May 7. "We attend an institution where by and large students are genuinely powerless," said Crist. "Community College is not today what it was once upon a time... until you trust students to make decisions that have real implication, that have real consequences you can't do anything else."



Don Burlinson / Valencia College

Steve Crist the final Distinguished Graduate of Valencia Community College will have the privilege of delivering a speech during graduation.



The changing Valencia

Pg. 7



Earth Day Birthday

Pg. 8



NBA Playoff

Pg. 12

Neon Night hits Valencia

Students help kids beating cancer

By Collin Dever
cdever@valenciavoices.com

Students got down and dirty to party for a cause last Friday when West campus Phi Theta Kappa hosted Neon Night in Parking Lot C. Those in attendance engaged in a neon paint fight under black light while four different D.J.'s rocked the crowd.

"I've been to a couple, and I've seen how much fun people have. We figured let's bring something big to Valencia, let's do something different, and end with a boom," said Thanya Martinez, vice president of fellowship.

The funds being raised from the evenings event will be used to give children from Kids Beating Cancer a trip to Disney World with their families. Kids Beating Cancer is a local organization that helps families of children that suffer from blood and bone cancers like leukemia.

"It was awesome," said Renata Hanse. "First paint party was pretty sick," interjected her sister Amber. "Hopefully not the last one," said Renata. Mario, one of the D.J.'s for the evening had invited the two sisters to the nights festivities.

PTK was able to raise around \$2,000 for Kids Beating Cancer.



Collin Dever / Valencia Voice

After a night of flinging fluorescence, many students were almost unrecognizable under the paint.



PROGRAMS

UCF VALENCIA OSCEOLA

Applied Science (B.A.S.)

- Criminal Justice[Ⓢ]
- Health Services Administration[Ⓢ]
- Information Technology[Ⓢ]
- Supervision and Administration

Business Administration (B.A.)

Elementary Education (B.S.)

Interdisciplinary Studies (B.A., B.S.)

Psychology (B.S.)

UCF VALENCIA WEST

Applied Science (B.A.S.)

- Criminal Justice[Ⓢ]
- Health Services Administration[Ⓢ]
- Information Technology[Ⓢ]
- Legal Studies
- Supervision and Administration

Architecture (B. Des.)

Business Administration (B.A.)

Criminal Justice (B.A., B.S.)

Electrical Engineering (B.S.E.E.)

Elementary Education (B.S.)

Interdisciplinary Studies (B.A., B.S.)

Legal Studies (B.A., B.S.)

Nursing (Concurrent, R.N. to B.S.N.)

Political Science (B.A.)

Sociology (B.A.)

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Students press their luck

Casino night at West provides much needed fun

By Anna Gerrol
agerrol@valenciavoice.com

Casino games, valuable prizes, and of course, free food. What's not to like?

SGA hosted their annual Casino Night on Tuesday, April 12th at West Campus.

Students came out to relax before the last week of classes and the fast approaching final exams. Everyone was given a chance to test their luck at games like Black Jack, Craps, Texas hold 'em, and Roulette. Students could dance their way to the prize by dancing to "The Cupid Shuffle" and "Teach Me How To Dougie" for extra paper money to gamble with. Sandwiches and pasta salad were provided free of charge.

"Games like this keep me on



Sebastian Arbelaez / Valencia Voice

Black Jack was the lucky table of the night, home of many winners.

the edge and interested, and it's really fun," said Bianca Isme, Valencia Student.

In the end, whoever had the most total money and chips would have the best opportunity at winning the prizes. At the end of the night, everyone cashed in their chips and any leftover paper money for raffle tickets in order to win prizes such as Valencia sweat-shirts, lunch-

boxes, a set of speakers and even a tablet book reader. Some people were lucky enough to win more than once, like Valencia Student Brittany Ross.

"It felt really good. I was so surprised since I never win anything," said Ross.

Donations were taken for Free The Children, an organization that is hoping to raise enough money to build water systems in Haiti. In just one night, SGA received over 400 dollars in donations toward their cause.

For more information on how you can help out and donate, go to www.freethechildren.com or stop by the SGA office, where they are still accepting donations.



Sebastian Arbelaez / Valencia Voice

Roulette seemed to be a crowd pleaser for many students.

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Tax day protests

Citizens rally against federal tax loopholes for corporations

By Keith Morelli
Tampa Tribune, Fla.

Taxpayers have until midnight today to file their returns after a three-day grace period, granted because the federal government observed Washington D.C.'s Emancipation Day on Friday.

And as last-minute filers fill out their forms, another American tradition takes place: protesting taxes.

A group of tax watchers was planning a demonstration this afternoon in downtown Tampa to voice concerns about large corporations using loopholes to get out of paying the maximum amount.

The Make Them Pay protest was scheduled for 3:30 p.m. in front of the Bank of America tower, 101 E. Kennedy Blvd.

Organizer Chris Radulich said he hopes for 100 to 150 people to show up. "There is quite a number of organizations and unions involved," he said.



Jacob Langston / Orlando Sentinel / MCT

Hundreds of people turn out at a protest outside of Orlando City Hall.

"We can't stand the way the state is progressing, and the national government," he said. "This one is to point out the fact that while we individuals are paying taxes, corporations are using loopholes and even getting rebates."

Meanwhile, rank-and-file taxpayers who don't utilize online tax services are expected to hoof it to post offices to get their returns postmarked today.

Tampa's main post office at Tampa International Airport will remain open until midnight with workers stationed along the drive collecting returns. St. Petersburg's main post office will stay open until 7 p.m.

"We stopped getting the huge crush a few years ago" because of online filing, said Gary Sawtelle, spokesman for the U.S. Postal Service in Tampa. "It's a lot slower than it used to be. We're expecting a good right-after-work crowd, but after that, it tapers off."

The convenience for those mailing returns at the airport office is the drive-thru feature. Postal workers will collect returns from drivers and postmark them without the customers having to get out of their cars, Sawtelle said.

The trend away from paper returns means fewer people mailing at the last minute, he said. "A few years ago, we opened up other post offices," around the Tampa Bay area, he said. "But now we don't need it. It's been very, very light the last couple of years."

IRS officials said about 6.4 million Floridians have already filed returns, with 2.4 million still missing. Electronic filing is gaining popularity, up 7 percent from last year. Officials said that electronically filed returns made up 84 percent of the returns the IRS has received.

That percentage will drop, as a majority of those filing close to the deadline use paper forms, officials said.

Those who can't make the deadline can request an extension, but that request has to be sent by today. Filers who want more time need to send the IRS a Form 4868 by mail or electronically. Typically, the government grants a six-month grace period for taxpayers who properly file requests for extensions. The IRS expected to get more than 10 million requests for extensions, tax experts said.

The IRS has penalties for failing to file or pay on time. Typically, the failure to file on time carries a heftier fine, so if taxpayers can't pay right way they still should get their forms filed. There are options available for payments after the tax returns are in.

— MCT Campus



Jeff Siner / Charlotte Observer / MCT

Many protestors brought signs to show their discontent on tax day.

Growth, maturity and the steps in between

The influences and lessons of journalism and how Valencia must change the institutions way of viewing itself in order to keep up

Recently, the Voice sat down with Steve Crist, this year's graduating class distinguished graduate, who had insightful words: "Valencia has been growing, now it needs to mature."

For many of us we are getting to the end of our time here at Valencia, and will be moving on to our next endeavour. Our abilities and maturity has grown as students; is it too much to ask the same thing from our institution?

The community college was the bastard child of the secondary education system for much of it's life. It's moment of maturity has reached a precipice. We can either step back from the ledge, or embrace the jump and navigate the rapid eddied waters below.

In the article about Generation Y, "What is it about the 20-Somethings," Robin Henig said, "To some, what we're seeing is a transient epiphenomenon, the byproduct of cultural and economic forces. To others, the longer road to adulthood signifies something deep, durable and maybe better-suited to our neurological hard-wiring. What we're seeing, they insist, is the dawning of a new life stage — a stage that all of us need to adjust to."

The same duality can be observed in two year institutions all around the country. Is the rise in enrollment due to those unemployed as a result of our economic woes, or a new generation following a different educational path?

The answer is yes in both accounts, and the community college is filling a growing niche in the educational environment. What we need now is insightful leadership to let the students take back their education.

It is well known in the Journalism program that our advisor is not one for complements. When relishing a recent well done comment he is most likely to remark, "Do you want a cookie?" Or "That's what you are supposed to be doing." While sometimes damaging to the fledgling reporter psyche, it is exactly the tone that continues to drive us towards excellence.

It is also well known that Valencia is one of the best two

year institutions in the country. Which is why we have a greater obligation to strive for innovation.

The Faculty and Staff have a bad habit of over promising and under delivering. In a culture where one is told anything is possible, those who help drive us to that leave it up to us. There are too many lessons we all have had to learn on our own.

It is natural for humans to make mistakes. For those keeping score, we went through three design changes in that many issues of the paper at the beginning of the semester. Fortunately, in the school environment, mistakes are less damaging, but perhaps with stronger foundations our work wouldn't feel so much like efforts in futility.

There are no legacies here at Valencia. I once heard it said by a faculty member that the maximum life span of any person, organization, or issue, is four years. Are we doomed to cyclically move from genesis to genesis?

As journalists we report of what happens, with a primary focus on Valencia and it's students. It could be argued of those who know the climate of the college, that we would rank at the top. We have covered trustee meetings but have never been asked to speak at them.

The administration needs to do a better job getting student feedback, and not the same few students brought forth from Student Government, but a vast variety of students representing the entirety of our school.

We know that progress makes people uneasy, but we can't be afraid of failure. What we must fear is a failure to act. Mistakes are inevitable. Again I want to point out we went through three different designs this semester. When we failed, we tried again, and kept trying until we got it right.

Soon we will no longer be Valencia Community College and elevate our status to Valencia College. Let us try to not transition superficially, but evolve with meaningful intent. Let us work to cultivate a community within Valencia, and have the administration speak for the students, not find students to speak for the administration.

Our Staff

Collin Dever

cdever@valenciavoice.com

Editor-in-Chief

Tiffany Janiczek

tjaniczek@valenciavoice.com

Managing Editor

Editorial

James Austin

jaustin@valenciavoice.com

News Editor

Victor Ocasio

vocasio@valenciavoice.com

Opinion Editor

Verónica Figueroa

vfigueroa@valenciavoice.com

Features Editor

Elisanett Martinez

emartinez@valenciavoice.com

Sports Editor

Jonathan Terbeche

jterbeche@valenciavoice.com

Copy Chief

Design

Jenn Stripling

jstripling@valenciavoice.com

Director od Design

Emmanuel Colon

ecolon@valenciavoice.com

Web Master

Anna Gerrol

agerrol@valenciavoice.com

Graphic Designer

Shannon Metherell

smetherell@valenciavoice.com

Graphic Designer

Russell Griner

rgriner@valenciavoice.com

Photo Editor

Marketing / Advertising

Nikki Namdar

nnamdar@valenciavoice.com

Marketing Coordinator

Alex Barrett

abarrett@valenciavoice.com

Ad Sales

For information on advertisitng contact ads@valenciavoice.com

House 'joint' resolution

By Amanda Gonzalez

agonzalez@valenciavoice.com

A resolution to an amendment, proposed by Rep. Jeff Clemens (D. Florida), would potentially legalize cannabis for medicinal purposes in Florida. House Joint Resolution 1407 calls to put the measure on the November 2012 ballot, and if passed would take effect on July 1, 2013.

As with most other political issues, there is the side that supports this and the side that thinks this is ridiculous.

Many of the people who already show support for this resolution are the very people who are medically in need of the cannabis. People with leukemia, multiple sclerosis, diabetes and many other pain-causing health issues have stated that they would prefer cannabis to the drugs they are currently on.

Clemens is with them on the matter. Clemens' argument is that cannabis is a natural herb that has never killed anyone. He sees it as a better treatment for those who are on artificial, addicting drugs such as oxycodine and methadone; drugs that have also caused death quite a few times.

Then there are those who see this whole resolution as nothing but a sorry excuse to legalize cannabis, especially those of an older demographic. Those who would like to, can agree with that view, but HJR 1407 makes that difficult to believe.

Under HJR 1407, only the person prescribed the cannabis or their primary caregiver would be allowed to be in possession of cannabis. Furthermore, the use of cannabis would still not be allowed in public or in a setting that would endanger anyone, and these people could still only carry an amount that is considered non-criminal.

Who are those not in need of the drug to say no? For the most part, it wouldn't affect those who don't need cannabis for health reasons. On the contrary, it would help the people who are using more harmful drugs such as Percocet, Oxycontin, Prozac, etc. If that isn't enough, California has made trillions in revenue due to legalizing medicinal marijuana, and it is estimated that Florida would bring in anywhere from \$5 million to \$12 million in revenue.

It would take a supportive vote of 60 percent of Florida for the resolution to be passed and take effect. Those who support it are calling and writing to local representatives to support HJR 1407. Help out those in need of this resolution and register to vote!

What are your thoughts on marijuana decriminalization?



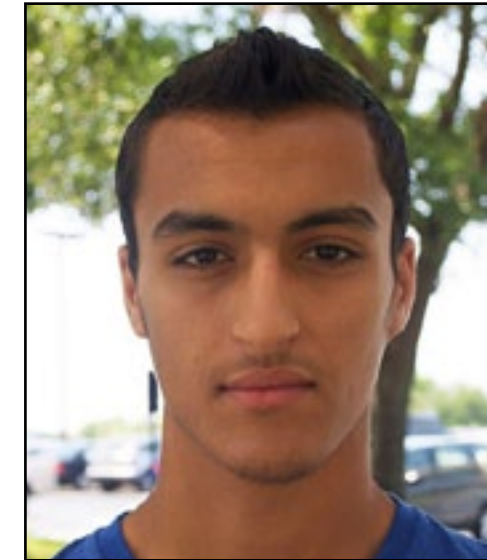
"They could fine someone instead of taking them to jail. As long as people control themselves on it, marijuana is okay."

— L.G. Merilus



"It really doesn't bother me that other people do drugs as long as it doesn't involve young children."

— Alison Mansell



"I guess it wouldn't be a problem. It really depends on how far they go to make it legal."

— Wassim Safad



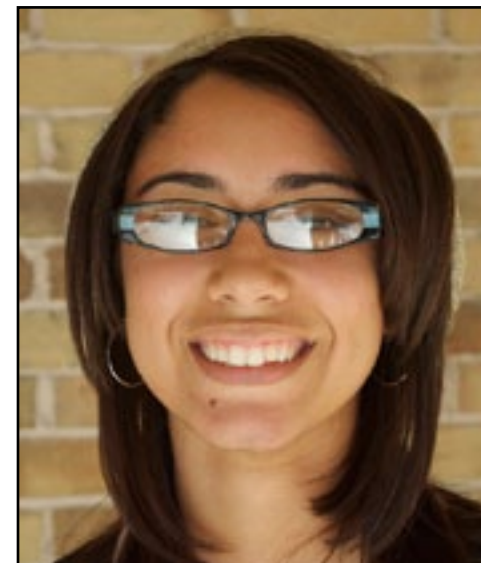
"It should depend on the amount that you have. If you have a pot house than you should go to prison."

— Asantewa Thomas



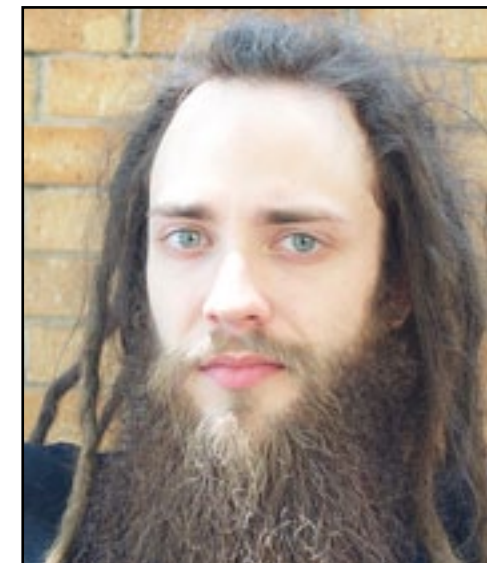
"I think it provides an opportunity to increase tax revenue. Look back at the prohibition of alcohol and see how well that went"

— Brady Harris



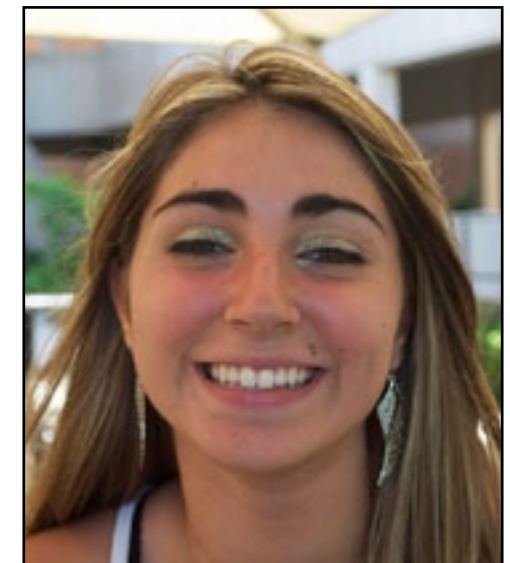
"I know people that do it but I am not sure if decriminalizing it would be good or bad for the state."

— Marilyn Oliveira



"I support it. I don't think we should prosecute non-violent offenders."

— John Pace



"It would be a big hassle to deal with all the big after effects to make sure it doesn't get into the wrong hands."

— Katie Alonso

How donating saved my life

A personal account of the restrictions of blood donation

By Shay Kidd
skidd@valenciavoice.com

"There are several restrictions to donating blood for one reason or another. Some of these are: having too low of iron – which is the most common reason; if you've traveled outside of the country in the last six months; got a piercing in the last four months or a tattoo in the last 12 months," said Jodie Harlow, a Big Red Bus volunteer.

Then there are the more serious reasons, like ovarian cancer, as in my situation. My story began as an eager 17-year-old senior in high school, ready to change the world – beginning with the ability to donate plasma.

I rushed to the gymnasium every three months to join the students who were just happy to miss first period – until a case of severe abdominal pain altered my world on the fateful morning of March 19, 2005.

I was rushed to the hospital and endured a 4-hour surgery to remove a 22cm tumor (roughly the size of a small melon). Once the medication allowed me to comprehend words, I learned I was lucky to be alive. Naturally, the first thing I wanted to do was donate more plasma.

Because of the intensive radiation I became very familiar with over the next few weeks – and continued for the past six years – this was not an option. I was thoroughly devastated. There was nothing I could do about it, so I learned to deal with it.



Kurt Strazdins / MCT
The Big Red Bus visits Valencia's West Campus periodically offering donation opportunities year round.

I have one final appointment with my oncologist. I became hopeful and after a little research, discovered I have another five years after I'm officially released from care before I can donate again.

That makes eleven years, at least, that I'm missing out. On a one-pint-per-three-month basis, that's a total of 50 pints (11 gallons) or 150 lives!!

If you don't donate blood, I'm sure you have a reason – whether it's that you lack the time or you simply refuse to be "charged \$5000 for a pint of blood and if you donate all your life and then need a transplant, you have to pay like everyone else," like Eric Rench – take a minute to think about those of us who can't donate.

The Big Red Bus isn't directly associated with hospitals, therefore they "have no control over the blood once it is out of our hands. This includes how much is charged per transplant," said Harlow.

The Big Red Bus also conducts what is called "Directed Blood Drives," which is a blood drive held for a specific individual. "Most often it's someone who has lost a good amount of blood due to a car accident or something similar," added Harlow.

For more information on these and other restrictions, speak with a Big Red Bus volunteer, or stop by the blood center at the West campus HSB cafeteria or go online at www.floridasbloodcenters.org.

New wave reads brainwaves

Emotiv's neuroheadset is a revolution of technology

By Camilo Echeverri Bernal
cecheverribernal@valenciavoice.com

Just imagine, using your brainwaves to play computer games and make music. If it seems like something out of "Star Wars" or "Harry Potter," think again. Recently, Emotiv perfected their Epoc EEG headset that wraps around the head like a helmet with sixteen electrodes and wirelessly connects to a computer, which reads electric impulses and interprets them as commands. The software, Cortex Arcade, and others, identify various emotional states and signals, based upon stimuli.

Australian engineer Tan Le came up with the concept of how we could better interact with the machines around us. Computers were her primary focus. The intended focal point is to find new and more adequate ways to strengthen our link with our computers without joysticks and keyboards, rather with thoughts and facial expressions alone.

An equally outstanding cause is the SubCONCH project, started by Norwegian Mats J. Sivertsen, who advocates a new way of creating music: making use of Emotiv's Epoc EEG headset. In

his opinion, using the headset is but a new medium of manifesting one's thoughts, emotions, and ideas without the use of paint brushes or musical instruments to bring such concepts into tangible, sensory reality. "Our interaction with technology has come to



PLX Devices / MCT
An early version of the same brainwave reading technology developed by Emotiv for phone apps.

shape how we think of ourselves, others, and our surroundings," Sivertsen adds.

If the tool could be perfected to better generate beauty without a shaky hand, or the imperfect one removed altogether, leaving no space between the creator and his/her creation, would that not render us rather powerful and in

control concerning the extent of how far we can push our minds and the matter we could influence one day?

Such technologies like Le's and Sivertsen's are setting the stage for new innovations in the areas of say, exploration of other galaxies, flying planes, and even directing robots that could save countless human lives. No more need for imprecise human fingers to perform highly risky surgeries, but rather direct a robotic limb that possesses microscopic exactitude and precision. From a safe distance everything could be monitored, building cities, houses, fashioned in a matter of a few hours instead of months.

This could mean truly accepting our ever-growing cyborg nature. Cyborg existence, according to Sivertsen has always been "the ultimate goal, the final separation from the animal kingdom, the escape from our bodies, the escape from mortality." Our culture is becoming more and more drunk with techno-power and the hubris of man. Have we an issue with this? I personally do not. Why should we look down upon these things? Because they seem frightening. But we ought to tap into our full potential, via natural means or artificial needs.

A weekend without Facebook

Social networking is the addiction of our generation

By Elisanett Martinez

emartinez@valenciavoices.com

My daily routine consists of waking up and checking my Facebook, YouTube, Twitter, and signing on to Skype before I ever even get dressed. These Websites have dominated my time in such a way that even before I do research, a paper or online class I have to log on.

Facebook has the allure of being able to converse with those you love and let's be frank even your 'frenemies' without even having to exert the energy of talking!

There is a bravery that the keyboard gives you that you sometimes can't find when in person or on the phone. I still have not figured out if this is a good thing or not. Aside from being able to communicate with with your social circle, Twitter gives you the power to let political leaders, music artists and even newspapers know what you would like to see next.

A perfect example of Twitter's power is the song "S&M Remix" by Rihanna and Britney Spears. In one week, Rihanna asked her Twitter fans who they would like her to collaborate with and they answered Britney Spears. Rihanna reached out to Britney's



Eric Goodwin / MCT
Twitter has 200 million members.

camp, recorded the song, and it was distributed. The result? Rihanna and Britney's "S&M Remix" is number one on iTunes! Social media has taken our communication to a hyper speed, a perfect example of instant gratification. It would only make sense that these Websites would become an addiction for some people.

About a week ago, I found myself so stressed out that I turned to Twitter in order to avoid the issue. I was logged on for more than two-thirds of my day, I was not getting my work done, which is why I was stressed in the first place. So I took matters into my own hands and removed myself from all social media for a whole weekend. I instantly regretted it.

Although I did get my work done much quicker, afterwards I found myself doing things that I have never done before. I downloaded 28 free TV episodes off of iTunes, a free wallpaper app off of the App store, a Twitter app, a Facebook app and organized my iPod. It was not until my sister asked me what I was up to that I realized I was having withdrawal symptoms.

Not only did I face the problem of having to re-assign my time but I felt like I had to resort to primitive ways of communicating. All of the staff for this paper communicate through a Facebook group, where editors and writers can ask questions and set deadlines without having to step away from their work station, the computer. I had to call each of my writers and photographers verses sending a quick message on Facebook and continuing with my day. Talk about awkward!

In the absence of social media I had to ask myself, was I taking full advantage of my time? Was Facebook making me a hybrid communicator or was I just becoming socially awkward? These are all questions I could not answer but I found myself thinking, "All is good in moderation."

Looking at the writer's journey:

Selections from our most memorable articles

"With an interesting twist in storyline, a melodic futuristic score by Daft Punk and graphics that will ignite parts of your imagination that you never knew existed, "Tron: Legacy" will not disappoint."

– Elisanett Martinez on a review of "Tron Legacy"

"Words have no inherent power, only what we give them."

– Jonathan terbreche on censorship

"It just gives you this awful, uneasy feeling that maybe you should turn around and not go on, but like the plot of any good slasher film, you do anyway."

– Christine Saraceno on a review of James Blake's self entitled album

"I might as well start sending my professors owl mail. It'll probably get there faster."

– Veronica Figueroa on campus Wi-Fi speeds

"Maybe, more students would stay involved in school, and the number of students who leave before they finish their degree might decrease if students had the opportunity to be involved. You know, maybe I should start an organization to try and get organizations on campus; it's just a thought."

– Tiffany Janiczek on school organizations

"Even though, as always, there were those posting negative comments and being flatout rude, but those who believe in magic stood their ground and backed what they believe."

– Jenn Stripling on social activism

"St Patrick's Day was always destined to be one of the great drinking holidays right along with Cinco de Mayo, and Easter."

– Collin Dever on St. Patrick's Day

"The political system we have in place is based upon compromise, not stubbornness. Every time our leaders fail to reach agreements and fail to make progress the American people suffer."

– James Austin on the government shutdown

"His gadgets are ready, his fighting skills honed, and his costume complete. He is the superhero of Winter Park, Master Legend."

– Victor Ocasio on real life superheroes

"'Wicked' has a ton of very valuable lessons that we should always remember. The main theme of the entire story is that we shouldn't judge someone based on physical appearance before getting to know who they really are."

—Anna Gerrol on the review of Wicked

Unhealthy foods hinder students

Valencia cafeteria food provides too many greasy alternatives

By Marie Joseph
Special to the Valencia Voice

To eat, or not to eat? You're probably reading this and thinking, "Why would not eating be an option?"

We all know that eating is a very important factor in our day to day lives. However, eating unhealthy on a daily basis will affect our lives in a negative way. It's not always easy to make healthier decisions, when it comes to eating right. If schools didn't enable unhealthy eating (fried meals served in the cafeteria), students would be healthier. What better way to improve the health of others than to provide healthier meals in school.

In common households, most people grew up eating three meals almost regularly, breakfast, lunch and dinner. However, as we get older, we find ourselves skipping meals, not eating breakfast, or eating excessively.

Throughout our high school years, what are the common lunches served? Pizza, burgers, fries, chicken fingers, breaded chicken sandwiches, and etc. How can that be healthy over a period of four years?

When we reach our college years, the risk factors for unhealthy eating sky rockets, because students have the privilege to buy whatever food they want and have more variety to choose from. In college, there is no set schedule in which students are supposed to eat, as in high school. As a result of college students being more liberated to eat whatever, whenever, and as much as they want, an increase in greater health problems arises.

In a recent study conducted by Cornell University, the most popular items sold on college campuses are greasy pizza and french fries. In addition, the Massachusetts Eating Disorders Association



Craig White / MCT

French fries are among many unhealthy foods containing trans fats which account for youth weight gain.

found that binge eating disorders affect people of all ages, but are especially prominent among college students.

Reporter, Kimberly Berryman writes an article saying, "Foods high in fat and fructose can cause blood sugars to rise, and increased alcohol consumption can send glucose levels plummeting downward. As their peers navigate the cafeteria with relative abandon, diabetic students must count carbohydrates and adjust their medication to safely manage a chronic disease."

Berryman adds, "Some schools are also taking steps to help out diabetic students like Friendly. While many university cafeterias still overflow with cheap eats and fried snacks."

There is no doubt that cafeteria foods served in schools aren't only causing weight gain, but more importantly, causing health problems. You have the choice to speak on this matter and what you think about it. Step out and make the decision that will better your health along with your fellow peers. Which do you choose...to eat, or eat healthy? The decision is in your hands.

Contact the student government president and let your voice be heard: SGAWPres@valenciacc.edu.

People, the cause of their stress

Procrastination is the source of anxiety among college students

By Katherine Pacheco
Special to the Valencia Voice

Ironically enough as I sit here and write an article about stress and how it affects students... I can't help but notice that as the deadline gets closer, I freak out a little more. With stress being one of the biggest health issues in the United States, it's no wonder why I want to pull my own hair out.

As students of Valencia not only do we go to school, the majority of us work as well. We are on a constant roller coaster that never seems to stop. As the semester slowly comes to an end, it seems that everything is anything but slow. Somehow throughout all this madness we seem to make it out alive at the end of the day. What's our big secret? We just deal with it. Stress is unfortunately a part of our every day lives and sometimes we need it in order to keep moving forward. The problem is, we sometimes get to a point that we can no longer "deal with it." When does that time seem to come around? During the worst week known to man; finals! It's when you see students scrambling around with worried looks on their faces. You know exactly what's going on.

As much as we all dread finals, there's not much we can do to avoid them. Somehow there are those glorious moments when you hit the jackpot and have one of those awesome teachers who doesn't give finals.

For the rest of us, we have to learn how to manage our lives so we don't consume ourselves during that horrid week. During finals' week, the best thing we can do is organize ourselves and set up an agenda. Sort out your workload by due dates and prioritize what's most important. Set up a calendar with all your deadlines, your work schedule and set specific hours a day for school, work or studying.

Little steps like these allows us the opportunity

to stay calm and collected. It gives us a little bit of "breathing room." The worst thing we could do is procrastinate and cause ourselves more stress than what we already have.

Everyone has a different view on the stress caused by finals. Some students take it as an opportunity to finally boost their grade while others feel it's that last little bit of pressure to maintain their grade. One thing we all have in common is the uneasiness that comes along with it. The major difference between students is how you prepare yourself for it.

As Valencia student Sarah Jessica Alcober says, "I feel the end of the semester has stressed me out a lot and has given me no time to slack. Instead I must be on my "A" game and finish the semester off right!"

The best part about finals' week is the relief that comes at the end of the semester when you know all your hard work finally paid off. As the spring semester comes to a close we only have a short time before summer break is here. That being said, it leaves me with one last thing to say. Study hard, the stress will soon be over and summer is right around the corner!



Michelle Hazelwood / MCT

Earthday Birthday is legal!



All photos by Collin Dever / Valencia Voice

At Earthday Birthday 18 thousands of local rockers came to enjoy the performances of their favorite rock bands.

101.1 The Rock Station celebrates it's 18th with Sevendust, Hollywood Undead & The Supervillians

By Jenn Stripling
jstripling@valenciavoice.com

Dozens of booths for fried carnival food, a main stage, the Star Hill Native Noise stage (SHNNS), wicked venues of merchandise and none other than the 101.1 WJRR crew; crash, LT, and Dickerman.

This could only be one thing, the annual Earthday Birthday 18 (EDBD18) which took off this past

Saturday rain or shine (thankfully sun is all we saw). As one of the largest, if not the largest music events, EDBD is put on not only to promote "Earth Day", but also to celebrate the radio stations "birthday."

With sponsors Budlight, Metro PCS and David Maus Toyota, EDBD18 brought in it's coming of legal age with a league of rocking bands.

Kicking off the SHNNS was

Orlando based Nu Era. With their multi genre metal/rap style, Nu Era took the crowd by surprise before handing the stage over to Hail the Villain, Love Juice, and Gorillafight. Before long, it was time for Florida Music Festival (FMF) enchorist The Supervillians to take the stage. The Supervillians in addition to FMF, brought in the new year at the Holiday Ho Down featured by 101.1 WJRR. Encoring the SHNNS was Nonpoint.

Surrounding the SHNNS was the calorie filled carnival food stands including burgers, gyros, hot dogs, corn dogs, funnel cake, fresh lemonade, pizza, smoothies,

snow cones and then there was the infamous body painting.

Over on the Main stage radio host LT, Crash, and other radio host introduced Finger Eleven. This brought thousands of people running to the main stage, packing in so tight, it was difficult to raise those devil horns. Singing with the crowd Finger Eleven finishes with their hit single "Paralyzer."

"Are you having a good time Orlando?" Crash takes the stage to pass out free stuff before Drowning Pool takes the stage. The crowd erupts in shouts and cheers. People diving for where Crash threw these prizes.

A solid Drowning Pool takes the stage to send the crowd into mosh pits, those in the stands unable to control their eyes between the stage and the pit. The pit getting to its worst when the crowd heard the beginning guitar



Skart of the Supervillians bobbing and dancing around the SHNNS at EDBD18.

y riffs to one of the best modern rock hit singles "Let the bodies hit the floor." Without vocals the lyrics of this song could be heard across the entire field.

The stage was set for Hollywood Undead. They kept the energy of the crowd high, especially when they told the crowd they were performing "Young," a anthem for the new generations. This L.A based group knew exactly how to participate



Front man of Hollywood Undead rocking it at EDBD18.

with the crowd. Crowd surfing and crowd participation was pumping at an all time high straight into the sun set.

A Day to Remember would only further the crowds participation by demanding the crowd into two mosh pits. This sent those in the very back of the field sprinting to the closest spot in the crowd they could



Sevendust singer, Lohan Witherspoon giving it his all.

squeeze into.

EDBD18's opening act for the encore, Coheed and Cambria make their debut to EDBD.

Headliners Seven Dust send the crowd into hysterics and now more than ever, fans and rockers are trying to shove their way to the main stage. Front man Lajon Witherspoon talks with the crowd asking if they were having a good time and requesting another round of applause for all the bands who played previously. In addition to playing a full set, this band fulfilled the encore request of the fans before departing the stage.

Sevendust being in the music industry for decades, was asked with the FMF just passing, what was their advice for new emerging artists, Witherspoon responded simply "Stay out there, be in public as much as you can be." With that, the legalization of EDBD is complete.

Slasher sequel slays

'Scream 4' leaves the audience wondering if it was worth watching

By Rofkens Petit-Homme
rpetithomme@valenciavoices.com

Here we go, another remake to feed the wallets of the fat cats of Hollywood. Scream 4 is now playing in theaters near you.

A fourth installment to the popular franchise opened this past weekend, catering to the younger audience of today.

From the beginning, this Wes Craven direct-



Phil Bray / Courtesy Dimension Films/MCT
Neve Campbell returns for her role of "Sidney."



Gemma La Mana / Courtesy Dimension Films/MCT
David Arquette and Courtney Cox are back in their original roles on "Scream 4."

ed project, explored the option of breaking away from the natural cliches. But all that resulted was the knocking down of the 'fourth wall.'

The cast was comprised of some of the original actors from the previous movie and some younger actors. Courtney Cox, David Arquette, and Neve Campbell are back in their original roles of, Gale Weathers-Riley, Dewey Riely, and Sindy Prescott.

Unfortunately for them it was not worth the comeback. Actors like Hayden Panettiere (Heroes), Alison Brie (Mad Men, Community), and Rory Culken (Signs) made the movie worth while.

The film had a dream within a dream feel to it, based entirely off of the original three films, "Scream 4" wanted to bust down the stereotypes. The truth is, the film tries really hard to break and throw suspense in the air, which makes it just cheesy.

The main components that a horror film should be comprised of, nudity, blind-sighted misdirection, and above all suspense.

This particular 'Scream 4' spelled just the way the marketers want it to be spelled, was truly conflicted on what to do.

All in all it was an OK film, but you will be disappointed, it leaves you wondering, "Was that supposed to scare me?"

Largest health fair in Florida

Thousands will line up outside the Amway Center in August for Hope Now International's 'Back to School Bash'

By Veronica Figueroa
vfigueroa@valenciavoices.com

Thousands of families will line up for miles for largest health fair in Florida

Florida's unemployment rate is at a 11.1 percent (South Florida Business Journal) and it is becoming increasingly harder for parents to afford a new school year for their children.

Hope Now International is a charity that has been serving Central Florida and different parts of the world for over ten years. Their outreach programs are designed to help those in need.

On August 2011, the 7th annual Back to School Bash will be held at the Amway Center from 10am until 3pm. 15,000 families are expected to attend this event.

Founder of the event, Michael Radka talked about why the event is so popular. "Data collected in the 1950s indicated that families spent about one-third of their income on food. Poverty is still measured by multiplying food costs by three. Yet food now comprises far less than a third of an average family's expenses, while the costs of housing, child care, health care, and transportation have grown disproportionately."

This year in the Back to School Bash there will be free immunization shots, backpacks, community resources, hair cuts, school information, parking entrance and parking into the arena, prizes, entertainment, music, school supplies,



dental screenings for children and health screenings for adults.

Last year 10,000 backpacks were handed out to children, and this year, an estimated 13,000 will be handed out. Families lined up outside of the Amway Arena for 2 miles in order to receive the backpacks and to go inside the building.

"We started the event due to the need in Florida. There were 843,007 children which had no health care access, which is 19.5 percent of all children in FL. We love God and just wanted to put our faith into action. Instead of preaching a sermon we wanted to live one. We stay behind the scenes and try to keep our names out of the public spot light and simply let the results of our actions make a lasting impact for children," Radka said.

Some supporters of the event are the Orlando Magic, Wal-Mart, Pepsi, the Orange County School Board, the City of Orlando, Z88.3, the National Association of Community Health Centers, Central Florida Family Health Center, Give A Kid A Backpack and many others.

Interested in taking part in this event? Volunteers and Vendors are welcome to apply on Hope Now's website at www.hopenowinternational.org/Contact.html. They will get back to you within 48 hours.

‘Wasting Light’ reignites

Band return after two year hiatus

By Christine Saraceno
csaraceno@valenciavoices.com

So far 2011 has been the year of the comeback, and it's been refreshing to be reacquainted with its presence. Perhaps the most exciting comeback is the return of the Foo Fighters after a two year hiatus, with their highly anticipated new album "Wasting Light."

Their seventh album finds the band retaining their massive sound, although it's been scaled down just slightly in the wake of previously poorly-received efforts. Tighter and more focused, one could say it's a "back to basics" type of record, particularly since this album was recorded straight to tape without any use of computers.

Also a refreshing addition to their sound is the return of veteran Foo Fighter guitarist, Pat Smear. However, in certain places you can hear the band struggling to incorporate him properly, such as in the uneven trade off that starts the song "Rope." For the most part though, "Wasting Light" remains sonically balanced with just the right amount of accents, never approaching anything close to muddled.

This is thanks in part to producer Butch Vig who applies the same polish to this album as he did to grunge era classics "Nevermind" and Garbage's self titled debut. And in keeping with



the Nirvana influences, bassist Krist Novoselic provides his talents to the Led Zeppelin-esque "I Should Have Known."

The band finds happy middle ground between their gritty rock edge and pop sensibilities on "Back and Forth", with the cymbal rich beat and chugging riffs roughing up the warm vocals. Nimble, plucky riffs that tread a bit too closely to The Raconteurs' "Steady As She Goes" on the mellow verses distract from an otherwise killer duet with Bob Mould on "Dear Rosemary". The song is saved by a catchy hook: "Truth ain't gonna change the way you lie/ Youth ain't gonna change the way you die".

Valencia student, Nick Peterson, said of the album "It's their best one since 'One By One.' They did a good job."

Another student, Ryan Moyer, said "It's an amazing album. I love the fact that they recorded it in analog. It makes the sound so much better. All around amazing. I love every song. I can't pick a favorite."

In the end, any gripes with "Wasting Light" are just nitpicks. These guys have always known how to execute and this album succeeds in being strong shouldered modern rock. New up and coming rock bands would do well to take note of their formula.

A natural voice that shines

British singer Jessi J has the ability to span several genres

By Christine Saraceno
csaraceno@valenciavoices.com

While her looks and pop label may suggest an edgier version of Britney Spears, Jessie J demonstrates a unique talent and promise that's all her own. The British-born singer's new release effectively showcases her emotionally powerful voice, suggesting deeper reflection than one may expect from a typical pop album.

Previously best known for co-writing Miley Cyrus' smash hit "Party in the USA," Jessie J scored a record contract of her own with Universal and quickly got to work writing her eclectic debut album "Who You Are."

In "Who You Are" Jessie J combines satisfying mixtures of pop, hip-hop, R&B, and rock into her music, keeping listeners perpetually interested in hearing what will come next.

The album contains radio-friendly singles like "Price Tag" (featuring "Airplanes" rapper B.o.B.)



and "Do it Like a Dude." While these songs may gain her airplay, it's on the ballads where she shines. "Casualty of Love" lets her strut her way through an R&B slow jam, wailing the whole song through with conviction that would put Christina Aguilera to shame.

The highlight of the album comes in the form of "Mamma Knows Best" though. A finger snapping combination of soul and rock, it displays Jessie J's ability to sing the blues as well. Showing a control far beyond her years, her voice is front and center with the hard-hitting band perfectly framing it.

A fascinating change of pace is "Big White Room" which features Jessie J singing live accompanied solely by an acoustic guitar. While the song's quiet tone suggests folk, her voice recalls the dynamism of a gospel singer.

Those who prefer thumping, hip hop influenced beats will like "Who's Laughing Now?", a sassy club track. Displaying some rapping skills that recall Lady Sovereign, she confidently rides the bass driven rhythm with her powerful voice. A slightly biographical track, "Who's Laughing Now?" addresses the critics who doubted her talent and how she overcame past slights to become a promising talent.

A fan on her Facebook page, Lauren Brown, said, "I wonder how she's going to top this album. I can listen to this all the way through and I absolutely love it."

In a time when most artists' voices are being altered in production or overly auto-tuned, Jessie J's natural talent shines all on its own. Her memorable voice and ability to span several different genres suggest an artist who's best years are yet to come.

A one of a kind experience that will leave you glowing

Anna Gerrol / Valencia Voice

The crowd continues to soak up the paint and dance to the music.



“The Worlds Largest Paint Party” mesmerises crowd

By Anna Gerrol
agerrol@valenciavoice.com

High energy music, intense visuals, and hundreds of gallons of paint; three key elements that make up one of the largest and most talked about events to hit the UCF Arena.

DAYGLOW, “The World’s Largest Paint Party” final-

ly came back to its home town of Orlando on Thursday, April 14th. Thousands of eager people flooded the arena, coughing up as much as one hundred bucks for a chance to experience this once in a lifetime show up close.

“I’ve never been before but there’s been a lot of advertisements on Facebook about it so I had to check it out for the first time,” said “Mike Anderson, a student at Celebration High School.

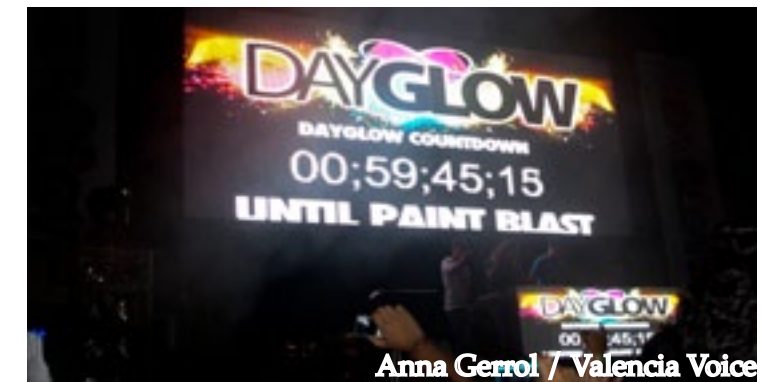
In 2006, a common college tradition among campuses across Florida was transformed into a mind-blowing experience, featuring top notch DJ’s, contortion acts, aerial performers, and dancers covered in body paint.

So, what is DAYGLOW? It is a one of a kind show like no other. The unspoken dress code is all white. You won’t find any color here, at least not until the paint blast. Techno music plays throughout the arena as a large screen above the stage displays a countdown clock, while the crowds pile in and gets ready for the main attraction.

The moment that everyone waits for is the famous “Paint Blast”, when huge cannons filled with gallons of paint shoot onto the crowd, covering them in neon green, orange and pink. Once the blast kicks off, there’s no stopping the paint flow. Performers on stage shoot guns filled with paint onto awaiting partiers, while staff members follow close behind, walking up and down the front of the crowd pouring bottles of paint on the heads of anyone who could scream the loudest.

“I came out for the whole atmosphere,” said Justin Clement, a local student. “I’ve been before when DAYGLOW has come here. There’s definitely more people here than there has been before.”

Many different DJ’s are featured during the tour, such as Robbie Rivera, Funkagenda, Joachim Garraud, Alex Gaudino, Funkerman, Starkillers, Austin Leeds, Oscar G, Electrixx, Static Revenger, David Berrie, The Devil From Acapulco, and resident DAYGLOW DJ



Anna Gerrol / Valencia Voice

David Solano.

Now one of the largest and most successful events in the world, DAYGLOW has mesmerised hundreds of thousands of people while simultaneously selling out venues from Cancun to London.

“Everyone’s been talking about it and I heard it was crazy,” said Shane Subero, a local high school student.

With it’s popularity growing each and every year, DAYGLOW continues to outdo itself and step outside the box. Whether you’re into unique experiences, talented performers, or just like to dance, DAYGLOW is a must see and offers something for everyone.



Shannon Metherell / Valencia Voice

At top, the well known countdown clock is displayed on a large screen ticking away the seconds until the paint blast. Above, stage dancers get the crowd pumped and gyrate to the beat before the paint explosion.



Anna Gerrol / Valencia Voice

Above, Wiz Khalifa performed many of his smash hits, and didn't forget to remind everyone of the special festivities taking place. Top right, Mac Miller didn't miss a beat and bursted out with tons of energy.

High times at UCF Arena

Wiz Khalifa and Mac Miller celebrate a unique holiday

By Anna Gerrol
agerrol@valenciavoice.com

Asthmatics, beware. The smell of freshly lit marijuana in the air, and tons of young individuals dressed in catchy "4/20" t-shirts can only mean one thing; national "weed day". In support of this widely known holiday, Wiz Khalifa and special guest Mac Miller came out to the UCF Arena for their Rolling Papers Tour.

"You wouldn't think that people would be so open about this holiday considering weed is illegal, but everyone from the DJ to Mac Miller and Wiz were talking about what today is and how high they were," said Aaxis Cully, a local student. "I could barely breath from all the smoke from everyone!"

Regardless of the extra activities taking place during the show, Mac Miller and Wiz Khalifa kept the crowd entertained and made sure everyone had a truly memorable experience. A smokey haze hung over the crowd as they awaited the start of the show.

The fresh faced 19 year old Malcom McCormick, known as Mac Miller, originated in Pittsburgh, Pennsylvania and broke onto the scene after signing with Rostrum Records and releasing his mixtape titled K.I.D.S. in August of 2010. During his performance, he never forgot to remind everyone of the "holiday". He

jumped around the entire stage and got everyone pumped when he performed some tracks off of his mixtape, including "Nikes On My Feet" and "Senior Skip Day".

"I didn't know much of his songs but he was really good and it made me want to go look him up when I get home," said Chris Gopaul, Valencia Community College student.

The man of the hour, Wiz Khalifa, came out shortly after, and didn't miss a beat. Also from Pittsburgh and signed with Rostrum Records, Wiz is best known for his Billboard Hot 100 number 1 track, "Black And Yellow", a tribute to the Pittsburgh Steelers. He performed other well known songs including "In The Cut" and "The Thrill".

"He put on a really good show," said Daniel Mitchell, also a local student. "It was worth the money and worth waiting in line for. I'd go see

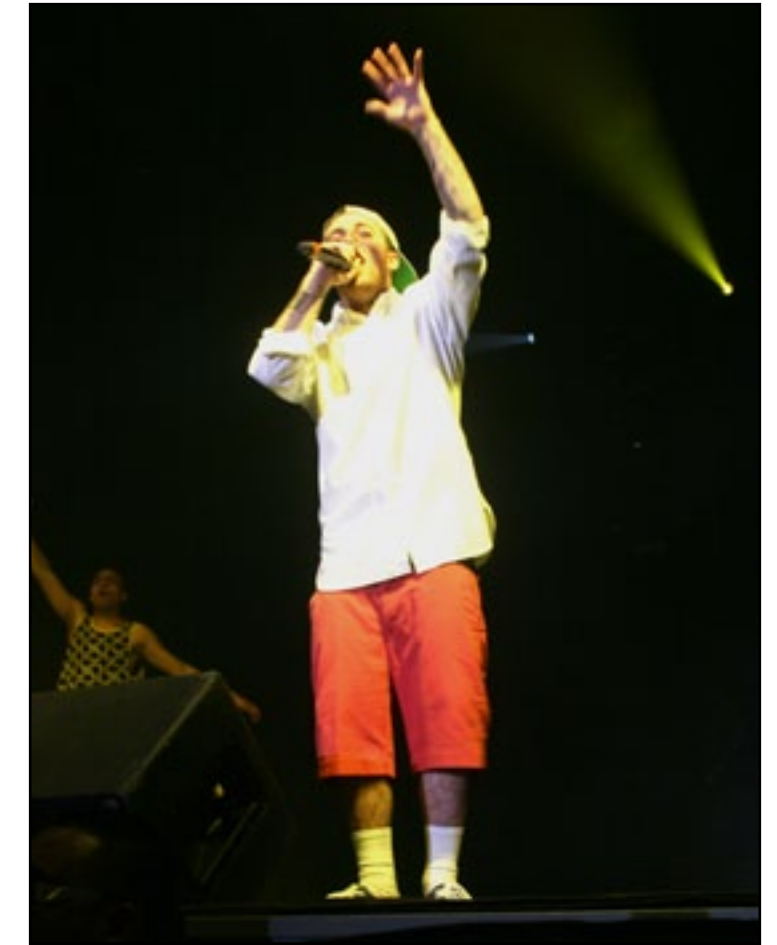
him again any day."

Although previously set to play at a venue in Gainesville on 4/20, Wiz Khalifa and Mac Miller seemed genuinely excited to be in Orlando, with Mac Miller even commenting on his most crazy show taking place here. Both artists wowed the crowd and put on a mind blowing show, especially for those in the audience that were under the influence.

Whether coming out to the show to celebrate the special day, or just to listen to the talented Wiz Khalifa and Mac Miller kill it on the stage, there is no doubt that everyone present had a night to remember and that they'll never forget.



Anna Gerrol / Valencia Voice



Shannon Meherell / Valencia Voice

Lakers get stung by Hornets

LA loses 1st game in Playoff series to New Orleans

By Kevin Ding

The Orange County Register

Credit Chris Paul, who was a maestro all game but particularly brilliant with his grand finale.

Kudos to New Orleans' no-name bench, which enjoyed three guys outplaying likely NBA Sixth Man of the Year Lamar Odom.

But criticize the Lakers, too, for letting the Hornets own the playoff opener Sunday at Staples Center, 109-100. "We were the ones responsible for that to happen," Lakers forward Pau Gasol said. "We have to own up to that."

Gasol acknowledged his subpar outing of eight

points on 2-of-9 shooting against clever mixed coverages by New Orleans. He was singled out after the game by All-Star teammate Kobe Bryant for not bringing enough.

"It's one and two; it's me and him," said Bryant, who had 34 points on 13-of-26 shooting.

Bryant added he had "no doubt" that Gasol would be spurred by the failure to deliver a better Game 2 on Wednesday night. And plenty of Lakers would be wise to start that game with better focus, something Odom said usually has come after letdowns.

"For our team, it's good to be humbled, get a swift kick in the butt," Odom said. "That's just the personalities, the makeup of this team. We're cocky."

Bryant said the Lakers strayed regularly from the game plan to contain Paul, who had 33 points, 14 assists, seven rebounds, four steals and two turnovers. The Hornets had just three turnovers for the game after no team committed fewer than five against the Lakers all season.

Lakers coach Phil Jackson said his big men need to provide better support for the guards against Paul's pick-and-rolls.

Paul had 17 points in the fourth quarter, when Gasol had two points and Bryant shot 3 for 9 from the field without a free-throw attempt. The Lakers bench, particularly Matt Barnes, started the fourth quarter poorly after the Hornets' lead was just 73-72 after the third. So Jackson's self-described "last stand" in coaching started with the Lakers being ambushed by a team Hornets coach Monty Williams described as "strong and courageous." Jackson is 48-0 in playoff series when his team wins Game 1.

Asked if he was stunned to be the one to take the first punch of the first round, Jackson had a one-word answer: "Yes."

—MCT Campus



New Orleans Hornets small forward Trevor Ariza dishes off the ball after drawing in the Los Angeles Lakers' defense during the second half.



Photos by Michael Goulding, Orange County Register/MCT
New Orleans Hornets point guard Chris Paul makes two of his 33 points in front of Los Angeles Lakers power forward Pau Gasol during the first half.

Washington Capitals drop game 3 to Rangers, 3-2

New York Rangers untie the game at last goal

By Katie Carrera
The Washington Post

Alex Ovechkin was trying desperately to get to the front of the Washington net late in regulation with the score tied at 2 in Game 3 of this Eastern Conference quarterfinal series. In an attempt to swipe the puck out of danger, though, the Capitals' star left wing accidentally tipped it into the net for what proved to be the game-winning tally for the New York Rangers.

Ovechkin lay on the ice, head resting on top of his arms, motionless as Madison Square Garden erupted in celebration of the Rangers' 3-2 victory. The win puts New York back in this first-round matchup and cuts Washington's lead to two games to one.

The goal was officially credited to Brandon Dubinsky and came with 1 minute 39 seconds remaining in the third period of yet another tight, physical contest between the Capitals and Rangers Sunday afternoon.

"I think it was my mistake," said Ovechkin, who also recorded a goal and an assist in the loss. "When we hold puck in the corner I just turn it over and then try to make a play, but again it hit my stick and goes in."

The Capitals already had come back from two one-goal deficits over the course of the contest, but a third resurgence didn't happen. Rangers goaltender Henrik Lundqvist finished with 23 saves while Michal Neuvirth, under arguably the most duress he has faced in the series, finished with 32 stops.

It was the most shots New York has managed to fire on Neuvirth so far in the series, but a number that also reflected the Capitals' eight penalties in the contest, yielding 10 minutes and 33 seconds of total power-play time for the Rangers, including two-man advantages.

The frequent trips to the box were part of the ripple effect from New York's apparent game plan to hit early and often, particularly against Washington's defensemen and Neuvirth, and goad anyone into taking a retaliatory penalty.

"You can't take (eight) penalties," Coach Bruce Boudreau said. "You knew they were going to be antagonistic and that and you've just gotta take it. This is the time of year you take it. Game 10 of the year you don't take it."



Toni L. Sandys, The Washington Post / WP Bloom

The Washington Capitals' long winless streak this season increased the scrutiny of their coach, Bruce Boudreau.

Although the Rangers forced an uptick in chippiness and yammering from the outset, the first period carried on much like the two previous games in the series as a tight, low-scoring affair. The Rangers couldn't generate much offense five-on-five and Washington started to make frequent trips to the penalty box, throwing its offense off as well.

New York's first sustained push came late in the first, when an errant clearing attempt by Mike Knuble went over the glass and resulted in 1:25 of a five-on-three. The game remained scoreless entering the second, though, when the Capitals were called for two quick minor penalties in the opening five minutes.

The second of those calls sent John Carlson to the box for cross-checking and finally the Rangers' anemic power play (16.9 percent in

the regular season) broke through. Erik Christensen sent a laser of a shot from a bad angle over Neuvirth's left shoulder and into the net to give New York a 1-0 lead at 5:30 of the second.

Before the 11-minute mark in the second, two more penalties were called on the Capitals.

After a faceoff in the Rangers' zone late in the middle period, Ovechkin was shoved and then tripped by New York's Brian Boyle. When the Capitals left wing stood up, he drove to the net, where he was able to redirect a shot by Jason Arnott to tie the score at 1 with 59.2 seconds remaining in the period.

—WP Bloom