

Relay For Life Kicks Off

SAMANTHA KOWALCZYK
EDITOR-IN-CHIEF

One of the largest events on campus is gearing up again for the 2011 season – Relay For Life of Johnson & Wales University. On Wednesday January 19, students, supporters, and the RFL crew took over Xavier Auditorium for the annual Kick Off. Those looking to participate could sign up, form a team, and snag some Relay swag. “We’re looking to make the event bigger than before,” stated Event Chair, Samantha Binder. “It’s a lot of fun, but it is also for a great cause.”

Last year, according to Binder, there were 637 participants and they were able to raise \$46,000. This year, they’re aiming for 650 participants and \$50,000. “We’re offering new incentives this year – you don’t get unless you give,” added Binder, “456 (out of the 637) did not raise a single dime last year, and we’re trying to fix that.” Aiding in the fix is the ever-present, blow-up Relay mascot, Relay Rita. “The event being the ‘Ultimate One Night Stand’ and also using a blow-up doll as our spokesperson helps – sexual innuendo goes over well on college campuses,” Binder explained.



Relay event staff with Relay Rita. Photo courtesy of Samantha Binder



RFL celebration swag. Photo courtesy of Samantha Binder

Not only do students respond to the all-night event of fun and friends, but also to the fact that cancer has touched their lives. “This is a way for everyone on campus to come together and fight back” said Amy Hodgson, State Vice President of Development of the American Cancer Society (New England Division), and JWU’s staff partner. “They get to be a part of it, they can celebrate a cancer survivor and help the cause in a way that’s personal” added Hodgson. “I watched my grandmother struggle with cancer. She lost her battle, and this is my way of fighting back and supporting others” shared Event Chair, Blair Schaeffer. No matter one’s personal reason for supporting RFL, there are numerous

other reasons to participate on Friday, April 1st. Movies, karaoke, frozen t-shirt contests, and the always popular Mr. and Mrs. Relay drag contest are just a few of the events taking place to raise money and keep everyone entertained for twelve hours at the Harborside Rec Center. Beyond the fun and games, there are several events to honor those who have struggled with cancer. “The Luminaria Ceremony and Fight Back Ceremonies really bring it home as to why we’re there” said Binder. Whether you donate \$5, or lead your team to the number one fund-raising spot, know that it is going to a very noble cause. “You don’t have to do big things to help prevent cancer.”

One Ton of F-U-N!

ZACHARY RANES
ARTS & ENTERTAINMENT EDITOR

Wednesday, February 2nd is when students line up for miles. Today is the day when we take out our spoons and dig into a desert that we seldom eat when it’s 5° out. That’s right; Johnson & Wales 15th Annual One Ton Sundae is back! The University Involvement Board are here to rescue you from the doldrums of winter. The One Ton Sundae is part of “Winter Week” where there are events for students until February 6th with the formal “Snoball” at Crowne Plaza Hotel on Saturday, February 5th.

Syrup, M&M’s, gummy bears, and rainbow sprinkles are just some of the toppings that are going to be poured over your gigantic mountain of fun. Like

every year, ice cream will be given out for free (did I mention it’s free?) along with a keepsake UIB bucket. Kiddie pools filled with three gallon buckets of chocolate, vanilla, and chocolate cookie dough are going to be for the taking on this stuff-your-mouth day.

Lines form and move quickly starting at 11:00AM that go ‘till 2:00PM – 750 buckets are used during this span. “Basically you get a sundae and who doesn’t like a sundae?” said Nathan Baird, University Involvement Board President. No truer words have ever been spoken. So give up that ill-wished New Years Resolution of a diet for just one day and come gorge your face on delicious ice cream at Pepsi Forum. It will be well worth it.



Last year’s One-Ton Sundae Event. Photo courtesy of Nathan Baird

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Is the Verizon iPhone Worth It?

The Campus Herald

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CRIME LOG

DATE & TIME	TYPE & LOCATION	DESCRIPTION
Thursday, 1/13/11 9:00 pm	Arrest / Off Campus, Narragansett Blvd. Providence	Student arrested and charged with an alcohol violation
Thursday, 1/13/11 9:40 pm	Arrest / Off Campus, Narragansett Blvd. Providence	Two students arrested and charged with an alcohol violation
Thursday, 1/13/11 10:00 pm	Arrest / Off Campus, Narragansett Blvd. Providence	Student arrested and charged with an alcohol violation
Friday, 1/14/11	Arrest / Off Campus, Eaton St. Providence	Student arrested and charged with a narcotics violation and motor vehicle violations
Tuesday, 1/18/11 5:45 am	Arrest / Off Campus Prairie Ave. Providence	5 students were arrested and charged with breaking and entering a house/dwelling without consent.
Wednesday, 1/19/11 9:45 pm	Arrest / Off Campus, Pine St. Providence	Student arrested and charged with a narcotics violation.
Thursday, 1/20/11 4:30 pm	Arrest / Off Campus, Park Row West, Providence	Student arrested and charged with domestic assault
Saturday, 1/22/11 12:50 am	Arrest / Off Campus, Empire St. Providence	Student arrested and charged with an alcohol violation, disorderly conduct and resisting arrest
Sunday, 1/23/11 10:45 pm	Arrest / South Hall	Student arrested and charged with a narcotics violation
Monday, 1/24/11	Burglary / Off Campus Michigan Ave, Providence	A burglary occurred at a residence on Michigan Avenue in the vicinity of the Harborside Campus. Entry to the house was gained through a rear basement window. This crime did not affect anyone from Johnson & Wales University; however, students are known to reside in this neighborhood. Police were notified. No suspect

CRIME PREVENTION TIPS:

Secure small personal items out of sight before leaving your vehicle. Don't go it alone. For a Safe Walk escort on the downcity campus, call 598-1103.

When outside in the Harborside Campus near the water be on the alert for coyotes. Information about coyotes is available from the RI Department of Environmental Management (www.dem.ri.gov/topics) According to State of RI DEM, coyote attacks on humans are very rare, however, these wild animals should not be approached. The water's edge along the upper Narragansett Bay is a natural habitat for these wild animals.

If you have any further information regarding these incidents, please contact the Crime Prevention Unit. All calls are confidential. (401) 598-2947

CHECK IT OUT

Alumni Leaders Week Alumni Leaders Week: will take place on he first week of February. Aligned with FOCUS 2011, the alumni relations department is intensifying its efforts to promote the career progression and achievement of our graduates. All students, faculty, and staff are welcome to classrooms and Xavier Auditorium to meet our alumni.

V-Day JWU 2011: Tickets are now available for both benefit performances of Eve Ensler's The Vagina Monologues scheduled for: Fri, Feb 11 at 5pm, HRC, OSA Lounge and Mon, Feb 14 at 7pm, Xavier Auditorium. Minimum donation for tickets is: \$3 early, \$5 at the door. All donations and sales go directly to charities

Relax and Renew: Guided Meditation and Gentle Yoga: Launch into the new year with Stress Reduction classes, Wednesdays from 4-5pm, McNulty Hall, 4th Floor Lounge. All are welcome! Any questions, call the Student Counseling Center at 401-598-1016. Sponsored by the Student Counseling Center and Residential Life.

Student Spotlight: When a Boy Becomes a Man

SAMANTHA KRIVOROT
ASSISTANT EDITOR-IN-CHIEF

Most six-year-old children think about ice cream at snack time, recess, and Dora the Explorer. After a long, hard day of first grade, their main worries might be whether mom is making her awful meatloaf for dinner or that bedtime is just a few short hours away.

For Mohamed Kamara who grew up in Sierra Leone in the midst of a civil war fraught with greed for “blood diamonds,” he lived each day wondering if he would find a mango or banana to eat, if he would ever see his family again, or even if he’d live to see the sun come up another day. “It was a terrible war...a lot of people were killed and I witnessed everything,” said Mohamed as he recently addressed an “Introduction to Newswriting” class that collectively interviewed him.

At the young age of six, Mohamed took on the impossible role of becoming the man of his household and was left to take care of his sickly mother and six other siblings in the absence of his father who could not re-enter the country once the war began.

As his village, Mile 91, in Sierra Leone was pillaged and ripped apart by soldiers, food and shelter became scarce. No stone remained unturned and no house was left standing after the soldiers plundered through his town.

Mohamed’s instinct to survive – as well as his intense love for his mother – drove him to find food and survive night after night.

“What kept me going was my mother; she was my mentor,” said Mohamed. When the soldiers destroyed his house, he roamed the woods alone for three weeks to find food for his family, in constant fear of being captured by rebel soldiers or attacked by wild tigers or bitten by poisonous snakes.

Much to his horror, when he returned “home,” he discovered that his family was nowhere in sight.

Left only with the clothes on his back, Mohamed was forced back into hiding for the next five months. He was constantly on the move, trying to avoid the terrifying capture of the soldiers, while at the same time, searching for his family.

“I was left alone to look after myself, to get food for myself. It was hard,” he recalled. During this time, he was captured twice and, as a result, witnessed some of the most horrifying sights of his life.

“They killed people and cut off people’s hands so they couldn’t vote,” described Mohamed. He also talked about some of the gruesome games the rebel soldiers would play to keep themselves entertained. He once witnessed two soldiers betting on the gender of the baby of a pregnant woman, and then figuring out the answer by cutting out the child from the mother’s womb with knives.

Despite witnessing such horrific atrocities, Mohamed fought with everything left inside of him to survive and re-unite with his mother, four brothers, and two sisters. While in hiding, he realized that joining the “boy soldiers” seemed like his only means of staying alive. At least then the “hunt” would be over and he’d be guaranteed food every day. But his mother’s voice inside his head kept him from making that fatal decision, he said.

“My family was depending on me, I had to do my best,” he said bravely. “I was left

no other option than to step up from a little boy to a man.”

After roughly five months in the woods and an 80-mile journey by foot, Mohamed was able to locate his family in a nearby village. He remained with his family until the war ended three years later and, at age nine, he and his older sister were asked if they’d like to move to the United States to live with an aunt and uncle in the South Bronx.

“I was excited to start a new life but leaving my family was one of the most difficult things of my life,” Mohamed said softly. In his heart, he wasn’t sure if he’d ever see them again.

As it turned out, his mother died several years later prompting Mohamed’s only regret – that he never got a chance to see his mom one more time to say “goodbye” to the woman who kept him on the right path throughout the war.

At nine years old, Mohamed entered the third grade basically illiterate. He couldn’t read and he didn’t know a single word of English. He recalls that learning the language and getting into “the system” was one of the greatest challenges of his life. However, by the time he entered Bronx Leadership Academy High School, he was feeling ready and able.

Mohamed knew that he was doing well for himself, as 60 percent of children in Sierra Leone do not attend school because they can’t afford it. Thanks to the Bronx Leadership Academy where he met Joseph King, a Global History teacher, Mohamed would have a chance at a life beyond his wildest dreams.

King watched Mohamed blossom into a young man and saw great potential in him. He helped him get a job as a caddy at a golf course in New Jersey so Mohamed could work and send money back home to his family in Sierra Leone.

King also entered Mohamed in HOPE (Helping Others Persevere and Excel) Week, a state-wide competition in New York where he was one of five finalists.

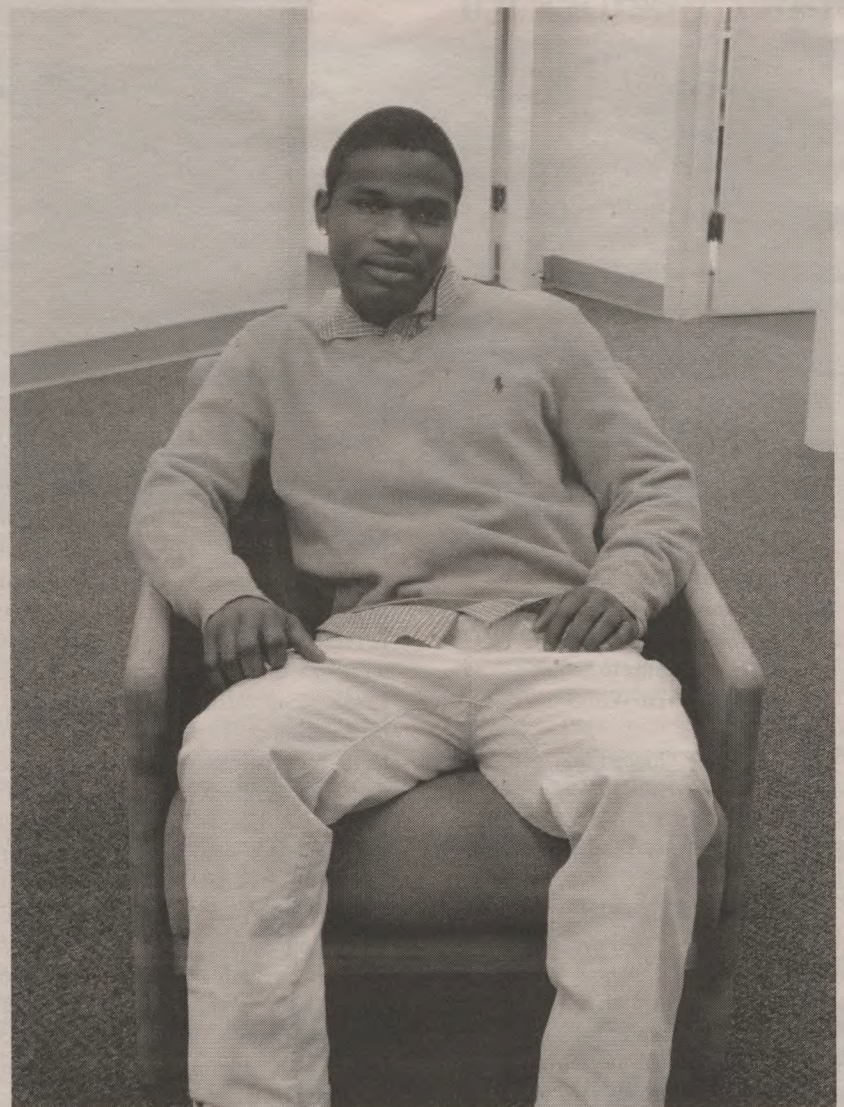
As a result, Mohamed was “adopted” by the New York Yankees which led to a full scholarship to Johnson & Wales University to study International Business as well as a rare internship on Wall Street scheduled for the summer of 2011.

Since enrolling at JWU as a freshman this fall, Mohamed has garnered a work-study position on campus and continues to send money home to his family. He is also planning his future and a possible return to Africa to help out the less fortunate in his community.

“I would like to be an ambassador and go back to Africa and help out my community,” said Mohamed rather humbly. In fact, both he and his former teacher, King, plan to establish a non-profit organization to help raise money to build the first free public school in Sierra Leone.

“I just want people to help the people who need help,” Mohamed said with a smile as he neared the end of his interview. He’s also been encouraged to write a memoir to be released in 2012, entitled “Journey of My Life.”

When asked what Mohamed would like people to take away from his story, he said, “...to be strong. The war made me strong. If I could survive an 11-year-old civil war, I can survive anything.”



Mohamed Kamara. Photo by Samantha Krivorot/The Campus Herald

A Sophia Academy Slam Dunk!

ALEXANDER ZAPATA
GUEST WRITER

On Saturday a bit more than just your typical fans showed up for the women’s Johnson & Wales basketball team against Rivier. The Project S.H.E. (Sports, Health, Education) Event Planning Committee welcomed students and their families from Sophia Academy to join them in a special family basketball event.

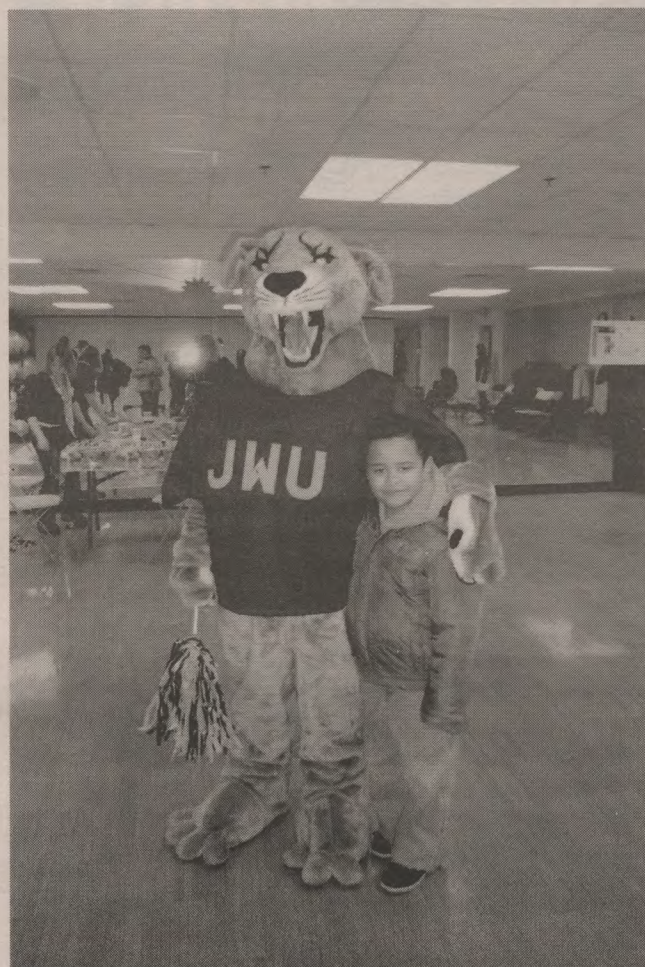
Sophia Academy is a private, non-profit middle school for girls, grades five to eight, from low-income families in Providence, with a current enrollment of 60 students. The middle school does not have a gym so every Friday the

girls arrive at the Harborside Campus to exercise and have some fun. Johnson & Wales students volunteer to show the girls how to play basketball, volleyball and soccer.

The Project S.H.E. Events Committee is made up of Johnson & Wales students who volunteered their time to host The 2nd Annual Family Basketball Event for the girls. For the past two years, students plan the event and have activities such as face painting, making lanyards, noise makers and banners to cheer on the JWU basketball team.

Sherry Goldin, President of Sophia Academy says, “This gives the opportunity to bring the families together, and it exposes the girls to the college life. Where they don’t have to be intimidated and they can see that there is a better future for everyone. So far this is a yearly success.”

As the pregame warm-ups began the girls got their pompoms, took pictures with Willy the Wildcat, and made a huge banner to support the team. The women’s basketball team played incredibly – a huge 67-44 win - thanks to the support by the Sophia Academy. After the win I asked first year coach Rob Johnson how he felt about the Sophia girls and involvement with the game. “It’s great to have them here; I wish we can have them every Saturday.”



Willy the Wildcat and participant. Photo by Zachary Ranes/The Campus Herald

Super Recipes for the Super Bowl

DANIEL KLEIN
CULINARY EDITOR

With the Super Bowl on the horizon for this Sunday, those who are not going to the UIB party at the Harborside Rec Center or to a bar to watch the game are possibly wondering what to make for the big game. I've decided upon six things that are sure to be a hit if any of you either throw or go to a party. They are filling and will not break the bank.

The lineup includes the following items:

Chips & Guacamole
Ground Beef Tacos
Beer Marinated Chicken Fajitas
Seasoned Rice
Corn and Tomato Salad
BBQ Oven Wings

Chips & Guacamole:

To put a spin on old fashioned tortilla chips, try picking up a package of organic yellow corn tortilla chips or vegetable and flaxseed chips (both available at Trader Joe's). In addition, I purchased the Trader Joe's Guacamole kit, which contains 2 avocados (make sure they're ripe), 2 plum tomatoes, 2 cloves of garlic, one boiler onion, one lime and one jalapeno pepper. Dice everything in the kit, or the equivalent of the same ingredients and add to the mashed avocados. I prefer to mash $\frac{3}{4}$ of them and fold in the rest small diced. I recommend only adding in half of the lime juice, otherwise it becomes too loose and too citrusy. If you like an added kick, add the seeds from the pepper. I also add in 1 tablespoon of fresh chopped cilantro, a sprinkle of dried basil, oregano, parsley, red pepper flakes and chili powder to balance the spice and flavor.

Seasoned Rice

If you reserve some taco seasoning or fajita seasoning, you can add it to cooked rice for a flavor that will mesh well with what you are serving. Combine 3 cups of water, 1 tablespoon salt and 2 tablespoons of olive oil in a pot and bring to a boil. Add in 1.5 cups of rice and reduce to a simmer and cover. Meanwhile, sauté 2 minced garlic cloves in a separate pan. Add to rice when almost finished along with taco/fajita seasoning. Fluff with fork and serve.



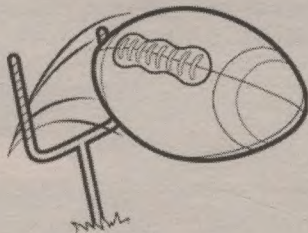
Ground beef tacos. Photo by Daniel Klein/The Campus Herald

Ground Beef Tacos:

Depending on how many people you are expecting is how much beef you should buy. I say that one pound can feed three, with all of the added accompaniments. The rule I follow is that for every pound of beef (I get an 85-15 meat to fat ratio), I use one 12-oz. jar of salsa. In a large pan over medium high heat, brown the beef using only pan spray as the fat in the meat will render. Add in the salt and pepper to taste, chili powder, red pepper flakes, paprika, garlic powder and onion powder. If you don't want to make your own taco seasoning with those ingredients, many companies offer a seasoning packet with taco shells. Pour in the salsa and simmer for 20 minutes. If the beef is too oily before adding the salsa, drain the fat and put meat back into pan and continue. Serve with shredded lettuce, diced tomatoes and onions, guacamole, shredded cheese (Mexican or spicy blend is best) and chopped cilantro with either hard or soft taco shells for everyone to design their own taco creations.



Chips and guacamole. Photo by Daniel Klein/The Campus Herald



Corn and Tomato Salad:

This flavorful salad can be served with other dishes or stand by itself. With fresh herbs, it has a summery taste that will bring flavor and fun to your party. Start by heating a pan with a tablespoon of olive oil and sauté 2 cups of frozen corn kernels with one minced garlic clove for 3-4 minutes. Add in 1 pint of quartered grape tomatoes, season with salt and pepper to taste and remove from heat after another 2 minutes. In a bowl, combine 2 tablespoons of lemon juice, $\frac{1}{4}$ cup olive oil, 1 tablespoon balsamic vinegar, 2 tablespoons chives and 2 tablespoon cilantro and add the corn/tomato mixture to the bowl. Toss together and cool for 30 minutes prior to serving.



Corn and tomato salad.
Photo courtesy of infiniteherbs.com

BBQ Oven Wings

The final recipe is modified from Sheila Lukins' Epicurious recipe for BBQ chicken wings. They are made in the oven instead of frying them, which gives a similar texture without the need for fat and grease. If you'd like to make a homemade barbeque sauce, there are plenty of online recipes, but I think store bought is just fine. In a large bowl, combine 4 cups of barbeque

This simple recipe is similar in idea to the beef tacos; a set it and forget it method with various make-it-yourself fillings. Instead of the restaurant style sizzling onions and peppers, I follow my mom's creation of serving it with shredded lettuce, cucumber, tomatoes, onion, cilantro and seasoned rice (recipe below, left). Since I've been raised on improperly calling it chicken fajitas, I do recognize that this is more like a burrito. Marinate however much chicken breast (sliced) in a bowl with one can of beer and one package of fajita seasoning mix (I use Casa Fiesta). There is usually enough liquid to marinate a lot of chicken and about one pound feeds three. Marinate for 4-6 hours or overnight and then cook in a foil lined baking pan under the broiler for about 5 minutes, flip chicken over and broil for another 5 or until cooked through. Serve with accoutrements and large flour tortillas.



sauce with 60 chicken wings that have been rinsed and patted dry (if you can buy wings from somewhere like BJ's/Sam's Club/Costco, you'll get a great deal). Bake at 375 for 45 minutes (or cooked through) on a single layered baking sheet. If you overcrowd the pan, they will not cook well. For a change, add a splash of orange juice to the barbeque sauce for some citrus tang or hot sauce for that fiery bang. Any way you make them, these will surely be a hit.



Seasoned rice. Photo courtesy of potatomato.com



BBQ oven wings. Photo by Daniel Klein/The Campus Herald

R

CULINARY ARTS
REVIEW

RESTAURANTS/GROCERY/PRODUCTS

A Pricey Priceless Evening

DANIEL KLEIN
CULINARY EDITOR



The lovely and delicious Margherita Pizzette. Daniel Klein/Campus Herald.

It was quiet in the restaurant when we arrived and the atmosphere seemed light. We got a booth for three across from a party of eight, celebrating a friend's birthday. Ironically, two tables over from that, was another person celebrating their birthday. We were here just celebrating a fun and festive evening, following a comedy show up the street.

Browsing the menu at The Cheesecake Factory is not possible. The reason being is that it is more like looking at a novel, and I wanted the Spark Notes edition.

“The basil was chiffonade and strewn across the little morsels of fresh mozzarella that were still melting on the freshly baked dough.”

There was pretty much everything and anything you could imagine: Drinks (both alcoholic and non), small plates and snacks, appetizers, appetizer salads, regular salads, pizza, burgers, pastas,

fish, seafood, steaks, chops, weight management options, sandwiches, eggs, omelets, side dishes, specialty dishes, and even lunch and a Sunday brunch menu (despite it being a Thursday evening). Did I mention that they also have cheesecake?

So after skimming just to see every possible option, along with multiple advertisements in the menu, we figured it was best to stick to the snacks, small plates and appetizers.

Even that was a long list to narrow down from; a whopping 50 different items, more than many restaurants have on their entire menu. So many choices and everything sounded so good (despite the price) that I of course was the last one to make up my mind. Sam decided on a chicken quesadilla, Zach the Buffalo wings and I opted last minute for spicy chicken nachos and a Margherita pizzette.

I wish some restaurants would leave a pitcher of water at the table because I (and usually others I am with) polish off a few glasses worth. That night, we had trouble flagging down our waitress, despite being one of a couple of tables left in the waning hours of the restaurant. It is not the best impression to a customer.

Our food arrived and looked marvelous, especially the artfully crafted pizzette. The basil was chiffonade and strewn across the little morsels of fresh mozzarella that were still melting on the freshly baked dough.

The quesadilla was bulging with filling and garnished beautifully with salsa, sour cream and home-made guacamole. The nachos and Buffalo wings were,



A glimpse at the smorgasbord of our food at The Cheesecake Factory. Daniel Klein/Campus Herald

however, lacking in both presentation as well as taste.

The nachos, which contained chicken that wasn't spicy, didn't have much cheese on them. I've learned and experienced that the best nachos are covered with plenty of cheese on every chip. These looked more like it was garnished with cheese rather than the guac and salsa. The Buffalo wings, which Zach seemed to have enjoyed was quite lackluster to me. The wings needed to be crispier and should've been tossed in the extra dipping sauce. The celery was all crappy tops with leaves and chewy yellow innards, while the blue cheese was awkwardly foul tasting. The piece de resistance was the wedge of bread stuck in the bottom of the bowl to make the dish look fuller.

Despite my opinions, we all enjoyed the food. It was more of the time spent together than the money spent on some grub

that was important. Zach doggy bagged the remainder of the wings and nachos, while Sam contemplated the tip. For about \$40 plus tip, it was the experience that was worth the price. I would say that The Cheesecake Factory is a nice place to go for a late night bite, but going out with friends, getting some food and/or drinks and having a good time is definitely something that is priceless.



JWU's Annual

Winter Week 2011

FREE EVENT

SUPERBOWL PARTY

SUNDAY, FEBRUARY 6TH

HARBORSIDE REC CENTER LOUNGE

5PM

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Music You Need to Hear



DJ Tiësto. Photo courtesy of trance.nu

QUALITY APARTMENTS - AVAILABLE JUNE 1 ST

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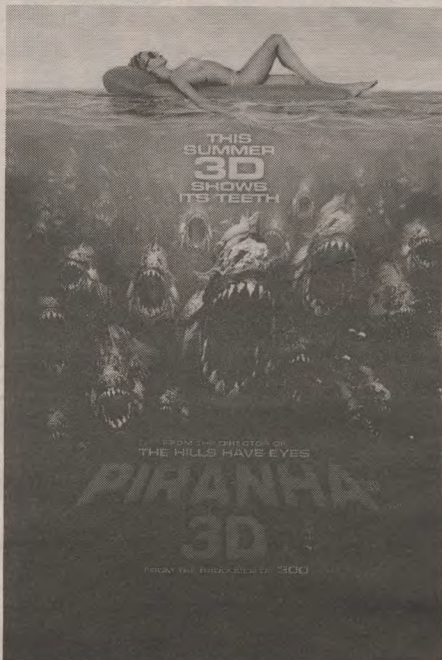
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Look For it on DVD

NIALL MCPHERSON
STAFF WRITER

Piranha (3D)

It's a modern day Jaws with far more gore. The weak plot of *Piranha 3D* centers around spring break in Lake Victoria, Arizona. The population swells from 5,000 people to 50,000 when students come to party. This year though the millions of flesh eating piranhas have all the fun. They have come through a crack in the ocean to feed, in what results in a blood bath of attacks. The 3D



Official poster. Photo courtesy of imdb.com

effects saved the movie from its terrible acting and dumb storyline. This is our generations supped up Jaws with more blood, gore, and mayhem.

Piranha 3D and 2D is out now on DVD and Blu-Ray

Machete

Robert Rodriguez latest is a movie based on a 30 second absurd trailer from Grindhouse. This wacky film follows Machete, a former Mexican cop. The down on his luck cop is looking for revenge after his family was killed by drug lord Steven Seagal. He is made "a offer he can't refuse" to kill Senator McLaughlin for he is campaigning to build and fence the bottom of the United States to prevent all Mexicans coming into the country, a current and actual problem America faces today. This movie is not for the weak at heart as it seems someone's being killed or shot every 5 minutes. There is a story somewhere in the movie but it is overshadowed with all of the violence. Expect Grindhouse, times ten.

DVD/Blu-Ray Special Features

This comes in standard in both a DVD and a Blu-ray edition, both of which are disappointing for what's on them. The DVD edition contains the movie plus some deleted scenes and an Audience Reaction Track, the Blu-ray contains the same but also a digital copy for

TRANCE EDITION

SAMANTHA KRIVOROT
ASSISTANT EDITOR-IN-CHIEF

If you look in the dictionary under Trance music, you will find the name Tiësto and the following definition: The father of Trance. Tiësto first hit the music scene as an underground DJ in 1995, spinning at clubs in the Netherlands. In 1997, he and a friend launched the now famous Black Hole Recordings.

Every Tiësto album is fully satisfying in every way, bringing together the hypnotics effects of Trance music in combination with incredible guest vocals and lyrics. Although each song he puts out is amazing, classic crowd favorites include "He's A Pirate," "Traffic," "Adagio For Strings," "Love Comes Again," and "Just Be."

Tiësto has performed at a multitude of music festivals, including playing at the Opening Ceremony of the 2004 Olympics in Athens. He played live in front of over 3 billion people during the Parade of The Athletes, and even released an exclusive CD for this event. He's won pretty much every type of dance music award there could ever be, as well as being the only artist to be named "Number 1 DJ" three times in a row (2002, 2003, 2004).

Genius collaborations are also not something Tiësto is a stranger to. In addition to joining efforts with other electronic gods such as BT and Afrojack, Tiësto has recently combined talents with electronic connoisseur DIPLO to release "C'Mon."

"I was in L.A. for a while, and I heard all these tracks in the club," he said. "Santigold. And M.I.A. And then I found out that Diplo was behind all of those tracks," Said Tiësto in a recent interview with MTV. "I'm open to working with anybody that can bring something different to my sound. So I just approached Diplo and said, 'Let's do a track together.' And so we came up with this." For more on Tiësto and his music, visit www.tiesto.com.



Official DJ Tiësto logo. Photo courtesy of trance.nu



Official poster. Photo courtesy of imdb.com

your computer. If you're going to purchase the movie wait a few months until it is cheaper. Better yet, like Rodriguez did for Grindhouse, he

may bring out a director's cut edition with more special features.

Machete is out now on DVD and Blu-Ray

TECH REVIEW: iPhone to Verizon; Not Necessarily Worth It (Yet)

DANIEL KLEIN
CULINARY EDITOR

Four years and two days after its inception was officially announced, the coveted iPhone is finally coming to Verizon Wireless. After years of speculation, wishing and hoping, the device will go on sale on February 10th following an announcement back in January to reveal what everyone was expecting.

When the day arrived, 1.11.11 at 11:11 am (I'm glad they didn't wait 10 more months), it was a victory for everyone: Verizon, their customers, Apple, iPhone customers---seemingly everyone but AT&T. This is because the exclusive contract they had with the iPhone is officially over. (Don't fret; they still have the iPhone and the new Windows 7 phone).

However, as of now, I think I am one of few iPhone hopefuls that will not be jumping onto the smart phone bandwagon; or at least not yet. As a Verizon customer, I have been waiting for this day to come for over three years, but I feel like I am going to be smarter than the smart phone this time.

The number one rule for buying a new product (I have established) is never purchase the first generation. Though not applicable to everything, I have learned the hard way and seen in many cases that there tend to be issues with the first generation of new products. I can ramble on with an extensive laundry list of products that have failed coming out of the gate, but I won't.

There are generally system problems with a new product. The iPhone had

been through two generations before it seemed to be fully stable without major problems. The Blackberry Storm, touted as major competition to the iPhone, went through various software updates and an eventual replacement by the Storm 2. So many products fall victim to this issue and customers lose out because they have to spend time with technical service and/or money updating or changing their phone.

From this, the iPhone 4 will most definitely have issues as it is the first generation on Verizon. The major flaw it is facing is that the device will not be able to surf the internet while being on the phone, though users will be able to use their phones as a Wi-Fi hotspot. In addition, the volume buttons will be lowered in order for the phone's antenna to be adjusted for the CDMA processor, so any cases for the phone will not work like they will for the AT&T iPhone.

In addition, I expect there to be a software update before the end of the year from Verizon to fix the primary issue of internet vs. phone usage. With the history of Apple releasing a new iPhone every summer, one can expect two more major changes to the phone. By the time the next school year hits, we could be looking at a different iPhone yet again based on a ton of changes from both its maker and its service provider. The final problem facing new iPhone customers will be the data plan that Verizon is going to offer with the phone. AT&T got rid of their unlimited plan and charges more to Smartphones like the iPhone and Blackberry for its data usage. What will "Big Red" do about this problem? Will they follow in the



Is it worth it? Collage by Daniel Klein

steps of either AT&T or T-Mobile by going to an extreme (paying a lot or everything for one price) or create something new and reasonable for both the company and its customers?

Due to all these issues, as a fan of Verizon and the iPhone it's hard for me to realize my decision. For the time being, it is better financially and physically for me to stick with my old fashion clamshell phone without a QWERTY keyboard. It lacks any internet surfing, email capabilities, streaming of any videos or pretty much anything else beyond a 1.3

megapixel camera. However, I do have good reception for calls and the ability to type insanely fast without looking at the keys.

But for many Verizon customers, they don't care. The iPhone is the king of phones and coming to their network means the world to them. But, is it worth ditching an Android or Blackberry for? Is it even worth leaving AT&T for however much money to come to the #1 network in the US? Only time will tell the answers to these questions. As for me, the answer as of right now is no, but I'm keeping my fingers crossed.

Awesome Apps

DANIEL KLEIN & ZACHARY RANES
CULINARY AND
ARTS & ENTERTAINMENT EDITORS

Apps are beautiful, delicious, and of course, provide the best way to waste time. Stuck in a pickle you need to get out of? We have an app that can save your life. Sitting in the bathroom with nothing to do will never happen again with the gaming apps. Act fast though because some are free for a limited time!

iTriage - AHHHH, what's that lump on my shoulder?! Why do I have bumps around my mouth?! iTriage has got it covered, you can check those embarrassing symptoms and solve those mysterious medical problems. An added plus - you can save the embarrassment of asking at the real doctor's office.

Email 'n Walk - It sucks crashing into that pole that popped out of nowhere, your friends are crying because they can't stop laughing. You, on the other hand, beam red and think this could have

definitely been avoided. It can now, with Email 'n Walk, those multi-taskers can send out those quick e-mails without all the pain. This app lets you see what destination lies ahead when you're buried deep in that intense Fantasy Golf e-mail.

AroundMe - We all share similar predicaments, the restaurant won't accept credit cards, the car is teetering on "E" and you just really, really need a drink. AroundMe has got it covered. This dandy of an app is a GPS that helps you find the closest bank, bar, taxi, hotel and supermarket. So now, you'll have cash at the restaurant that doesn't take credit cards to pay for those ten Heinekens.

PapiJump - So simple but so addictive. Swiftly moving the reddish smiling ball up the levels only gets harder deeper in the game. And comparing your score to others around the world makes competition fierce

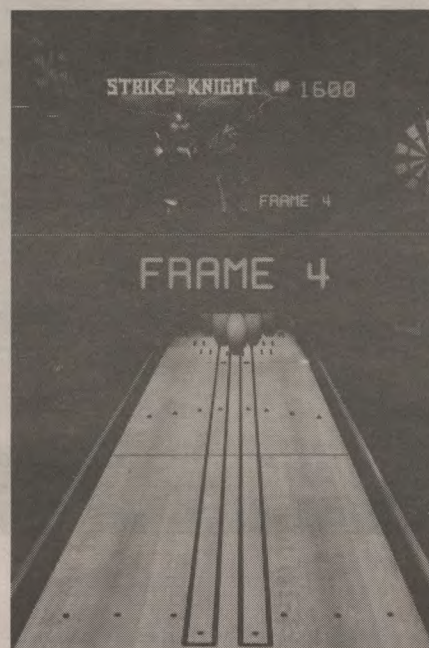
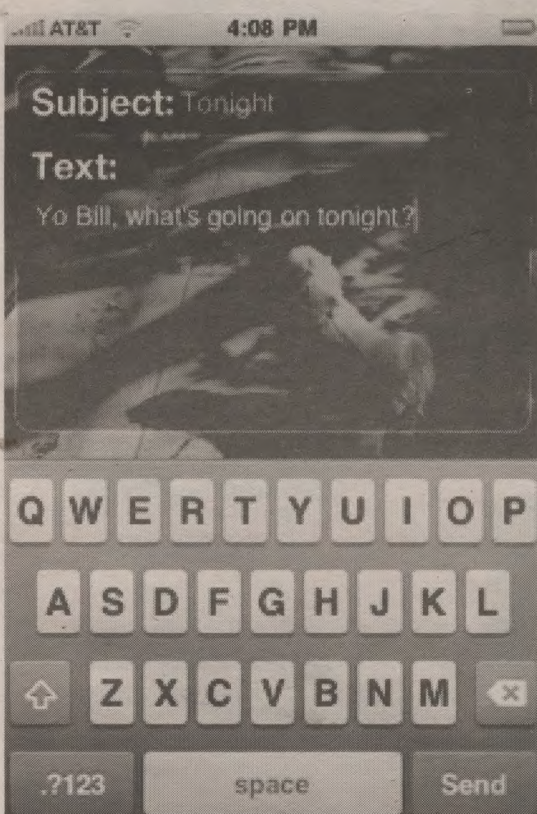
Texas Hold 'Em - Featuring 9 different levels and a multi-player option, this version of Hold 'Em offers various locations from a garage, to Paris, Vegas, or even Dubai. The difficulty, buy-in and blinds goes up with each location, but the fun factor is worth going all in for.

UrbanSpoon - The best foodie app on the market. Its amazing shake option works like a slot machine, allows you to find random restaurants in areas based on location, cuisine and price. You can also search more specifically, view menus, get hours and phone numbers. Most

importantly, the reviews are for the people, by the people

Strike Knight - From the makers of Paper Toss, this game is based off the old arcade/bar puck-bowling game. Playing solo or up to 4 players, the key is to learn to bowl the puck with the right timing to get hirer points, or suffer with some taunting from the Knight. The better you bowl, the higher the score and more compliments over heckling.

Cheap Gas! - From Gasbuddy.com, this free app helps you find the cheapest prices of gasoline based on user submissions. Sort by location or price, you can see where the best bargain is for your next fill up!



*App screenshots courtesy of Apple store

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JOHNSON & WALES UNIVERSITY

Notice of Public Comment

Johnson & Wales University Providence Campus Safety & Security is scheduled for an on-site assessment as part of a program to achieve accreditation by verifying that it meets professional standards.

Administered by the International Association of Campus Law Enforcement Administrators (IACLEA), the accreditation program requires departments to comply with state-of-the-art standards in four basic areas: policy and procedures; administration; operations; and support services.

Members of the JWU community and the public are invited to offer comments by calling either 401-598-2617 or 401-598-1807 on Monday, Feb. 21 between the hours of 1-5 p.m.

Telephone comments must address the department's ability to comply with IACLEA's standards. A copy of the standards is available at the Providence Campus Safety & Security office at 264 Weybosset St. and the Safety & Security sub-station in The Friedman Center, 321 Harborside Blvd., Providence, R.I. Please contact Lt. Darrell Johnston at 401-598-1763 to view the standards.

Anyone wishing to submit written comments about JWU Providence Campus Safety & Security's ability to comply with the standards for accreditation may send them to IACLEA, 342 North Main Street, West Hartford, CT 06117-2507.

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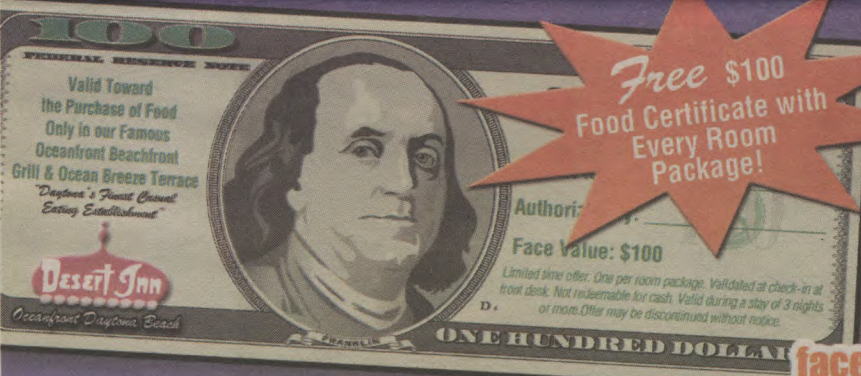
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DANIEL KLEIN
for submitting
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to the
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tumblr!

"care for a seat?"



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8PM

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TUESDAY, FEBRUARY 1ST

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4:30PM-8:30PM

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A Night to Remember This Valentine's Day

LEAH SCILLIERI
STAFF WRITER

Love is in the air on February 14th. It doesn't matter if you are in a long-term relationship or going on your first date. Bring your Valentine's Day sweetheart to one of these five local restaurants for an unforgettable romantic dinner.

Sakura, Japanese Restaurant – At Sakura have fresh steak, seafood, and chicken prepared right in front of you on a Hiabachi tables, in the traditional dining room, or you can sit Japanese style in one of the three private tatami rooms serving Japanese cuisine such as sukiyaki. You can hang out at the bar to have your desired selection of sushi! Call for a reservation: 401-331-6861



Tuna, Salmon and avocado roll from Sakura. Photo courtesy of yelp.com



Photo courtesy of kartabar.com

Kartabar Restaurant and Lounge- Thinking about going to Thayer Street for Valentine's Day? Go to Kartabar, known for its Mediterranean Bistro with Manhattan Style menu, this restaurant has everything from grilled chicken breast served with a sweet balsamic glaze to Tuscany scallops. The main course prices range from \$13.50 to \$19.95. Call for a reservation: 401.331.8111.

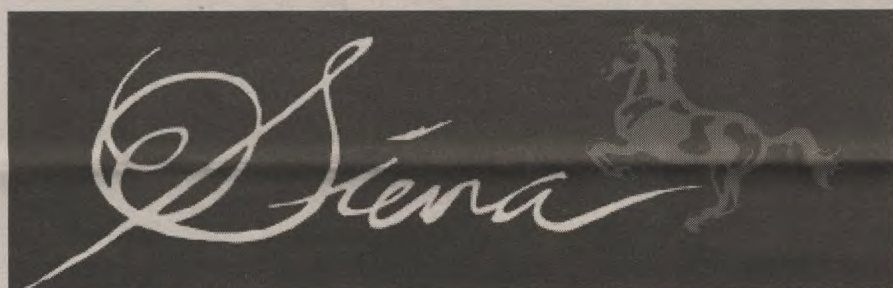


Photo courtesy of sienari.com

Siena Restaurant- Known for its Tuscan soul food, Siena's located on Federal Hill is filled with lively Italian atmosphere. You can order anything from Caprese Insalata to Gnocchi di Patate. The main course price ranges from 17 to 26 dollars. Call for a reservation 401-521-3311



Photo courtesy of waterplaceri.com

Water Place Evolution – Located in the heart of Providence, this restaurant has the best view of Waterplace Park and the Providence sky line. Executive Chef Angie Armenise has created an entirely new menu featuring unique presentations like "Honey Chipotle Calamari" and "Award Winning Sea Bass". The menu offers fresh salads, pizzas, seafood, and pastas. The main course price ranges from 16-29 dollars. Call for a reservation: 401.272.1040

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Chivalry's Not Dead

NIKI BROOKS
STAFF WRITER

*Show Her You Care for Her the Other
364 days of the year...*

- 1) Carry her books: Or her Kindle for that matter. It's the thought that counts.
- 2) Give her your scarf when it's cold outside: We're not totally unreasonable. We know you'll freeze to death trying to brave the New England without your jacket, but offering your scarf is a sweet way to show your protective instincts without catching frostbite.
- 3) Listen to what she is saying: Pay attention to what she says and make a conscious effort to remember.
- 4) Visit her at her work: Depending on where your girl works stop by and tell her she looks beautiful, even in her work clothes, or surprise her by showing up right when she gets off the clock.

5) Open Car Doors: Opening the car door for your lady and closing it behind her is a lost art. This small gesture is so unheard of today that it speaks volumes to show her your affection.

6) Write her a note: high school style. Fold it into a triangle if you can and everything.

7) Hold the door for her: It's polite, and makes her feel special.

8) Let her take you shopping: She will probably have just as much fun picking out clothes for you as she would for herself.

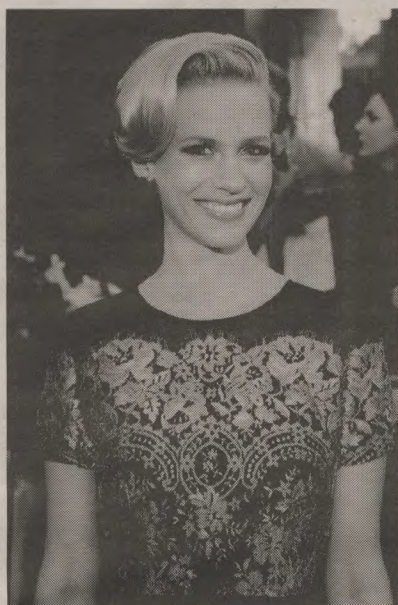
9) Turn off the TV: Skip the Sunday night football one week to take her somewhere special. When she knows you're missing something you're into just to spend time with her, even a walk around the city becomes thoughtful.

10) Bring her flowers...on a Tuesday: They aren't just for Valentine's day, and mean way more when they aren't attached to an apology.

LEAH SCILLERI
STAFF WRITER

The 17th annual Screen Actors Guild Awards may not have the same fashion profile of the Oscars or the Golden Globe Awards. But as the best and worst dressed candidates walked the red carpet the stars of film and television fashion senses are bound to show. Here are the top five most sensational ensembles.

* All photos are courtesy of imdb.com



January Jones wore a gold and black, lace-accented Carolina Herrera that highlighted her figure without baring much flesh. She looked pretty classy unlike at the Golden Globe Awards when she wore that barely-there fire engine red hooker dress.

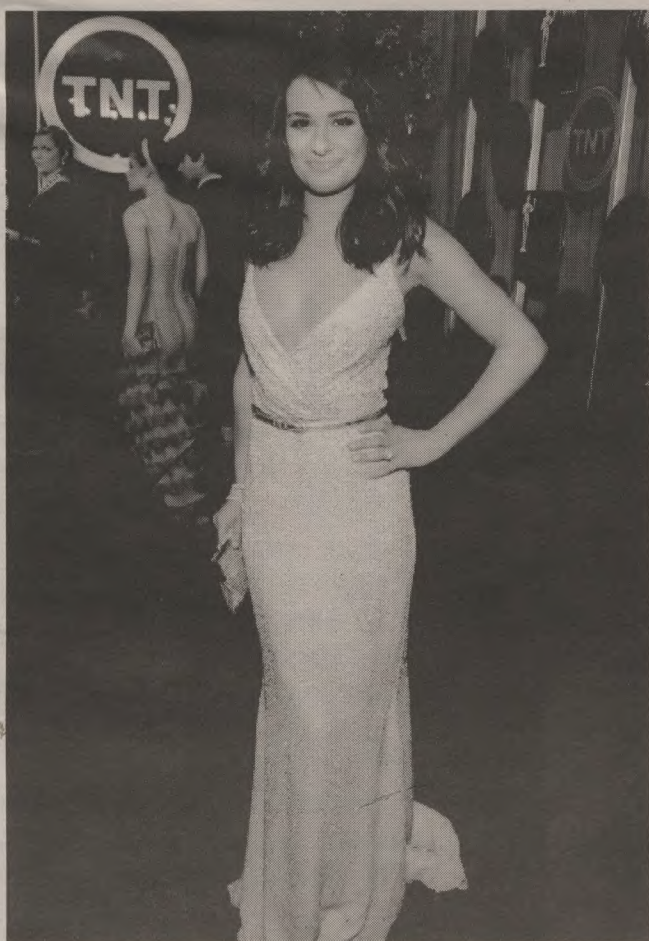


Mila Kunis - This former *That 70's Show* actress looked stunning in her vibrant red floaty Alexander McQueen gown. She looked confident and at ease while wearing this strapless dress that dripped with color that was bolder than the Black Swan.



Natalie Portman - The *Black Swan* actress showed off her baby bump while looking very subdued in an exquisite strapless white Azarro dress with a subtle sparkly neckline and shimmery trim.

SAG Red Carpet Roundup



Lea Michelle - This *Glee* star deserved to be on the well dressed list. She is always wearing gorgeous gowns on the red carpet and last night was no different. Her Oscar de la Renta blush crepe de chine caviar bead embroidered gown was absolutely stunning.

It wasn't just the ladies who impressed the fashionistas on the red carpet at the SAG Awards Sunday night. Actors were also well dressed, especially the two stars of *The Social Network*.



Justin Timberlake donned a 2-button peak lapel tuxedo from Simon Purr, while **Andrew Garfield** wore a navy-blue suit from Burberry. Both looked handsome and ready for acceptance speeches.



Julie Bowen - This "*Modern Family*" mom dressed comfortably at the SAG awards. She was in a black, sophisticated Catherine Malandrino pants suit. She managed to be both glamorous and confident at the same time.

fyeahjwu.tumblr.com

Go here and submit your JWU/campus/Providence/vaguely related photographs! We'll be featuring our faves in upcoming issues of the Herald, so keep checking back to see if yours makes it!

the
Ask ~~Sam~~ Sams

... and PAT!

Dear Sams,

I'm in a financial crisis with my girlfriend for Valentines Day! Valentines Day and our one year anniversary falls within the same week! I wanted to do something spectacular for our one year but I can't with Valentines Day celebrations as well. I'm contemplating on either doing two dinner dates and gifts without going overboard with it all. Maybe just a night in my apartment? I don't know! I don't want her to think our anniversary is no big deal to me either. No offense to anybody but girls tend to be very touchy and moody when it comes to things like that! I love my girlfriend and don't want to let her down. Any pointers from a love doctor to this poor chump?

Sincerely,

Mega Crisis

Dear Mega Crisis,

I commend you for being a charming Romeo! I'm sure your girlfriend will appreciate and love anything you have planned up your sleeve. She is most likely fully aware that money is tight and two of your romantic nights fall within the same week. I have an idea that may be perfect for you to solve your conundrum! It is not about the dollar amount that shows you care. Spending time together as well as showing your appreciation and love for her will guarantee a smile on her face! Being genuine and adoring is key.

For Valentines Day you can keep it simple. It is not as important as your one year anniversary which is a big deal! I'm sure your girlfriend feels the same. You can cook dinner for the both of you at your apartment, put on some slow dance music, cuddle up and watch a movie. When it comes to a gift, a bouquet of roses and chocolates always seals the deal. Rather than purchasing something you can write a sappy old love song or poem! Anything creative and from the heart will do.

As far as your anniversary is concerned go all out if that's what you had planned! If you want to spend the night at your apartment and splurge on a spectacular gift that would be fine too. Diamonds are a girls best friend; however, last time I checked we're still in college! Like I mentioned, It is about spending time with each other and showing you care.

Sincerely,

One of the Sams

Submit your "Sams" questions to campusherald@jwu.edu!

BRO,

The first thing that you need to do is step your game up. If you are calling yourself a "poor chump", then a girlfriend is not what you need. First, try a life coach to start building that self-esteem. Second, you need to roll the one year anniversary and Valentine's Day into a combo deal celebration. I can already tell that there is nothing that you are going to be able to buy her that's going to get a "wow". So a magnificent piece of jewelry is out, that means most gifts are out because they are not going to be sufficient enough to cover both of those dreadful days. What you need to do is bring in the big guns for a one night spectacular. This is where you can pull off a victory. It must be an exciting and memorable night. Take her somewhere awesome and special. Surprise her. One time, I surprised my girlfriend with a ballroom dance lesson. You could take her skating downtown at the Bank of America rink and talk to the people beforehand, have them play a special song and give you guys a shout out. Or bring her to dinner on Federal Hill and make plans for one of the Italian Crooners to sing her a special love song. That's all you have to do. But remember, this day will also be about you; you have put up with this chick for an entire year and haven't screwed it up. I cannot believe it, congratulations.



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Love is in the Air: An Unusually Spiritual Perspective

NIKI BROOKS
STAFF WRITER

It's beginning to look a lot like Christmas...erm...I mean Valentine's Day. In fact, it has been the season of love in corporate America since before most of us took down our Christmas trees. Every fool walks around with an 'I Love You' on his lips and fingers crossed behind his back, while their poor, love-sick, sweethearts swear they've found 'the one' because their boyfriend likes Dashboard Confessional as much as they do.

I know what you must be thinking. "A cynic. She probably hates sunshine and smiling children too." No. I am not some single, bitter, man-hating feminist. On the contrary, I am a healthy, happy, traditionalist, who is dating one of her best friends; fully enamored with him.

So, why the 'V for Vendetta' against Valentine's? Simple. My ax to grind

is not with love or romance, but the caricatures of both that flood the market this time of year. The Hallmark holiday celebrates, not true love, commitment, and devotion, but infatuation, lust, and at best, mere affection. Love is not some storm of emotion defined by roses and mix tapes. Love is a choice, and in its highest form, love is selfless.

Our model for sacrificial love is Jesus Christ, the Son of God. In the gospel of John Jesus tells his disciples, "My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends." That very night one of his closest friends betrays him. He is arrested, though he had committed no crime, and was sentenced to death. "... at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous man, though for a good man someone might possibly

dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." (Romans 5:6-8)

God loves us because He created us, but like disobedient children, we have all sinned and turned away from God. We are broken and frail. We all need a Savior, and the unconditional love that only God can give us. Jesus has made that unconditional love accessible to anyone who believes in Him, if they turn from their sin and turn to God. It is trading sorrow for Joy. It is getting Beauty for ashes.

Hallmark love with always disappoint, and the love of youth will fade. If you stake your heart and soul on emotion for one person you are just waiting for heartache. The only thing people will never fail to do is let you down. But the love of God is everlasting and inexhaustible, and with a love like that to fill you, whose heart could be satisfied with chocolate?

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FRIDAY, FEBRUARY 4TH

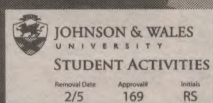
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A Stain on the Legacy of Cooperstown

DANIEL KLEIN
CULINARY EDITOR

Fame Ballot

If you look at Cal Ripken's numbers, seemingly the epitome of a hall of famer, they weren't all of that amazing: A .276 batting average, roughly 23 home runs a year, two stolen bases 91 RBIs and one World Series ring. Yet being "The Iron Man" of baseball is what really helped push him into Cooperstown. He won 19 All-Star selections, played in over 3000 games including 2,632 straight and was rookie of the year along with a two-time gold glove winner. That was what made Ripken hall of fame worthy. But what if he had been linked to steroids like many players in the generation after him have been? Would he still be in there?

The candidates this year seemed to be quite stellar—Jeff Bagwell, Larry Walker and Rafael Palmeiro were first timers on the ballot, Tim Lincecum, Barry Larkin, Mark McGwire and Edgar Martinez were some of the highlighted names hoping to win the 75% minimum vote requirement from the Baseball Writers' Association of America. Other names like Jack Morris, Tino Martinez, Lee Smith, Alan Trammell, Fred McGriff, Dale Murphy, Don Mattingly, and BJ Surhoff were on the ballot, but seemingly didn't have as much noise being made for them as the other 10.

For me, as a fan, if I were to vote, I think I would have a criteria that be flexible, but mostly remain the same. To win my vote, the player would have had to put up hall of fame worthy numbers, made an impact in the baseball community and/or was successful in certain situations, such as clutch at-bats, key innings or post season. Whether their name and legacy was tainted or not, I think they should still receive a vote. However, "when" is the main key as to getting that vote.

Mark McGwire didn't really do that much beyond slug homeruns. He wasn't a great hitter beyond that and was a decent

first baseman. The one thing though that he did was help put baseball back on the map in 1998 with the infamous homerun race between Ken Griffey Jr., Sammy Sosa and himself. Yet, Big Mac is in the mix of voting when the beginning members of the PED-era are eligible. Of course no one is going to vote for him now.

But what will happen when most of the eligible players are somehow linked to steroids? Are not so hall of fame worthy players going to get voted in because they were not tainted? I think that would be crazy because plenty of great players, Clemens, Bonds, Ortiz, Ramirez, A-Rod, Ivan Rodriguez, Pettitte, and Tejada (just to name a few), have been linked to "cheating the game". If all of them, hypothetically speaking, were on the ballot, why would you not vote for them? They each have worthy credentials, but as of now, the votes would not go their way.

Then there are those who are linked to steroids for seemingly no reason beyond playing in that era, such as Jeff Bagwell. The former first baseman of the Houston Astros put up phenomenal numbers that are only comparable to those of Lou Gehrig and Jimmie Foxx. Yet he did not get the necessary vote requirement to make the hall. Maybe it is because of the years that he played ball? Maybe it's because he is a first timer and will eventually slide up to being the front runner for a ballot in a year or two? Regardless, guys like Bagwell, Martinez (both) and Larry Walker are being overlooked for some reason.

The battle seems to continue year after year. Should PED (performance enhancing drugs) players, whether admitted or linked to via the Mitchell Report, be voted into the baseball hall of fame? For again another year, it seems as if that answer is no as only Roberto Alomar and Bert Blyleven were chosen to be enshrined in Cooperstown this coming July. But within a couple of years, that could be changing and we could see those asterisk worthy players getting the vote.

The Curse That Makes Grown Men Cry

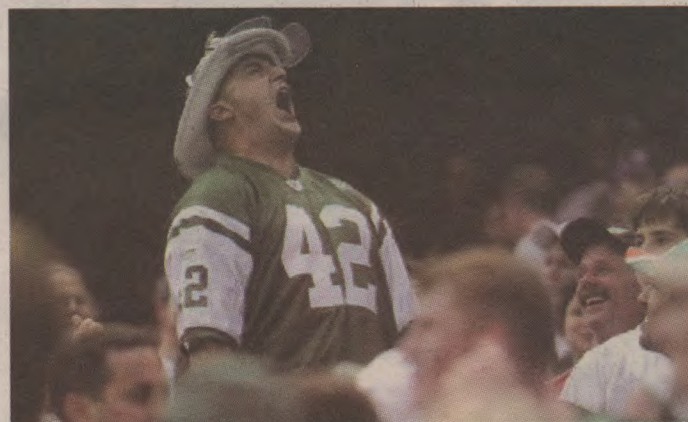
ZACHARY RANES
ARTS & ENTERTAINMENT EDITOR

What do The Chicago Cubs and The New York Jets have in common? They are cursed...forever. Doomed from the beginning of the season, the seemingly always optimistic fans get riled up for

a span where there was one Braylon Edward arrest, an embarrassing foot fetish video, and verbose smack talk by Antonio Cromartie calling Tom Brady words that can't be published. Soon all sins would hopefully be absolved; the Jets were potentially going to the biggest stage in America. With the game within

the grasp of Ryan's big, meaty hands a "V" was for the taken. These are the Jets though, "The. Same. Old. Jets."

2004. Doug Brein, the placekicker for the Jets missed two field goals in the end of regulation. The game was sent



Fireman Ed has seen it all. Photo courtesy of jetsgab.com

huge expectations and nothing goes their haphazard way. It's the desert and they need a rock to break the glass ceiling. Of course, that rock is never there. The Jets have a knack of making you believe and then suffer in mere minutes, if not seconds. The AFC Championship Game demonstrated this beautifully, climbing back from what looked like an impossible 24-0 hole the Jets made it interesting. A ray of optimism suddenly emerged on that 34° cloudy day at Heinz Field. Rex Ryan and crew "whopped" it up; Bart Scott and Company just got a rare two points. Now it's only 12 to 24 and like Obama preached, hope remains.

The roller coaster season seemed like it was going to continue, the Jets only losing by five now, 19-24. Starting with "Hard Knocks" in the summer, Tony Dungy, the "Saint of the NFL" condemned Ryan for cursing too much. Flash forward now to the playoff game against the Patriots on January 16th,

into over time and the Steelers eventually won. Big Deal, right? It was just an overtime playoff game. But it was so much more. Brein hit the cross bar on his 2nd kick preventing the Jets to represent the AFC in the Super Bowl. Ow, that hurt. Really, really hurt. Mystified by what could have been, it was doom and gloom, two words that are synonymous with the Jets.

The whistles blow, the final score being 19 to 24, The Steelers pull it off and Ryan slams his headset to the ground. He is visibly upset, and rightfully so. This is his 2nd year in a row where his Jets have come oh so close to the Super Bowl and lost within minutes. But the 3rd time is a charm. "Next year" will be THE year, yadda, yadda, yadda. Take it for a grain of salt when the Jets show off their bravado in training camp. It going to be like a broken vinyl on repeat, it gets tiring hearing the same words over and over again.

Super Bowl XLV: The Fight to Become America's Team

DANIEL KLEIN
CULINARY EDITOR

It's that time again—the Super Bowl is here once again. This year features a battle between the Green Bay Packers, led by Aaron Rodgers versus the Pittsburgh Steelers, led by Ben Roethlisberger. Regardless of the outcome, the winner, as always (but



Pittsburgh Steelers helmet. Photo courtesy sports-collectibles-store.com

more this year than ever), is America.

The reason why the country is the true winner is because we get to see two amazing teams, a #2 seed and a #6 seed, battle it out for the coveted

Lombardi trophy. Green Bay battled through five straight road wins over the New York Giants, Chicago (2x), Philadelphia and Atlanta. If they don't win the 6th and most important game, it'll be devastating as they have come so far and done so well. Pittsburgh however, has cruised into the playoffs with a first-round bye and squeaked by both the Ravens and Jets. For them, it wouldn't be as surprising to see a loss. In addition, they have six other rings, so it won't hurt them (maybe Big Ben's ego) if they didn't nab the 7th.

At 6:29 (yes, that's the time) on Fox, the game will kickoff and Super Bowl XLV will be underway. On one side of the field, Aaron Rodgers, in only his 3rd season as a starter, will be looking to tie the number of rings won by his predecessor, Brett Favre. On the opposite side, Ben Roethlisberger will be looking for his 3rd ring in only six years in the league. Either QB will make history with a win along with their team. Pittsburgh will become the all-time leading team with the most Super Bowl wins (7) or Green Bay will finally win a Super Bowl since 1997.



Green Bay Packers helmet. Photo courtesy sports-collectibles-store.com

The ultimate battle of the Super Bowl is to potentially claim the nickname of "America's Team". It's not an actual award, but since the New Orleans Saints took that title last year with an upset over the Indianapolis Colts, it has become something that no longer is dedicated to the Dallas Cowboys. Dallas owned that name in the 70's, but it hasn't really been applicable for a long time. It is more deserving of the team that wins over the heart of the country, not the team that can't win playoff games, or this past season, really almost any game.

"America's Team" could become the team with more Super Bowl rings than 21 teams combined or it could become a team that hasn't seen a victory

in the big game in 14 years. In the end, the battle on the gridiron is sure to be tough. Defense will be pressuring the quarterback on both sides and it may come down to whoever has a better completion percentage. If Pittsburgh gets the ball out of Big Ben's hands with minimal big hits, expect long yards to be gained. If Rodgers makes the completions (despite a sore shoulder), he could be more meticulous and run the clock while running up the score board. Whoever grits it out best, especially before the half, could prevail for the W.