

Deaths, injury reports not enough for students to give up energy drinks

SPENCER KILGORE DAILY SUNDIAL

espite numerous death and health risk reports, energy drink consumption levels remain high among CSUN students.

More than 40,000 Rockstar energy drinks were sold on the CSUN campus in 2012 alone, according to sales data provided by the University Student Union.

Ermine Khacheryan, 25, senior health science major, said she feels as if she has an irregular heartbeat after drinking Rockstar energy drinks on an empty stomach.

"When I drink it without eating, I feel like my heart is going to stop, like it's not beating regularly," Khacheryan said.

Reports by the Food and Drug Administration publicly released in October 2012 showed leading energy drink products such as Rockstar, Monster Energy and 5-Hour Energy having involvement in multiple incidents of injury including spontaneous abortion (miscarriage), convulsions, cardiac arrest and death.

Rockstar in particular was responsible for hypertension, vomiting, anxiety, throat lacerations, arterial disorder (heart blockage) and psychotic disorder, according to the FDA. "We would act like it's a drug," Khacheryan said about herself and a friend. "We (would say), 'We're getting withdrawal symptoms, should we go get some?' because it feels like a high."

According to the Journal of American College Health, due to the higher concentrations of caffeine in energy drinks, the "potential for addiction exists among those who regularly consume them."

"Last year I was addicted to it," Khacheryan said. "I drank it every single day."

Additionally, the number of emergency room visits involving energy drinks doubled from 10,068 visits in 2007 to 20,783 visits in 2011, according to the Substance Abuse and Mental Heath Services Administration.

"You have to look at what the ingredients are in them," said Terri Lisagor, chair of the department of family and consumer services and college of health and human development.

Consuming the highly-caffeinated drinks may cause an array of health complications including TAURINE

GLUCURONOLACTONE

sleeplessness,

See **ENERGY DRINKS**, page 4



PHOTO ILLUSTRATION BY LOREN TOWNSLEY / PHOTO EDITOR

Online class expansion hits the CSU

With a proposed \$10 million set aside for Internet courses, the CSU makes degree programs available online

SHALEEKA POWELL DAILY SUNDIAL

www.ith record enrollment highs and a potential increase in budget, the CSU system will offer online courses ranging from free nocredit classes to degree-completion programs.

The CSU system will offer online programs with Cal State Online after Gov. Jerry Brown's newly proposed CSU budget requested \$10 million be allotted to an online course expansion.

Students who enroll in Cal State Online may receive a degree for the campus to which they were admitted. CSU Monterey Bay, CSU Dominguez Hills and CSU Fullerton are universities that currently participate in the program. CSUN, CSU East Bay and CSU Fresno will begin to accept applications later this year.

Jermaine McGee, 23, senior art major, has taken four online courses and said they can be more efficient for people who don't have reliable transportation. "I think it is important for universities to offer online courses, because some people aren't able to make it back and forth to campus," McGee said. "I would definitely take another online course, it was a challenging experience but overall it gave me more time to study for other courses."

Karen Girton-Synder, CSUN's director of distance learning, said she supports the growth of online

r- courses.

"(Online systems are) great way to open up courses for people who can't go to college and allow people to attend the courses they want, wherever they want," Synder said.

San Jose State University (SJSU) has partnered with Udacity to offer online courses known as Mas-

See MOOC, page 3

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CORRECTION

Saxophonist performing at VPAC

Grammy award winner, Branford Marsalis, will play with his Jazz Quartet in the Great Hall

SHALEEKA POWELL DAILY SUNDIAL

nando Valley Council of Governments proposes rail system," published on Jan. 24, the pro posed projects will be either a rail system or bus rapid transit within the East Valley Corridor.

n the story "San Fer-

The Sepulveda Pass Corridor is not estimat ed to be \$5 million to \$6.5 million as stated in the story. The project is estimated to be \$10 billion to \$12 billion and will include a highway and rail system.

The Metrolink sta tion in Sylmar that will connect to San Fernando Valley Road will also connect to Van Nuys Boulevard to ease congestion, said Dave Sotero, MTA public information officer.

We aim to get it right, but when we get it wrong, let us know so we can make it right. Contact us to report any errors in news stories. **B** ranford Marsalis, three-time Grammy Award winning saxophonist, Tony Award nominee, composer and National Endowment for the Arts Jazz Master, will be performing with his Jazz Quartet at CSUN's Valley Performing Arts Center on Feb. 2 at 8 p.m.

One of the most revered instrumentalists of his time, Marsalis is a well-known jazz soloist with many classical ensembles. Not only is he an instrumentalist, he is also a composer.

The legendary saxophonist was the composer of the original music for August Wilson's Tony Award-winning Broadway play, "Fences."

In 2002, Marsalis founded his record label "Marsalis Music," where he produces his own music and the music of upcoming jazz artists.

Marsalis is the leader of one of the most talented jazz quartets with Joey Calderazzo on piano, Eric Revis playing the bass and Justin Faulkner on drums.

Their first release was "Four MF's Playin' Tunes." This is the first recording with Faulkner, who joined the group three years ago.



Award-winning instrumentalist Branford Marsalis currently runs his own recording studio, Marsalis Music.

Samuel L. Jackson.

Marsalis was also an actor in different popular films such as "School Daze" and "Throw Mama from the Train," and provided music for "Mo' Better Blues" and many other films.

Marsalis hosted the National Public Radio's syndicated "Program Jazz" set and was the musical director of the Tonight Show with Jay Leno for two years.

This innovative artist was committed to chang-

ing the future of jazz in classrooms by speaking at Stanford, San Francisco State University, Michigan State University and many other universities.

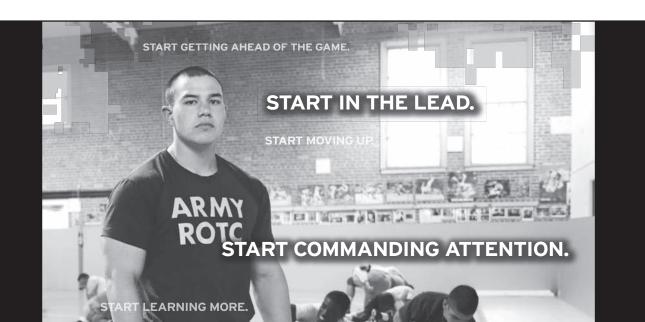
Marsalis Jams is a program he designed where jazz ensembles present jazz sessions. Marsalis Jams has visited campuses located in various areas such as the Mid-Atlantic and Southeast.

The cost for tickets vary depending on seating. It will be \$77 for orchestra,

\$62 for parterre and \$47 for loge. All tickets include a facility fee of \$2, which is already included in the listed prices.

Students can purchase single tickets at a 40 percent discount, faculty at a 20 percent discount and alumni at a 10 percent discount at the VPAC's ticket office, with a valid CSUN ID present during time of purchase. Children 5 years and

older are welcome, but must be accompanied by an adult.





START TAKING CHARGE.

Marsalis has recorded

and performed with many

remarkable jazz artists

such as Miles Davis, Her-

bie Hancock, Sonny Roll-

ings and Dizzy Gillespie.

He has also collaborated

with diverse artists such

as the Grateful Dead and

Desk Award for "Outstand-

ing Music in a Play" and

was asked to score the

2011 Broadway premiere

of "The Mountaintop,"

starring Angela Basset and

He won the 2010 Drama

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MOOC

Continued from page 1

sive Online Open Courses (MOOCs) to students. Udacity jointly creates three introductory mathematics courses for students to take, including remedial and intermediate algebra and statistics.

MOOCs make available free online courses from any university that offers them to anyone who is interested, and they are not limited to students.

The Cal State Online server does not use MOOCs, but it still operates as an online class system.

According to Educause, an information technology service for higher education, there are three different MOOCs providers: Coursera, edX and Udacity. All providers offer fully online no-credit courses at no cost to anyone interested.

Charmane Bethune, 23, senior sociology major, has taken two online courses and said she enrolled because it was her last option and very convenient.

"It is important because some students are employees and parents, so it is a more convenient option for busy students," Bethune said.

SJSU Provost Ellen Junn said the university picked three courses that are generally hard for students and wanted to try a different way of teaching them.

"We are focusing on trying

to include more human interaction and support," Junn said.

SJSU is working on another MOOC pilot, edX. At SJSU, edX materials (online video lectures, quizzes, and discussions etcetera) are added into an electrical engineering course at SJSU, according to the SJSU-EdX press conference.

Junn said SJSU students can take courses to receive credit for \$150 per course, and various types of financial aid will be offered to students.

Mentors at SJSU provide support to students to help make sure they complete assignments and have the opportunity to connect with professors during office hours, Junn said.

SJSU plans to test the format to see if it works for students who need more assistance and aims to make learning more interesting and fun, Junn said.

Stanford University and University of Virginia also offer Udacity.

Coursera has partnered with 33 universities such as Stanford University, Rice University, Columbia University, Duke University, UC Irvine and Princeton University, according to Coursera.

Harvard University, Massachesuts Institute of Technology (MIT) and UC Berkley currently offer edX courses, according to edX.

Udacity and Coursera were established at Stanford University, and edX is led by Harvard University and MIT.

CAMPUS VOICE

CHARLIE KAIJO / SENIOR PHOTOGRAPHER

What's your opinion on online classes?



communica tion studies "It's not as time consuming. I don't have to drive to campus. The professor puts up the tests. Some professors have study boards. I like those. Personally, I wouldn't take any core classes. I want to learn those in class

and see what we're doing."



ANDREW VIDES linguistics

"It depends on the course. Some classes you can teach yourself. I took an astronomy course. You can just log on without having to go to class. Courses such as math, you do need a one to one.What's nice about online classes is there's no limit in how many people can take them."



KOMFORT AKYEMPON

linguistics "I hate online classes. It's easier not to turn in your homework on time because you forget. When I'm with a teacher, there's a way they explain the assignments that makes me remember. I'm a visual learner. I need to see the teacher in order to remember."

Broken valve shuts water off to SRC

Restrooms, sinks, and drinking fountains will be back on by afternoon

ASHLEY SOLEY-CERRO EDITOR IN CHIEF

here is currently no water available in the Student Recreation Center, said Jimmy Francis, director, SRC . No water includes bathrooms, sinks and water fountains.

"There's a break esentially in the water line that feeds the building," Francis said.

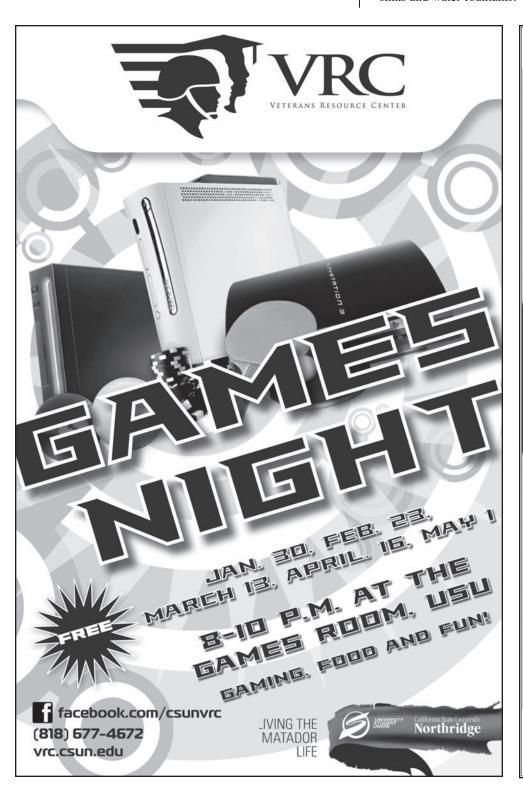
The break occurred in a valve on Vincennes Street, according to an email from the SRC. The adjacent University Student Union still has restrooms and drinking fountains, and the Plaza Pool, next to Subway, have locker rooms are available for use.

The approximate time that the

break will be fixed is Wednesday around noon, and the cost to fix the break has not yet been estimated, Francis said.

He added that the break is not related to construction being done on the outdoor artificial turf field in front of the SRC, as some students and employees have said.

Towel service is also anticipated to be suspended shortly, according to the email.





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ENERGY DRINKS

Continued from page 1

irritability, heart palpitations and increased blood pressure, according to a study by Rutgers University.

"With coffee, you hear about people drinking coffee or having their soda to give them the feeling of higher energy; it's just actually a stimulant," Lisagor said. "Too much is going to over-stimulate the central nervous system."

The regular Rockstar beverage contains 160 milligrams of caffeine per 16 ounces, as opposed to coffee, which can have as little as 80 milligrams of caffeine per 16 ounces.

Elizabeth Hernandez, 21, junior psychology major, said she avoids energy drinks due to her concerns with these health risks. Instead, she chooses to drink coffee several times a week when she feels too tired in the morning.

"I've heard more negative side effects of drinking energy drinks as opposed to coffee," Hernandez said.

"Whenever I see them on special, (I buy them)," said Bryan Zamorano, 20, sophomore microbiology major, even though members of his own family have experienced the negative side-effects of consuming energy drinks in excess

"My mother (got) kidney stones from drinking a lot of Red Bull," Zamorano said.

Lisagor, recognizing the

addictive qualities of caffeine, added it also depends on the rest of an individual's diet. "It's not like something

like methamphetamine where you're going to get addicted right away," Lisagor said. "I guess it all depends how much are you drinking (and) what else are you having."

The results of the National College Health Assessment, a nationally recognized survey conducted biennially by the American College Health Association, showed staying well-rested was a common issue among a random sample of 10,000 CSUN students in 2011.

According to the survey, 39 percent of students rated their stress levels within the past year as more than average, 43 percent felt dragged out, tired or sleepy during the past week, while only 11 percent said they had no problem with sleepiness during daytime activities.

Lisagor said the best way to avoid relying on caffeine is to plan ahead based on when one has time to exercise and get a full night of sleep.

"If you do that, then overall, your body will be healthier and better able to learn (and) to work," Lisagor said.

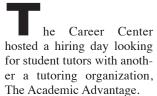
Representatives from Monster Energy and Rockstar were not available for comment.

Contributing reporting done by Christina Cocca, News Editor.

Campus looks for 1,000 tutors

Career Center holds hiring day as part of No Child Left Behind Act

KEVIN KIANI DAILY SUNDIAL



Students who came to the Career Center were put

into a classroom of 30 where they were given a brief introduction by a member of the tutoring organization.

Each classroom session lasted 20 minutes and students turned in their applications and résumés as they left.

Sarah Le Long, event coordinator for the Career Center, said she was pleased

with the outcome. "We ended up right where we hoped," Le Long said.

"We've had a steady flow of students show up today and whenever one class was done, we had another 30 on hand ready to go in."

"The Academic Advantage" is an organization that is partnered with the No Child Left Behind Act and offers tutoring for students.

"The Academic Advantage" is looking for 1,000 students from CSUN to become tutors and must have

at least two years of college credit and a personal automobile, Le Long said.

Mark Maramba, 24, senior mechanical engineering major, is hoping to get hired as a tutor.

"I want to apply the stuff I learned in college and help a student succeed," Maramba said. "This hiring day was pretty straight-forward, they told you everything you need to know."

Meet the Clubs brings crowd

First day of event asks students to be involved in campus community

ARELI RODRIGUEZ DAILY SUNDIAL

he Matador Involvement Center held its first day of Meet the Clubs where students met with many clubs and organizations.

Meet the Clubs will have their second day on from 11 p.m. to 2 p.m.



Bayramian Lawn today Kalynn Dean, a senior in kinesiology, and her sign-reading dog, Zando, prep the table for the deaf and hard-of-hearing, Alpha Sigma Theta sorority.



scan this QR code for the full story online!

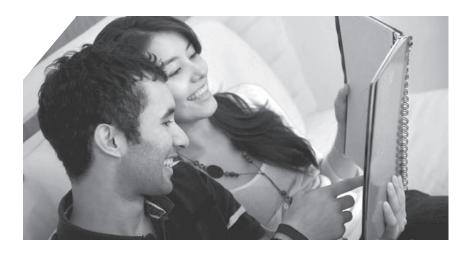


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Associated Students offers all CSUN clubs and organizations two free services to advertise events and announcements on campus: MIND Screens and Matador Reporter.

MIND Screens

The CSUN Matador Information Network Display (MIND) provides the campus community with information about happenings on campus, advise of any alerts or bulletins, and promote Matador Spirit: MIND will be able to display calendar information, special announcement information and campus clubs and organization event and general promotion. This is a FREE service to all campus clubs and organizations.

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JANUARY 30, 2013 Opinion@Sundial.CSUN

Your life is always an open book

In the age of Internet socializing, the government and employers want to know what you are writing and posting online

SPENCER KILGORE

t's impossible to graduate college without the internet. It's almost as hard to maintain a social life without it. Search engines are replacing encyclopedias while smartphones are on par with food and drink. Almost everyone in the developed world is online. The Internet is the technology that has become a staple in virtually all walks of life. While also being the technology that has allowed privacy to fall by the wayside.

The privacy of the Internet has been a pressing issue for years now, whether it be under attack from hackers, spammers, censorship bills, employers, the U.S. Patriot Act or simply our obsession to blindly share personal information on a publicly accessible network of data.

Regardless of the precautions taken, whether it be setting a Facebook profile to private or clearing the browser's cookies, it is not logical for people to expect the content they browse or the information they share to actually remain private.

At the forefront of the privacy-stripping game is the Department of Homeland Security's Patriot Act. It's a red herring of legislation that screams "terrorist" and allows police organization to step into the telephone calls and online activity of the United States.

"We have checks and balances against the government," said Bernardo Attius, chair of the Department of Communication Studies, in regards to the various privacy issues surrounding the Patriot Act.

"We may not be using them well and I think we should use them better, but at least the constitution provides those things," Attius said.

The checks and balances provided by the U.S. judiciary system are a cute notion, and when organizations such as the Electronic Privacy Information Center (EPIC) decide to use them efficiently, seemingly good information can come to light.

EPIC filed a request under the Freedom of Information Act to obtain the list of keywords and phrases used by the DHS to track suspicious online activity. After winning the ensuing legal battle, EPIC posted this formerly classified information online.

The list includes the obvious red-flag terms most would expect: "terrorist," "assassination" and "pipe bomb." But, it also includes mostly innocent common words: from "cloud" to "exercise" to "metro."

In the name of fighting terrorism, the federal government has taken the liberty to compile a list of cautionary words broad enough to cover virtually every citizen. A simple update to your social media status with a caption to a picture reading, "The beautiful clouds in the sky during a light jog to the bus," raises red flags and immediately puts your private information at risk for surveillance.

If the ludicrous reach of the Patriot Act can transform an out-of-context keyword posted on a social network into a potential terrorist threat, we've reached the point where unreasonable searches referred to in the Fourth Amendment, are nothing more than empty words. While the destruction of a constitutional amendment is a broad idea to grasp in the average persons everyday life, then maybe the scandalous practice of workforces trying to look into applicants' life results in a concentrated punch to the face of potential employees right to social privacy.

Employers snooping around Facebook accounts is a trending issue that has become nearly as popular as the run-of-the-mill background check.

On the first of this year, both California and Illinois joined Michigan, New Jersey, Maryland and Delaware with legislation prohibiting employers from demanding such passwords for Facebook and other social media accounts.

That still leaves the country with a mass of 44 states where there is no clear laws preventing an employer to require all interviewees fork over their sensitive social network log-in data or risk not getting hired.

Background screening firms like Social Intelligence Corp. even assist their clients in gaining "a deeper insight into both professional and personal characteristics of

potential employees, identifying negative behaviors and activities."

They help corporations glimpse into your private, nonprofessional, out-ofthe-workplace personal life–where nobody expects their boss to be watching--and determine your competence as an employee. Being tagged in a 3-year-old photo snapped at a backyard kegger may just be enough to prevent some from landing their dream job.

Even the most private of profile settings may not be enough to filter your digital trail. The settings offered by Facebook could help keep the typical computer user at bay, but those who are computer-savvy understand there are ways to bypass such blockades.

Unfortunately, even if new social media privacy measures are enforced or congress decided to pass the Password Protection Act or similar legislation, it wont be enough. The Department of Homeland Security's "keyword watchlist" is already public and the information shared with social media remains readily available to prying eyes.

In today's digital world, the Internet and privacy can simply not be used in the same sentence. Information meant to be private would ideally remain that way, but once you go online, you become an open book for everyone to read.

Information stored in millions of servers, in the cloud and worldwide, however, just cannot

be assumed private, regardless of the precautions you take. The information posted and shared online is just too accessible. For the time being, online privacy is merely a

theory-the web should be used with that in mind.

-Spencer is a graduating senior in the Journalism department. This is his first semester at the Daily Sundial.





ILLUSTRATION BY GABRIEL IVAN ORENDAIN-NECOCHEA/SENIOR ILLUSTRATOR

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News (818) 677-2915 Advertising (818) 677-2998 Fax (818) 677-3638 www.dailysundial.com Editor in Chief ASHLEY SOLEY-CERRO editor@csun.edu

News Editor CHRISTINA COCCA city@csun.edu

Live News GABRIELLE MOREIRA city@csun.edu

Features AGNES CONSTANTE features@csun.edu

Assistant Features Editor **MELODY CHERCHIAN** features@csun.edu

Sports Editors CASEY DELICH RON ROKHY sports_sundial@csun.edu

Opinions NATHAN MCMAHON opinion@csun.edu Assistant Opinions Editor MONA ADEM opinion@csun.edu

Culture Clash NATALIE RIVERA ane@csun.edu

Photo Editor LOREN TOWNSLEY photo@csun.edu

Assistant Photo Editor YOSCELIN PEREZ photo@csun.edu

Multimedia Editor CHRISTINA BENNETT

Visual Editor JENNIFER LUXTON

Assistant Visual Editor JASMINE MOCHIZUKI

> Online Editor BRYAN RODGERS online@csun.edu

Social Media BEN ANDREWS

Copy Editor MATTHEW FISHER JIM McLAUCHLIN

Staff Reporters REGINA AHN JESSICA BULLOCK ESMERALDA DAVALOS JONATHAN DIAZ MEGAN DISKIN GABBY ESCAMILLA MELANIE GABALL JASON GALLAHER BOB GARCIA HAROLD GOLDSTEIN CYNDI GOMEZ JOELL GRAGER LUCY GUANUNA KARLA HENRY KEVIN KIANI SPENCER KILGORE ELLEN KRAUSSE JORGE NERI LEAH OAKES DAISY PINEDA-RAMIEREZ BRITA POTENZA SHALEEKA POWELL BERLYN REISENAUER MICHELLE REUTER ARELI RODRIGUEZ REANNE ROGERS JOHN SARINGO-RODRIGUEZ

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Solution to today's sudoku

4	9	3	F	L	G	8	2	6
2	G	8	3	6	9	F	4	Z
٢	Z	6	8	2	4	3	9	9
8	F	9	G	4	L	2	6	3
G	2	L	6	8	3	4	F	9
6	3	4	9	L	2	L	G	8
٢	6	g	2	3	٢	9	8	4
9	4	2	2	G	8	6	3	L
3	8	L	4	9	6	G	L	2

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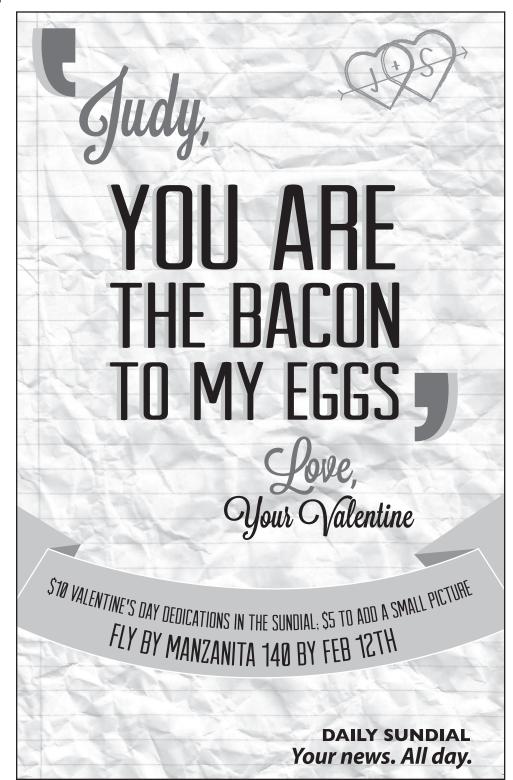
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sudoku

How to play:

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Solution above.



THE DAILY SUNDIAL PRESENTS

Voting begins February 1st until February 28. Fill out a ballot in-person at the Sundial, or on our website. After you complete your ballot, you'll be eligible to win our grand prize. Results will be published in a special section on March 21.

-2013

DAILY SUNDIAL·CSUN



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MEN'S VOLLEYBALL Matadors look to be contending team

BOB GARCIA DAILY SUNDIAL

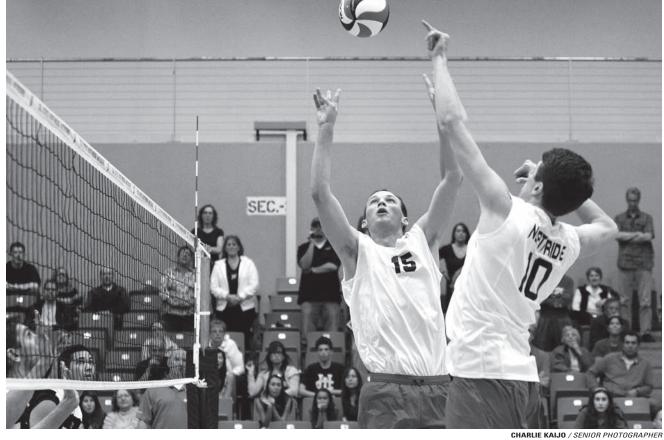
he CSUN men's volleyball team, lead by four returning seniors, a mixture of juniors and sophomores and 10 newcomers, looks to improve upon last season's playoff team.

With the season already underway, the Matadors have their eyes set on contending for a national championship.

"We always want to make the playoffs and the ultimate goal is to win a national championship," said head coach Jeff Campbell. "I think the key to us winning is that we really have to have a seasoned team that's efficient, especially at passing and serving."

CSUN is entering its 15th year under Campbell, finishing last season with a 12-18 overall record. CSUN lost to USC in the quarterfinals of the Mountain Pacific Sports Federation (MPSF) tournament.

Campbell believes that making the playoffs last year set a baseline standard for the team, and hopes that they can snatch a top four



Sophomore setter Travis Magorien (15) and senior middle blocker Jared Moore (10) go up for a spike during a conference game against UCI.

position in the MPSF.

"We want to move up from (last year), hopefully host, and that would be a good step for us," Campbell said.

Northridge was ranked eighth in a MPSF preseason coaches poll for 2013.

"Our expectations are to finish with one of the top records in the MPSF and host in the playoffs," said sophomore setter Travis Magorien, who ranked third on the team last year with 293 assists.

The Matadors will have

one of their best offensive options returning in junior outside hitter Brandon Lebrock, who had 260 kills last vear.

"We want to keep getting better and improve as a team," said senior middle back Jared

Moore, who currently leads the MPSF in hitting percentage at .513 per game. "To do that, we need to work together and do the best we can."

Campbell thinks the team is much deeper at each position compared to last

year. Even with inexperience at the setter, outside and opposite hitter, Campbell feels the team will overcome those hurdles.

"We have more depth in each position," Campbell said. "I think in the long run that is going to help us out a lot."

Consistency with their serving, passing and ability to win matches on the road are key areas Campbell wants to focus on.

"Playing on the road is tough in all sports," Campbell said. "We are a better team at home than the road so we must figure out how to win on the road."

Last season, Northridge posted a 2-11 record on the road and a 9-6 record in games played at home.

The Matadors opened this season 4-2, suffering a road loss in a tough five set match against UCLA and a home loss against thirdranked UC Irvine.

CSUN was able to bounce back from the home loss against UC Irvine, taking a straight set road win at UC San Diego, their first road win of the season.

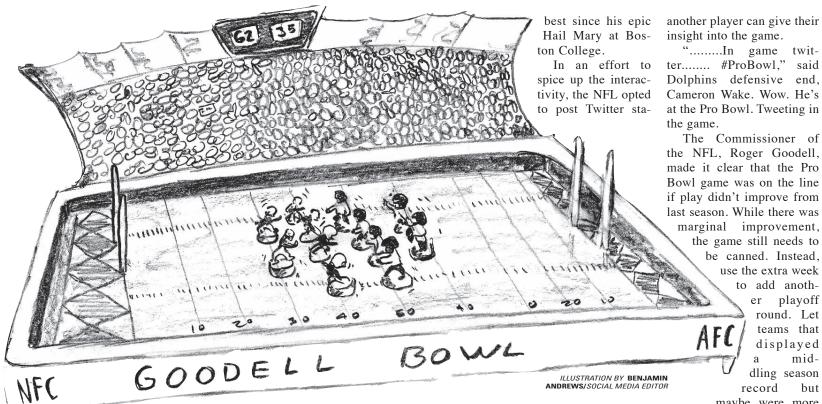
Five of the Matadors six wins this season, including preseason, have come by match sweeps.

COLUMN

NFL should dump worthless Pro Bowl

NATHAN MCMAHON **OPINIONS EDITOR**

his season's Pro Bowl was a far cry from the uninspired spectacle of the 2012 NFL all-star showcase. In



another player can give their

".....In game twitter..... #ProBowl," said Dolphins defensive end, Cameron Wake. Wow. He's at the Pro Bowl. Tweeting in

The Commissioner of the NFL, Roger Goodell,

case you missed it last year, the idea of playing defense never seemed to be considered by players. For many plays, they would take a few steps and then stand idly by watching as the offense put up a display. Al Michaels put it best, when he compared the defensive line to a game of old electronic shuffle football in Sunday night's pre-game analysis.

Maybe defensive units would have been better served to just sit in the stands with fans and cheer on the two offensive squads. Or, how about changing the rules and have both offenses on the field at the same time? See who can score the most points in the three-plus hours it takes to play. At the very least, throw in some tigers and turn it into a gladi-

62-35. That's it.

actual game presents to the

fans, it ends up being a big pile of nothing. The atorial bonanza. best moment from Sun-So, onto this day night's event were in years annual spectacle of the spirit of the game and meh: The NFC was a powerdidn't involve any athletics. house and trounced the AFC In an emotional reunion, retiring center Jeff Saturday Looking at what the switched from the NFC to

the AFC for a single play

to give one last snap to his old teammate at Indianapolis, Peyton Manning. It was a fitting tribute, but it's sad that it ended up being the single best highlight from the entire affair.

Of course, Doug Flutie's appearance on the field as a sideline reporter was his tions on the sidelines. What gems did the NFL players tweet out?

"#BMS," from the Steelers center, Maurkice Pouncey. He's actually pimping the abysmal college football show Blue Mountain State. It was just cancelled. Maybe he's a fan. Well, maybe

displayed middling season but maybe were more talented than the record showed have a chance. It can't hurt to try something new.

As it stands now, the Pro Bowl is a joke and no matter how many Twitter stations are erected or goofy plays are tried, the game is already tainted from its past mediocre offerings.