South Philadelphia has something that most cities dream of; it has all three major sports in one area for a sport lover’s convenience. The Philadelphia Flyers, Philadelphia Phillies and Philadelphia 76ers all play in the same general area, an area that was missing something very crucial. The Sports Complexes needed a place for sport fans to eat and drink before, during and after the game. Enter Xfinity Live, a new domain for sport lovers everywhere to enjoy food, drinks, apparel and a constant update of sports with a huge television screen. This was the missing piece to the puzzle for fans traveling to see the games.

Five formal establishments are part of the 60,000-square-foot complex, each adding their own personality and style while still staying true to Philly sports. At the center of the complex is the NBC Sports Arena with a 32-foot screen where people can watch the games while traveling between the venues. The Victory Beer Hall has a partnership with the Downingtown-based craft brewer of the same name and features local craft brewers. Broad Street Bullies Pub allows patrons to eat while gazing at the player jerseys from the 1970s and replications of newspaper front pages celebrating the Flyers two Stanley Cup championships. The PBR Bar and Grill has a mechanical bull and fire pit to accompany the Tex-Mex cuisine style. For a more sophisticated style of eating, the Spectrum Grill offers steaks and chops that can compete with any steakhouse in the city. There is even a raw bar serving oysters and other shellfish. All of these places have one thing in common, food. Now there are more choices for people to eat before and after the game. A food haven and a fun place to drink, all while keeping the sports theme alive.
The Danger of Fried Foods

By Matt Fitzpatrick

Obesity is a huge problem in the United States that keeps worsening each year. Staying healthy seems to be hard for many individuals. Some researchers from the University of Bosque in Spain published a journal called Food Chemistry where they highlight some of the ways people are putting their health at risk.

This journal explains how common cooking oils can significantly increase the risk of neurologic degenerative diseases and a variety of different cancers. A chemical structure known as aldehydes is formed when some of these cooking oils are heated. When aldehydes are released into the air, they can cause different problems for humans, which they do not even realize.

This discovery was found through researching three different types of tests on cooking oils. The results seemed to show that flower and flaxseed oils developed aldehydes quickly, while olive oil expanded at a slower degree.

Significant concentrations of toxic compounds were found in some of these oils, this should raise some caution for people who consume this product all around the world. A warning should be added to these oil labels, so that if anyone is using them for frying foods they are aware of the significant change of it leading to different diseases and cancer.

Some alternate techniques people can be using while cooking are roasting, steaming, and boiling. A healthy lifestyle can begin by using these cooking methods so that aldehydes will not be largely present, or present at all, in your diet.

Fried foods are popular and one of those tasty foods people crave because it is usually a quick and easy fix. What if fried foods became the future and only technique in food preparation? Several years down the road people will be developing harmful diseases or cancer because of all the aldehydes they are inhaling.

My suggestion: Let’s try to substitute eating healthier by avoiding fried foods daily in order to prevent the risk of developing diseases and cancer.

Paying Homage 11 Years Later

By Antonio Crincoli

Courageous first responders like Siller have inspired runners and races throughout the country. The Tunnel to Towers Run/Walk is just one of a handful of events that have sprung up. Most of the races try to help support the families left behind by fallen first responders. This has even spilled over into established races like the New York City and Boston Marathons.

Richard Cadotte of Brooklyn Ladder Company 108 started running the NYC Marathon in his firefighting gear about four years ago. His gear weighs about 30 pounds which he carries through the entire 26 miles race. Cadotte dedicated his race to fallen firefighter Daniel Suhr who was crushed by a body that had plummeted from one of the Twin Towers.

Events and acts like these transcend the sports realm; it goes beyond who finishes first. Cadotte will not be finishing first in the NYC marathon, but he will finish strong for his fellow first responders who selflessly gave their lives on that fateful day.
Under Fire

By Angelo Grilli

Miami Marlins manager Ozzie Guillen is under fire this week after comments he made regarding Fidel Castro. For anyone that hasn’t heard the remarks, Guillen stated, “I respect Fidel Castro. You know why? A lot of people have wanted to kill Fidel Castro for the last 60 years, but that [expletive] is still here.”

Being a Chicago White Sox fan, I have a soft spot in my heart for Guillen being that he won us a World Series ring. He has always been a fiery, outspoken manager who is not afraid to say what is on his mind. That being said, with the contingent of Cuban Americans that are fans of the Marlins and live in the Miami area, he should have filtered himself before making such remarks. Many of these Cuban Americans suffered under Castro’s reign before coming to America. If you don’t understand what they have been through, and obviously Ozzie doesn’t, than saying something like that is uncalled for.

Dan Lebatard, who reports for ESPN from the Miami area, compared respecting Castro to respecting Hitler for the Cuban community. The Miami Marlins and Major League baseball also commented basically stating that they do not condone or agree with the comments Guillen made.

Guillen made a public apology two days after the incident, but a poll by ESPN says that over 50% of Cubans still have a negative opinion of him and didn’t take the apology as sincere. In a time where anything you say can be spread worldwide in a matter of seconds, we should all take a lesson from this situation. It is a case of pure ignorance and a lack of social intelligence. Guillen was suspended five games by the league, but I for one, think his punishment should be harsher. There is no place for this kind of behavior in professional sports and Guillen is a repeat offender. His long-term punishment is just how the Marlins fans will henceforth treat him.

Arkansas Head Coach Bobby Petrino Fired

By Mellana Cramer

Scandal has once again erupted in college sports with the recent firing of head football coach Bobby Petrino. The 51-year-old Petrino finishes his tenure at Arkansas with a 34-16 record in four seasons, leading the Razorbacks to a No. 5 final ranking last season and a Cotton Bowl win over Kansas State. It was a surprising ending for Petrino who has revitalized Arkansas into a national powerhouse. However, success on the field was overshadowed by repeated deceptive acts, for as Athletic director Jeff Long stated in a press release, “no one was more important than the program itself.”

The scandal arose on April 1st, 2012 when Petrino and Jessica Dorrell, a current employee of Arkansas athletic department, went for a ride and skidded off the road in an accident that resulted in four broken ribs, a cracked vertebra and numerous abrasions on Petrino’s face. When police arrived to the scene, Petrino attempted to cover up the incident by not revealing Dorrell’s name to the press. However, once the police report was released chaos erupted.

The 25-year-old Jessica Dorrell, a former Arkansas student-athlete worked for the Razorbacks Foundation and was hired by Petrino on March 28th. The two had been spending a substantial amount of time together and maintained an inappropriate relationship although Petrino was married and the father of four. Petrino was also noted for giving her $20,000 and hiring her swiftly in a position that 159 other candidates pursued.

The affair and his acts of deception required Long to fire Petrino, and because it was of meaning, he will not receive the $18 million buyout his contract called for. Petrino’s leave is immediate and the result of another head football coach destroying his legacy this year.
The Olympic Flame

By Steven Di Noia

The Olympic Flame or Olympic Torch is one of the most dominant symbols associated with international sports competition. The origins of the Olympic Flame can be traced back to Ancient Greece where it posed as a commemorative symbol for when Prometheus stole the element of fire from the Greek God Zeus.

Prometheus was a Titan of Ancient Greece who was considered a champion of mankind and known for his intelligence. He was looked to as an inspirational figure during the Greek War of Independence. Today, the Olympic Flame is used to represent the celebration of the Olympic games. What stands out about the Olympic Flame is the journey that it takes from Greece to the hosting countries main event venue, with scheduled stops and transfers along the way.

This journey was not always tradition though. In 1936 during the most controversial Berlin Games a man named Carl Diem began the tradition of the Olympic Torch relay. The relay of the torch begins several months before the games start. It begins in Olympia Greece where the very first games were held. Eleven women, meant to represent the Vestal Virgins or Greek Goddesses, perform a ceremony where the torch is kindled and lit by the sun’s rays using a parabolic mirror.

The Olympic Torch relay concludes on the day of the opening ceremony in the main stadium of the host country. The last person who will carry the torch and light the ceremonial cauldron of the hosting city’s design is usually a famous native athlete. The athlete’s name is kept secret until that time. The final bearer of the Olympic Torch usually proceeds up to the top of a grand staircase, where they ignite the stadium flame, symbolizing the start of the Olympic games. Once the stadium flame is lit, it will continue to burn the whole length of the games until the closing ceremony where it is extinguished, bringing an end to the Olympic games.

BBQ Battle

By Timothy Malloy

It is finally that time of the year! The weather is progressively getting nicer and it is time to pull out the grill for some summer BBQs! But which type of grilling is best, charcoal or propane? Although charcoal grilling may “give the food a better taste”, there are greater environmental risks involved. Propane grilling creates about a one-third smaller carbon footprint, 105 times lower carbon monoxide level and creates less emissions when considering the actual burn time.

If the environmental facts alone do not convince you to switch to propane, maybe factoring in the health benefits might. Propane grilling avoids the toxic petroleum distillates from the lighter fluid that will be cooked into your food. It also evades cooking large amounts of polycyclic aromatic hydrocarbon contaminated smoke into the meats, which comes from fats dripping onto the coals. Keep your meats natural by avoiding charcoal and choosing the economical friendlier and healthier propane grills.
Volcanoes are popular attractions around the world. But climbing up and down can be a tiring journey! Now, you can take your time going up, immerse in the volcano’s beauty, and then zoom down by volcano sliding.

Volcano sliding is a new sport that has emerged from trial and error. Boarders tried all different materials to come up with this sport, including mattresses and mini-bar refrigerators! Adventure seekers finally settled on using plywood with metal reinforcements.

Volcano boarding is now being offered in volcano tours. A popular destination that offers this sport is Nicaragua, located in Central America. Cerro Negro is the youngest volcano in Nicaragua where many tourists gather to try out the new sport. At the base of the mountain, guests are handed boards, jumpsuits and goggles for their journey down. As you start your journey from the top, one thing to remember is: Do not scream! As thrilling as the ride is, screaming will allow pebbles and debris to jump into your mouth; all while shooting down at approximately 50 miles per hour!

Volcano boarding is a sport that is not suited for small children; the experience cannot be compared to snow tubing or sledding. There are many techniques involved with maneuvering the board and adjusting speed, and riders will most likely end up with a scrape or two. But according to many previous riders, volcano sliding is an adventure worth trying at least once.

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Flambéed foods are not commonly seen in most of today’s restaurants; however, they have become quite popular among dinner parties. Besides the distinct flavors it adds, how awesome would it be to light your food on fire?!

While flambé is a really cool trend, it can be really dangerous too. So here are some tips to help you safely cook with fire:

1. Add high alcohol content liquor to a pan and let it reach almost a boil. Liquors that work best for flambéed foods are typically over 80-proof like a brandy, cognac, or rum.

2. Heat or pre-cook the food you want flambéed in a separate pan.

3. Now you are going to add the alcohol to your heated food. Make sure to keep it away from open heat and pour it very slowly (do NOT pour alcohol over burning flames, as this will cause an explosion).

4. Once you combine the food and alcohol, use a fireplace match to ignite the alcohol. Be sure to use the match at the edges of the pan to let the food absorb the alcohol and smoky flavors for as long as possible.

5. The flame should go out on its own but if you have some leftover then gently shake the pan back and forth. If that still doesn’t put the flames out, cover the pan with a metal lid.

You can flambé just about any food ranging from ice cream to steak.

So there you have it, flambéed foods right in your own home… just be sure to keep it safe! Enjoy!
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