**FOR IMMEDIATE RELEASE**

**Super Bowl XLV – Tuesday, February 1, 2011**

**QUOTES FROM STEELERS’ MEDIA DAY**

**TACKLE FLOZELL ADAMS**

(on what it’s like being back in Dallas) “The Super Bowl is in Cowboys Stadium, it feels good that the Super Bowl is here. It’s not where it is, it’s what it is. It’s the Super Bowl and I’m happy to be a part of it.”

(on which team is now America’s Team) “Whoever you want to call is America’s Team. But right now, Pittsburgh and Green Bay are in the Super Bowl and that’s all that matters right now. I don’t feel weird being back in Dallas, just weird being in the Super Bowl. I just can’t wait to be a part of it on Sunday.”

(on whether it is strange not being a Cowboy in the Super Bowl) “At that moment, you never know what’s going to happen, but you always think that whatever team you’re with, you’re going to go to the Super Bowl. I’m with Pittsburgh and we’re at the Super Bowl and that’s what matters. I’m honored to be here. It’s the 13th year of my career and I’m thankful to have made this far to be a part of the Super Bowl and that’s what counts. I guess 13 is my lucky number, it’s just too bad I can’t wear the jersey.”

(on having dreams of coming back to Dallas) “No, it’s just a dream that I made it to the Super Bowl.”

(on the challenge of playing Dom Capers’ defense) “We’ve seen it all. They’ve got a 3-4 defense base and we’ve played Houston, Cleveland, Baltimore and the Jets so it’s pretty much the same thing. We’ve just got to do the best we can.”

(on why there’s only one logo on the Steelers’ helmet) “I honestly don’t know. I asked why and they just said that’s the way it is. I did find out about the colors though. They are the elements of steel. I never knew that till the end of September!”

(on Pittsburgh becoming his new home) “The players welcomed me with open arms and helped me learn the ropes and the plays. I’ve gotten to know everyone and I can’t help but to appreciate that.”

(on Pittsburgh’s climate) “Our first cold game was Buffalo and I was like, “Man, we have about seven games left. This is going to be a treat!’ But we’ve just got to suck it up and do the best we can.”

(on using jersey number 71) “That was the only number left. I didn’t have much of a choice. I’m not the type of guy to talk to a second- or third-year player and tell them to give me their number or offer to give them $5,000. I just get whatever and deal with it.”

(on the difference between the Cowboys and Steelers organizations) “They have different temperaments and ways they handle stuff. I’ve been a part of both sides and they’re both good.”

(on what it means that Ben Roethlisberger said that he wants to win this game for Flozell) “Ben knows I’ve been in this league a long time and this is the first time I’ve been a part of anything like this. We discussed this early in the season saying how we were going to work hard to come to the Super Bowl. I appreciate him saying that about me and I want to do the same thing for him as well. For him to be a quarterback with three Super Bowls, and 20 to 30 years from now I can point out, ‘Hey, I played with that guy!’ because he’s going to be on the highlights.”

(on who he thinks the Cowboys fans will root for) “On Sunday? Pittsburgh! Get with it!”

(on what it meant to have his teammates wear his Michigan State jersey) “Yesterday, I just walked in and saw all the jerseys. I was really honored. I can’t help but appreciate the guys for doing something like that. But if you hear anything about me tearing up, it’s a lie because I didn’t do that!”

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(on talking to former Cowboys teammates during the week) “I talked to a couple of them and they were congratulating me. You can’t help but to appreciate the guys you played with. I’ve done that to other players too, so you can just be happy for them.”

(on offensive line problems and still making it to the Super Bowl) “One thing that’s fortunate about the offensive line, whether you’re a starter or a backup, we’ve got a lot of guys that are capable of playing multiple positions. So that is how we have been able to succeed in the things we’ve done this year. When Willie went out, I came in and when Pouncey went out, Doug’s in. These guys can do just as good a job than the guys that were first there.”

(on his emotions a few days from the Super Bowl) “Usually when it comes to a game, I usually don’t start feeling it until Friday or Saturday, but I’m feeling it early right now. It’s remarkable to be a part of one of two teams left in the season and to be one of the best this year. I feel confident we’ll do the best we can.”

(on not being talkative towards media when he played in Dallas) “I talked, you just weren’t around! I was talking and you weren’t listening. If you guys ask me a question, I answer it.”

(on how being from Chicago shaped him) “I like Chicago. To me it is the greatest city on the earth. I’m a Bears fan until we play them, then I don’t like them. As far as the Super Bowl goes, it would have been good if they had made it but Green Bay is here and we’ve got to play them. I started playing football late. I didn’t play pee wee, but when I did start, I enjoyed it. I didn’t think I was going to get a scholarship, but that happened. Then I thought I could really do it.”

(on how physical the game will get) “It’s going to be very physical! That’s what we’re all about. We’re a physical team, let alone the offensive line.”

(on being bitter towards the Cowboys organization) “I wasn’t bitter. The average lifespan is 3-4 years and I played 12 years with one organization so I’m not complaining at all. There was no bitterness at all. I walked out of here happy and I still love the players and front office. I don’t have any hard feelings.”

(on the challenge of going against Clay Matthews) “It’s a challenge. He’s a great player. I’ve watched him on film and even on TV. He’s remarkable and it’s going to be fun.”

(on what Coach Tomlin says to the team) “He just tells us to do the best we can and stick to the fundamentals.”

(on talking about going to the Super Bowl as a Dallas Cowboy) “We always talked about the Super Bowl in Dallas. The difference is that the Steelers had been to the Super Bowl two times in the last five years. Unfortunately for the Cowboys it had been awhile. There are more building blocks with Pittsburgh in that they knew how to get to a Super Bowl.”

(on his experience) “I do believe my 13 years in the League gives me a better appreciation for the fact that I’m here. It took a little while longer, but better late than never!”

(on Jonathan Scott) “He’s a great guy and he’s come along a lot. I’ve talked to him a lot and he was with Detroit and Buffalo and then came here. He’s asked me about techniques and I’ve helped him as much as I can. He’s helped me too and we go back and forth. He’s a good player and I admire him.”

(on being a veteran and being successful) “Success is being able to take care of yourself. As offensive linemen we aren’t the most athletic people on the team so we have to watch what we eat and protect our bodies.”

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(on on having veteran days during camp) “I had a couple, and it definitely helps. It helps to be able to go on to the next game.”

(on what he’s learned about winning with the Steelers) “I haven’t learned anything more with the Steelers than with Dallas. The Steelers have a different mentality in general, not even talking about Dallas, to do the things they need to do to win.”

(on the Cowboys Stadium bringing back memories) “This is where I got my first playoff win last January and that’s a definite memory of mine. I’ll always have memories of being around the guys and I’ll cherish those.”

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