Apparently Derek Anderson Is really really sorry for making an ass out of himself after the game on monday. We've all seen the video and the ridiculous way that he tried to pretend he wasn't actually yucking it up with Deuce Lutui, who has just shot into the top 10 "players who have cool names" list.

In his apology, Derek insists that his "mom and dad didn't raise him to act like that in times of adversity.", all available evidence to the contrary. Anderson acted very similarly upon his release from the Browns, he just had time to make an ass out of himself in an emai l rather than screaming it directly into a camera. The truth of the matter is, Derek Anderson seems to have as much control over himself off the football field as he has on it, and that's his main problem.

Tim Hightower tried to come to his QB's rescue:

Running back Tim Hightower said he felt for his quarterback over the last two days.

"People don't realize exactly how much pressure he has on his shoulders," Hightower said. "For people to point the finger at him and say he's the problem, it's easy to point out the problem when you haven't walked a mile in that guy's shoes. You have no clue the preparation that he does on a day in day out basis.

I'll tell you what Tim, send me a pair of DA's shoes. I'll walk a mile and tell you what I think. You're probably not going to like what I have to say.