

SPORTS X-TREME

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Lafayette Elementary School

February 20, 2015

Super Bowl
Special

Super Bowl XLIX

by Elena Houghton, 5C, and John Joire, 5G

Before the Game:

It's that time of year again, when snow is starting to melt, flowers are starting to grow, and everybody is excited for the Super Bowl. This year, both first seeds are facing each other in Glendale, Arizona. The last time the Super Bowl was in Glendale, the Patriots lost to the Giants 17-14 after an undefeated season. This year is different. No team is the underdog because both have the same record and seed. They also have the same amount of confidence going into this, but only one will have confidence going out. The last time the Super Bowl had two first seeds play was in 2010.

Going into the game we think the Patriots are going to win for two reasons. One, Tom Brady has won three Super Bowls while Russell Wilson only has one win. Two, Bill Belichick is overall a better coach. He has more Super Bowl wins and 22 postseason wins. In the playoffs, both teams got byes. In the divisional round, the Patriots played the Ravens. The score was 35-31 Pats. Also in the divisional round, the Seahawks beat the Panthers 31-17. In the conference championships, the Patriots crushed the Colts 45-7, but the Patriots were accused of deflating the footballs in the game so they would be easier to catch. The Seattle Seahawks played amazingly against the Green Bay Packers, at least in the second half. They were down 16-0 at the half but somehow, they pulled it out. This is how the teams got to Super Bowl XLIX. Going into this game, we thought it would be a great game. **Cont'd on p. 2**



Mindfulness



For Seattle Seahawks Quarterback Russell Wilson and teammates' practices included yoga and mindfulness training. **See story, p. 3**

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During the Game:

At the beginning of the game, the first big play was the interception by Jeremy Lane after the opening drive. Also, the Patriots were in the redzone so if the Patriots had scored, the game winning pick wouldn't have mattered as much. The Patriots drew blood first having Tom Brady throw to for the touchdown to Brandon LaFell. After that the Seahawks responded with another touchdown for Beast Mode (Marshawn Lynch) with a 3-yard run. After that each team got some stops. Then the Patriots scored another touchdown late in the half with Rob Gronkowski, 14-7 Patriots. The Seahawks topped off the half with a clutch touchdown drive led by Russell Wilson. At halftime Katy Perry did the performance along Lenny Kravits, and Missy Elliot.

After the halftime show, everybody was ready for another half of football. The Seahawks started out okay for their first drive but the Patriots held them to a field goal. It was 17-14 Seattle. The Pats were forced to punt the following drive because of good defense by the Seahawks. The Seahawks and Russell Wilson again marched down the but this time scored a touchdown. It was not looking too for the Patriots. But Tom Brady would not go away. They made the Seahawks look the a offensive team, Tom Brady capping it off with touchdown pass to Danny Amendola. Now the Patriots had all the momentum. Their defense was determined to get a stop and made the Seahawks punt. The Patriots had to score, and they did--Tom Brady connected with Julian Edelman, after some good plays made by Rob Gronkowski.



This is the clutch game-winning interception by Malcolm Butler.

Carroll said if they got the touchdown on that play it would be fine. If it was incomplete they would run it to Lynch on third and fourth down. Also, as NFL Prime Time pointed out that Marshawn Lynch was 1 for 5 on runs on the one-yard line. Congratulations to the New England Patriots for winning the Super Bowl.



Tom Brady and the Patriots won the Super Bowl for the fourth time in the 2000's

The Seahawks had about 3 minutes to score. It looked like they would. After a couple of plays Wilson threw a jump ball to Jermaine Kerse. Kerse after bobbling it what felt like a thousand times he secured inside the ten yard line. Basically, it was a circus juggling act. After running it down to the one yard line things got confusing. Instead of running it to Marshawn Lynch they decided to throw it. It was picked off by by Malcolm Butler! The undrafted rookie out of West Alabama got his first pick of the season! Of course, it had to be in the Super Bowl. Tom Brady and the New England Patriots won Super Bowl XLIX! Of course, everybody was a bit confused. Why didn't Russell Wilson hand off the ball to Marshawn Lynch? Pete



Everybody thought this year's Super Bowl was going to be a great game and it was!

Seattle Seahawks Practice Mindfulness

by Katy Whipple and Sasha Gold-Moritz, 4S



Russell Wilson has been working with mental conditioning since 2012.

Have you been wondering about why the Seattle Seahawks have been so good this year? Well, when we were in peace class, we learned that the Seahawks have been doing mindfulness! In case you don't know, mindfulness is when you sit down, close your eyes, and focus on your breath.

"I was shocked...because you don't really think of football players doing mindfulness," said our peace teacher, Ms. Ryden. We know what you are thinking, "Mindfulness? Football? NO WAY!" However, the Seahawks head coach, Pete Carroll, thought that the idea of mindfulness was a great idea, and next thing you know, a mindfulness expert, Mike Gervais was stepping onto the field and teaching the football players how to do breathing exercises at football practice. At practice, Mike Gervais has been coming to see the

Seahawks to lead them in mindfulness and watch them do their drills.

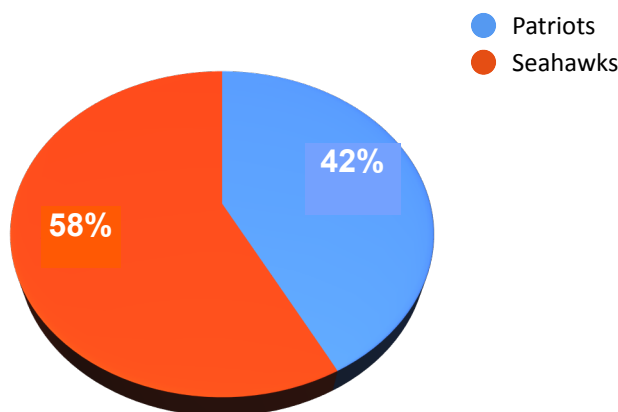
It is good that the Seahawks are doing mindfulness, because when they are playing in the game, they have so much stress. Football is a very stressful sport and there are so many people who are yelling and running at you. The mindfulness really calms you down and you are relaxed so all the yelling and other distractions are fainter and you can play in more calmness. Coach Carroll feels that mindfulness training was really helpful to the Seahawks this season and is probably one of the reasons that they are in the Super Bowl.

The Seahawks made it to the Super Bowl and lost to the Patriots, 24-28. They were winning at the end of the third quarter, but then the Patriots came back and won the game. The Seahawks however, won the Super Bowl last year. So, if you are ever in the NFL and feeling stressed--remember--you can do mindfulness to calm yourself down

Super Bowl Predictions

by Harper Dunn, 5S, and Katie Kennedy, 5C

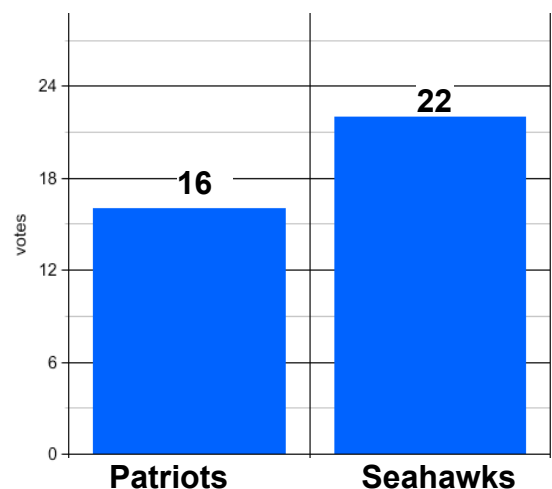
The first and second graders we interviewed had some strong opinions about who would win the Super Bowl. They came from Ms. Phillip's and Ms. Cacibauda's first grade classes and from Mr. King and Mr. Otunba's second graders. The graph below shows that the majority favored the Seahawks.



by Akul Pappajohn, 5S, and Matt Evans, 5C

Before the Super Bowl we conducted a survey of Lafayette students to see who they thought would be the winner of football's biggest game. (See graph above). The majority, 58%, thought the Seahawks would win. It just goes to prove that the majority can be wrong!

First & Second Graders Predictions



The Deflatriots

by Lee Orders, 5R, and Josh Solomon, 5C

In this year's AFC championship (to decide Super Bowl teams) the New England Patriots beat the Indianapolis Colts in a 45-7 blowout. After the game, the refs suspected that the Patriots deflated their footballs to get a better grip on the footballs. Everyone is trying to figure out if they deflated their footballs on purpose or if something else caused 11 out of 12 Patriot footballs to deflate. There are many people who could've done this; for example, Tom Brady, Bill Belichick, or the equipment manager. Tom Brady and Bill Belichick have had many press



conferences and keep denying that they deflated the footballs. Recently, Robert Kraft, the owner of the Patriots, held a press conference and defended Tom Brady and Bill Belichick. The matter is still under investigation.

On the positive side for the Patriots, this year has been a great season for them overall. They even won the Super Bowl against the defending champions, the Seattle Seahawks.



QB Tom Brady and Coach Belichick are four time Super Bowl winners but still have the shadow of a scandal over them until the NFL investigation is completed.

Lafayette Science Teachers Weigh in: **Weather or Foul Play?**

by Robin Handley, 5C

Before the Super Bowl, there was a big scandal about the Patriots' footballs used during the first half of the AFC conference championships against the Indianapolis Colts. Eleven out of 12 of the Patriots' balls were found to be deflated enough to make them have the same feel of, say, a Nerf football! Obviously, this would make a huge advantage in throwing and catching the football, thus giving the Patriots a better grip on the ball than the Colts who were not playing with under-inflated balls. That's right. None of the Colts' balls were deflated.



Scientifically speaking, what makes 11 out of 12 balls lose air?

Some people believe that foul play was involved since it was only the Patriots footballs that got deflated. Some people, including former Lafayette student and now popular TV Science Guy, Bill Nye, think that it was suspicious for 11 out of 12 balls to deflate accidentally. Other scientists weren't so sure. A few said maybe it could have been the condensation from the cold weather. So we decided to ask some of our school's science teachers and Dr. Broquard, a former science teacher, what they thought about the matter.

Cont'd on p. 7

Super Bowl Halftime Show: Awesome!



by Harper Dunn, 5S, and Katie Kennedy, 5C

Have you ever thought, “Wow, the Super Bowl Halftime Show is awesome!” Well, we’re here to show you just how awesome it is. The Katy Perry Halftime show started with Katy Perry standing on a giant, gold robot tiger. She used the same lion for her tour earlier this year. Katy came out wearing an orange fire dress, including realistic flames on the shoulders, and a high ponytail. Her microphone had the same flair, bright orange, with a yellow rim.

Her first song was “Roar.”

Did you know that there were actual people behind the lions legs and pushing them to make them move? Then, all of a sudden, the field turned into a chess board with her backup dancers as players. Katy then sang, “Dark Horse” and introduced Lenny Kravitz who sang “I Kissed A Girl” with her. Then out came the beach scenery and Katy in a beach ball dress singing “Teenage Dream,” as she danced with the sharks and palm trees.

Next, Katy sang “California Girls.” She also had backup dancers wearing vintage bathing suits. After that, Missy Elliot came out and rapped her heart out next to Katy. Next, Katy comes out in a silver dress and starts singing “Firework” with the colorful bulbs overhead. After a few words she was lifted high into the air by a giant shooting star. Humongous fireworks shot in the air and brightened the sky. Then, a huge array of very colorful fireworks went off in the sky. Fireworks even shot out of the stadium! She finished the show with all the colorful dancing bulbs. Our favorite song was “Firework,” an elaborate and breathtaking performance. What was your favorite?

Top Ten Super Bowl Commercials

by Harper Dunn, 5S, and Katie Kennedy, 5C



Aw! This cute puppy made the top ten!

OK, so the Super Bowl is football, basically. But, seriously America, is that all we care about when it comes to the Super Bowl? The answer, clearly, is no. We always have the ads! Most people just think of ads as the horrid interruptions between the cliffhangers of your favorite TV show but super bowl ads, oh no! They are a whole different thing. They are considered some of the best ads on TV, and that’s where we come in. We have watched EVERY SINGLE COMMERCIAL of the super bowl, and are bringing you our choices for the top ten. Hope you enjoyed the super bowl commercials as much as we did...even if you don’t agree with our choices for the top ten!

#10: 6:07, Subway brought to us their idea of a dodge ball triathlon. It was about a man who competed in a dodge ball triathlon. Sound simple? Rethink... Imagine being pelleted with dodge balls the entire time. Sound easy now?

#9: 7:14 Avocado Draft, from the Caveman time period. This ad shows what every country picks something they want to draft. For example, America picks the Dodo Bird. And, you guessed it, avocado goes to Mexico.

#8: 6:53 The Brady Bunch. The classic TV show from the 70’s. In this episode, Marsha gets mad at her brother and turns into a famous rock singer--that looks nothing like Marsha. But when Marsha eats a Snickers, it all goes back to the way it was.

#7: 8:41 OK, so this ad may not be a big super bowl special, but it’s still one of our favorites. It was given to us by Sprint. You may have seen it, cut your Verizon bill price in half. So, they let real people literally cut their bills in half--with a chainsaw. **Cont’d on p. 8**



Wizards on a Roll

by John Moody and Armani Johnson, 5R, & Michael Rosebar, 5S

The Wizards are off to a great start. They had a record of 33 wins and 21 losses before the All-Star break began on Feb. 11.

John Wall, one of their stars, averages 21 points a game, and their coach Randy Wittman is very proud of them. Wall is a very good player, although he needs to work on his free throws. Paul Pierce had a bad start but he's improved over the last few games. The Wizards are unstoppable.

The Wizards play LeBron James' team, the Cleveland Cavaliers, on Feb. 20, their first game after the All-Star break. The Wizards have an advantage because they have John Wall, Nenê, Gortat, and Bradley Beal. The Wizards are second in their division. Everybody wants Kevin Durant to come to the Wizards, so at the last couple of games people have been putting up signs saying KD come home. The starting five struggled the last couple of games before the break, but the bench is deep. Let's hope after this All-Star break that the Wizards will be unstoppable again!



John Wall is having a career season.

Boys B-Ball Update

by Jonah Frumkin, 5G

Every year from November to February the Boys' Lafayette basketball team plays. This year there are 17 boys on the basketball team. The schedule is every Thursday, and the boys play at home or away at 4 p.m. So far, their record is 4-2. The teams they have played are Marie Reed, John Eaton, Hyde Addison, Hearst, H.D. Cooke, Oyster Adams, and Bancroft. First, they got off to a good start by crushing Marie Reed 34-4. The next week they hosted Eaton and won in a close game. The next few games were up and down as Lafayette won and lost.

As it stands now, Lafayette has a 50% chance of making the playoffs because they lost to Cooke and Hearst. The teams that still have a chance of making the playoffs in Region B West right now are Lafayette, Cooke, Hearst, and Oyster. Lafayette is 4-2, Cooke is 3-2, Hearst is 4-1, and Oyster is 4-1 but only the top two teams advance. In order for the Lafayette Bears to make the playoffs, Cooke had to lose to Bancroft and then beat Oyster. If Cooke had beaten Bancroft they would be 4-2 and Lafayette would be 4-2, but Cooke beat us so they would make it if they had beaten Bancroft. Cooke would have to have beaten Oyster so Cooke would be 4-3, and Oyster would be 5-2 but because we beat Oyster we would advance with Hearst to the playoffs.

If the boys make it to the playoffs they would have to play Hearst first. If Lafayette beats them, they would next play the winner from Region B East. If Lafayette wins that game they would advance to the City Championship against the winner from Region A. It's a long, tough journey but that's how we would be able to make it to win the City Championship.

So, keep cheering for Lafayette and hope that they make the playoffs--and if they make the playoffs, hope they will go all the way to win the City Championship! **Ed. Note: Unfortunately, since we went to press, Lafayette lost to Eaton in the first round of the playoffs.**



Nats Are a Strong Team in 2015

by Christopher O'Brien, 5C



Third baseman Anthony Rendon hit .267 with 21 homers and 83 RBIs last year.

Baseball season is near, and the Washington Nationals are looking good for 2015. New acquisition Max Scherzer (*See article below*) will fortify a pitching rotation that people were already calling the best in the league, and the lineup is solid all the way through. Max Scherzer, Stephen Strasburg, Jordan Zimmermann, Doug Fister, and Gio Gonzalez make a great pitching rotation. Young third baseman Anthony Rendon is strong on both offense and defense. Shortstop Ian Desmond is coming off three straight 20-20 seasons (seasons with both 20 home runs and 20 stolen bases), and first baseman Ryan Zimmerman has a very strong bat. Second base is the only real hole, but Danny Espinosa will be good if he can improve his hitting. The outfield combination of Jayson Werth, Denard Span and Bryce Harper provides great hitting, speed, and

defense. In conclusion, the Nats are very strong all around and have everything it takes to go the World Series. Don't be surprised if you see their name at the top of the standings!

Weather Or Foul--Cont'd from p. 4

SXT: What do you think happened to the balls?

Mr. King: I do not think the weather affected the balls. In my opinion someone messed with them.

Mr. Gregal: I don't think that all the balls could have been affected but I don't know what happened.

Ms. Skubel: The probability that all of those balls got deflated by the weather is very low, and I think someone may have tampered with them.

Ms. Fratto: It seems odd that all the balls deflated, but it is possible since I know in cold air things shrink. I doubt that it was all caused by the weather though.

Ms. Shapiro: It is very difficult to believe that it was the weather but in Boston it is very cold, and things do deflate in cold air.

Dr. Broquard: It could have happened. Just like when you sleep on an air mattress, and you feel like it deflated overnight. Also, there are big guys throwing it [the ball] around, and the ball bounces around a lot, so it could have been that.

So, what do you think? Was it foul play or did the weather deflate those eleven balls?

Nats Sign Scherzer

by Paloma Benach, 5C

On Jan. 22, the Washington Nationals signed right-handed pitcher Max Scherzer to a six-year deal. Max will be paid \$10 million dollars in 2015; he will be paid \$15 million in 2016, 2017, 2018, and then he will be paid \$35 million dollars in 2019, 2020, and 2021. Unfortunately, they will have to trade another starter for the Nationals. But they don't know which one. So right now they have six pitchers in the starting rotation. Doug Fister, Gio Gonzalez, Tanner Roark, Max Scherzer, Stephen Strasburg, and Jordan Zimmermann. So which one will the Nationals pick? Whoever they pick, I hope it doesn't affect the 2015 seasons.



Scherzer, 30, joins the Nationals after seven Major League seasons with Detroit Tigers and Arizona Diamondbacks and on the heels of back-to-back All-Star campaigns.

THE BIRTH OF FANTASY FOOTBALL by Akul Pappajohn, 5S

Fantasy football was born in 1962. It started because the Oakland Raiders were such a bad team that year that three fans--one who was a partial team owner--got together in their hotel room and started imagining a team filled with the players they would want to have. Players who would make sure that there would be no more dismal 1-13 records for the Raiders. That night they talked about drafting players for their dream teams and came up with the rules that are basically the same rules used today. You are in a league you have a draft and everyone in it gets to pick in a certain order. You have to have a QB, two running backs, one tight end, two wide receivers, a defender, a kicker, and a flex position on your team.

The founding fathers of fantasy football have inspired many people over the years and today 30 million players in the U.S. and more than 2 million players in Canada play. As technology grows so do the numbers of people who play.

Kids who want to do Fantasy football need the help of a parent or other adult. I, myself, have been playing Fantasy Football for four years, and one of those years, my team won the championship. That's the scoop on the birth of fantasy football.



Best Commercials--Cont'd from p. 5

#6: At 6:28, for five seconds, thousands of Americans were tricked into thinking that their TV went out when the Super Bowl was coming back on after a break. Who was this brought to you by? Chevy. This ad was completed with the little dots, flickering and everything!

#5: 6:37 Ahh, the Boston Tea Party. A historical event. Now with a twist. So apparently, according to our friends at Turbo Tax, if Britain had just said, "What if you can file your taxes for free?" none of that revolution stuff would ever have happened. This ad shows them saying as much on the occasion of the Boston Tea Party.

#4: 6:42 The year is a 1994 news show and the hosts are trying to figure out what this new thing called the internet is. Then it fast forwards to 2015 and the hosts are in the BMW I3 trying to figure out what I3 is.

#3:?:?: A businesswoman who loves Xfinity is sitting in court. But, she is really watching Xfinity and using stick-on faces on the back of her iPad. Every time she needs to change her expression, she peels off one of the faces.

#2: 7:02: So very sad music is playing, a dog gets lost, and the owner walks all around posting LOST DOG signs. Even the horses are sad. All of a sudden, the dog gets attacked by a coyote! But... the horses swoop in at the last minute and bring the dog back home, safe from danger. Budweiser.

#1: And our favorite commercial: Three guys take a sip of Mountain Dew Kickstart, and start moving and dancing and getting energetic. Then the chair and table start dancing with them, and the dog stands up on its hind legs and shakes his paws around. And, as for the deer head wall hanging? A live deer bursts through the wall and hits it off with the rest of 'em.

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