

ESTTA Tracking number: **ESTTA627719**

Filing date: **09/17/2014**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

Proceeding	91199986
Party	Defendant Monster Energy Company
Correspondence Address	MATTHEW S BELLINGER KNOBBE MARTENS OLSON & BEAR LLP 2040 MAIN STREET, FOURTEENTH FLOOR IRVINE, CA 92614-8214 UNITED STATES Matt.Bellinger@knobbe.com, efiling@knobbe.com, francie.leonguerrero@knobbe.com, efiling@kmob.com
Submission	Other Motions/Papers
Filer's Name	Matthew S. Bellinger
Filer's e-mail	efiling@knobbe.com, francie.leonguerrero@knobbe.com
Signature	/Matthew S. Bellinger/
Date	09/17/2014
Attachments	2014-09-17-FINAL DECL OF BROADHURST IN SUPP OF APP'S MSJ-HANBEV.921M.pdf(104624 bytes) BROADHURST DECL EXHIBIT 1 PART 1 OF 5 DEC 11, 2013 REPORT-HAN-BEV.921M.pdf(1456221 bytes) BROADHURST DECL EXHIBIT 1 PART 2 OF 5 DEC 11, 2013 REPORT-HAN-BEV.921M.pdf(930856 bytes) BROADHURST DECL EXHIBIT 1 PART 3 OF 5 DEC 11, 2013 REPORT-HAN-BEV.921M.pdf(5490992 bytes) BROADHURST DECL EXHIBIT 1 PART 4 OF 5 DEC 11, 2013 REPORT-HAN-BEV.921M.pdf(4764366 bytes) BROADHURST DECL EXHIBIT 1 PART 5 OF 5 DEC 11, 2013 REPORT-HAN-BEV.921M.pdf(2663953 bytes)

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

USA Nutraceuticals Group, Inc.,
Ultra-Lab Nutrition, Inc., d/b/a Beast Sports,

Opposers,

v.

Monster Energy Company,

Applicant.

) Opposition No.: 91199986 (Parent)

) Opposition No.: 91202947

) Opposition No.: 91205388

) Opposition No.: 91209540

) Serial No.: 85/197756

) Mark: UNLEASH THE NITRO
) BEAST!

) Serial No.: 85/168304

) Mark: REHAB THE BEAST!

) Serial No.: 85/543622

) Mark: REHAB THE BEAST!

) WWW.MONSTERENERGY.COM

) Serial No.: 85/783034

) Mark: UNLEASH THE ULTRA
) BEAST!

**DECLARATION OF NORMAN N. BROADHURST IN SUPPORT OF APPLICANT'S
MOTION FOR SUMMARY JUDGMENT**

I, Norman N. Broadhurst, declare as follows:

1. I am the President of Keith N. Thomas Design, Inc., a strategic branding, packaging and visual communications agency serving consumer product companies. In this capacity, I direct client services, brand positioning and creative direction. I am also the founder and President of Channel Marketing Resources, Inc. an international consumer products marketing and sales development consulting firm. I have over 30 years of consumer products retail marketing and package communications experience as a senior marketing executive and operating officer. I have personal knowledge of the facts set forth in this declaration.

2. At the request of Knobbe, Martens, Olson & Bear, and on behalf of Applicant Monster Energy Company, in connection with the proceeding *USA Nutraceuticals Group, Inc., Ultra-Lab Nutrition, Inc., d/b/a Beast Sports v. Monster Energy Company*, Consolidated Opposition No. 91199986, I provided my opinion on whether the term "beast" is a commonly used term in the nutritional supplements industry and marketplace.

3. I prepared an Updated Expert Report in connection with this proceeding which expresses my opinions and sets forth the bases for these opinions. A true and correct copy of my Updated Expert Report dated December 11, 2013, is attached hereto as Exhibit 1.

4. In this report, I express my opinions that: 1) the word "beast" has been broadly used and commonly used for many years in bodybuilding, sports and related activities to describe an aggressive, intense demeanor of both amateur and professional athletes; 2) the word "beast" is commonly used to enhance the imagery of products and marketing campaigns in the bodybuilding, sports and related industries to convey an implication of strength, energy or flavor; and 3) the term "beast" has been used commonly for many years in the sports activities market and is presently used by several different companies as a general product and marketing descriptor, and thus, it does not identify any one company.

5. In support of my opinions, I found many examples of "beast" used in the media and by consumers to describe intense workouts, sports and body building related activities. I also found many examples of "beast" used by numerous unrelated companies in connection with a variety of products and services, including nutritional supplements. Examples of these uses are attached to my Updated Expert Report.

I declare under penalty of perjury under the laws of the United States of America that the foregoing is true and correct. Executed this 12 day of September 2014, in IRVINE, California.

By: _____

Norman N. Broadhurst

CERTIFICATE OF SERVICE

I hereby certify that a true and complete copy of the foregoing DECLARATION OF NORMAN N. BROADHURST IN SUPPORT OF APPLICANT'S MOTION FOR SUMMARY JUDGMENT has been served on Ryan M. Kaiser, Opposer's attorneys of record by mailing one copy on September 17, 2014 via First Class mail , postage prepaid to:

Ryan M. Kaiser
AMIN TALATI LLC
55 W. Monroe Street, Suite 3400
Chicago, IL 60603

Signature: _____

Name: Francisca C. Leon Guerrero

Date: September 17, 2014

18802238/flg/090414

EXHIBIT 1 PART 1 OF 5

Expert Report of Norman Broadhurst

I. Statement of work

At the request of Knobbe, Martens, Olson & Bear, counsel for Monster Energy Company (“Monster Energy”), I provided my opinion on whether the term “beast” is a commonly used term in the nutritional supplements industry and marketplace.

II. Statement of qualifications

I am the **President of Keith N. Thomas Design, Inc.**, a strategic branding, packaging and visual communications agency serving consumer products companies. In this capacity I direct client services, brand positioning and creative direction. I am also the founder and **President of Channel Marketing Resources, Inc.**, an international consumer products marketing and sales development consulting firm.

I have over 30 years of consumer products retail marketing and package communications experience as a senior marketing executive and operating officer.

During my career I have developed and directed fourteen national product introductions of consumer products that today generate over \$1.5 billion in annual sales. I have held a wide range of corporate leadership roles from marketing start-ups to leading a \$500 million operation (attachment 1).

- **President – Keith N. Thomas Design, Inc.**
- **President/ CEO – Channel Marketing Resources, Inc.**
- **President/ COO – Kerr Glass Manufacturing Company– Consumer Products Division**
- **President/ CEO – The Famous Amos Cookie Company**
- **Vice-President, Marketing – Beatrice Companies/ Hunt-Wesson (nka ConAgra)**
- **Director, Marketing – The Coca-Cola Company, Foods Division**
- **New Products Manager – Colgate-Palmolive– Riviana Foods Division**

As President of **Keith N. Thomas Design** I direct new product brand development and food, beverage and consumer products packaging for a long list of client firms.

I have an MBA from Golden Gate University in San Francisco and a BS from California State University at Chico.

III. Information relied upon

A list of the documents and things I relied upon in forming my opinions is attached as Attachments 2 thru 5. I also relied upon readings and perspectives noted in this report and visual observations of nutritional supplements and other consumer products as found at retail and visualized from Internet industry postings. I also reviewed documents filed with the U.S. Patent and Trademark Office in connection with the four current consolidated trademark oppositions, namely the Notices of Opposition filed by Beast Sports and the Answers filed Monster Energy Company. I also reviewed documents produced by Beast Sports and information about Beast Sports and its products found on Beast Sports' website, www.beastsports.com. I also reviewed the discovery responses served by the parties in the oppositions. These elements were evaluated based on my background and knowledge from over 30 years of consumer marketing experience in developing, introducing and branding consumer products for the retail market.

IV. Major opinions to be expressed

It is my opinion that the word "beast" has been broadly and commonly used for many years in bodybuilding, sports and related activities to describe an aggressive, intense demeanor of both amateur and professional athletes. The word "beast" is commonly used to enhance the imagery of products and market campaigns to convey an implication of strength, energy or flavor. It is also my opinion that the registration of the word "beast" within the Monster Energy applied for trademark(s) would not cause a likelihood of confusion or cause mistaken identity of the origin of the trademarks with other "beast" marks, including those of Beast Sports. Because the term "beast" has been used commonly for many years in the sports activities market and is presently used by several different companies and on products as a general product and marketing descriptor, it does not identify any one company.

I understand that I may be called to present expert testimony including testimony in rebuttal to applicant's case and rebuttal to testimony of any witness, particularly with respect to the matters addressed in this report.

If I am called to testify, I expect to testify about some or all of the matters set forth in this report and in any supplemental or rebuttal reports.

A. The word “beast” is a commonly used term to describe exercise and/ or sports performance behavior

The word “beast” has been broadly used for several years in connection with sports and related activities to describe an aggressive, intense demeanor of both amateur and professional players.

The term “beast” is a common term or metaphor used to describe aggressive, over-the-top behavior or intensity especially associated with sports, body building and related activities. It is used in the same fashion by the trade, media and by consumers when describing intense activities as shown in the attached exemplary articles (attachment 2). The following are specific examples:

A.1 (a): The Arizona Republic 8/22/12 – 10 reasons it’s good for youth to play multiple sports.
“My players learn how to play more aggressively in basketball after playing a season of football. (a beast on the boards.)”

A.1 (b): Detroit Free Press 8/16/12 – Jeff Daniels stops by camp, likes chances.
“They’re beasts and they’re fast as a deer.”

A.1 (c): The Gazette (Colorado Springs, CO) 8/13/12 – Moments to remember from 2012 Olympics.
“... She’s a beast you know. Chun said of Merleni. She meant the description as a compliment.”

” She tamed the wrestler she calls a beast...”

A.1 (d): USA Today 8/10/12 – Bolt caps double –double in 200.
“...to whom Bolt gave the nickname “The Beast” because of his fondness of brutally hard workouts.”

A.1 (e): USA Today 8/3/12 – Bucs bet on high price talent.
“Shiano praised the work ethic of the fourth-year quarterback...’He’s a beast of an athlete.’ Jackson said.”

A.1 (f): St. Cloud Times (Minnesota) 7/26/12 – Local athletes Post and Smock ready for Olympics experience.
“Rise of the Beast”

*“Post meanwhile, first began competing in BMX racing (the sport in which she has long been nicknamed **Alise the Beast**)...”*

A.1 (g): The Sentinel Echo (London, Kentucky) 5/9/12 – Multi-talented Proffitt chooses two sports at Cumberlands
*“She works so hard, she is just a strong, **beast of an athlete**”.*

A.1 (h): The Salt Lake Tribune 5/4/12 – Prep golf: Ogden has **a “Beast” on its hands** in freshman Xena Motes
*“And, yes, Motes loves her nickname, handed to her at Mount Ogden Junior High, **“The Beast”**.”*

*“They started calling me **The Beast** because I play a lot of sports and I’m really good at it.” Motes said. “You’re such **a beast.**”*

*“Ogden has **“Beast”** on its hands. This tiger has teeth”*

A.1 (i): The Shawnee News–Star 5/3/12 – Brandon Smith
*“Michael Phelps. **He is a beast.**”*

A.1 (j): Orlando Sentinel 4/14/12 – LB Shipman eager to again put aggressive foot forward.

*“UCF linebacker Ray Shipman **was a beast** on the football field...”*

*“Shipman has worked hard to **get back into beast mode.**”*

A.1 (k) Boston Herald 3/29/12 – Aviles takes a weight and see approach
*“**The guy is a beast**, said McDonald, who is no stranger to the weight room.”*

A.1 (l): Wisconsin State Journal (Madison, Wisconsin) 3/1/12 – ‘**The Beast**’ eyes Big Ten challenge.
*“She’s a big kid, probably weights around 220, and she doesn’t mind being physical.” Branstrom said. We affectionately **call her “The Beast.”** ...”*

A.1 (m): San Antonio Express–News 2/10/12 – Wrestling corner: Lumberras: Thunderbirds’ 95–**pound beast**
*“**She’s a 95–pound beast.**”*

A.1 (n): The Daily Star (Oneonta, New York) – 2/9/12 – Oneonta High girls cruise to road Victory
*“**she’s been a beast** the last two games,..”*

A.1 (o): Orange County Register (California) 12/29/11 – Ex–Laguna Beach High coach going Hollywood
“Thomas joins forces with Matt Reedy, aka “the Beast.” a superb all–around athlete and star”

A.1 (p): The Times–Union (Albany, NY) 11/10/11 – Ketter, Carbone take over
“Nic Ketter is an athletic beast.”

A.1 (q): Allure – November 2011
“Tracy Anderson says (J Lo) is a beast in the gym.”

A.1 (r): Sun–Sentinel 12/21/09 – Johnson feasting on success
“the 6–foot–10 redshirt freshman has shed 43 pounds and become a self–proclaimed “beast” during workouts.”

A.1 (s): Sun–Sentinel 12/15/09 – Sleek look at benefits Reggie Johnson
“I’m a beast in the weight room.”

A.1 (t): The Star–Ledger (Newark, NJ) 7/30/09 – What helps
“I work out very diligently on the road, but the night before a quantity challenge, I work out like a beast.”

A.1 (u): Los Angeles Times 6/1/09 – On the Lakers
“The beast is 6 feet 11...”
“The beast is quick...”
“The beast is Dwight Howard...”

A.1 (v): Intelligencer Journal 4/22/09 – The gift of grab
“When it comes to workouts, Davis said of Jankowski, ‘he’s a beast.’”

A.1 (x): The Miami Herald 4/6/09 –
“The guy was a beast when he trained in Miami.”

A.1 (y): Telegraph Herald (Dubuque, IA) 2/13/09 –
“Donny pushes me a lot, and I think Ben pushes just about everybody. He’s an absolute beast when it comes to working out.”

A.1 (z): St. Cloud Times (St. Cloud, MN) 1/17/09 – Tech gym coach will be missed

*“That would be Alise **The Beast** Post, a world ranked professional BMX racer.”*

A.1 (aa): The Daily News of Los Angeles 9/6/08 – UCLA Football notebook: Johnson gets the message
*“I’m feeling good. I had **a beast of a workout** (Thursday), and I’m feeling good.”*

A.1 (bb): St. Petersburg Times (Florida) 3/21/04 – Player’s new start helps renew team
*“**He’s a Beast**.” Vanderbilt coach Kevin Stallings said.”*

A.1 (cc): Contra Costa Times 2/29/04 – Campo captures title on late penalty kick
*“The NCS is a completely different **beast**.”*

A.1 (dd): Sun–Sentinel 2/7/04 – Spring stops far afield
*“At Flagler Memorial Park in Miami, you’ll find the burial site of Hall of Famer Jimmie Foxx, who began his major league career in 1925 with the Philadelphia Athletics. Known as **Beast**...”*

A.1 (ee): The Macon Telegraph 2/18/04 – Ray offers ‘Beast’ of game for Lady Cats
*“**The Beast** is out there.”*

*“Warner, however, denies ever getting banged up by **the Beast**.”*

*“That’s why they call her **The Beast**.”*

A.1 (ff): Courier–Post (Cherry Hill, NJ) 11/1/03 – Moore leads win
*“**He’s a beast**, Pease said of Moore. ‘He’s such a tremendous athlete. He’s always in the weight room...”*

A.1 (gg): The News Tribune (Tacoma, WA) 8/11/03 – How ‘Whammy in Miami’ Man became **Beast** of Japan
*“...he underwent his metamorphosis from failed NFL lineman into **The Beast**, the most recognized American in all of Japan.”*

A.1 (hh): CNN.com 7/1/03 – **The Beast** slays Japanese hearts
*“Is Sapp now a rapper? No, he is **The Beast**” – – – a K–1 fighter and star of a sport that combines boxing, Asian martial arts and kickboxing.”*

A.1 (ii): Saint Paul Pioneer Press (Minnesota) 4/27/03 – For new Dolphin Seau, failure is not an option
“Since the whole thing began, June has been working out like a beast.” Monteamble says...

A.1 (jj): Tri–Valley Herald (Pleasanton, CA) 6/24/02 – El Cerrito’s Gooden ready to hear name called on draft day
“They (now) seem to realize I’m not soft. I have that dog in me. I let the beast out in my workouts. They saw the whole package.”

A.1 (kk): The Star Journal–Register (Springfield, IL) 8/19/12 – Senior Mathews pumped about joining Sangamo
“Joe–Joe Beast Mode is what I like to call him.”

A.1 (ll): Orlando Sentinel 4/14/12 – LB Shipman eager to again put aggressive foot forward
“Shipman has worked hard to get back into beast mode.”

A.1 (mm): Ruidoso News (New Mexico) 7/14/12– Ruidoso athletes in the pink
“Kief Johnson kicked off this summer’s Beast Mode Workouts (BMW)...”

A.1 (nn): Wisconsin Star Journal 10/4/12 – League of their own: fun–loving antics make Brewers unique in baseball postseason.
“That joie de vivre is most famously displayed when the Brewers go into “Beast Mode,”

“Beast Mode has served to provide common ground between the Brewers and their fans...”

“I think the fans have really embraced the personality of our team. I think they embrace specifically the Beast Mode thing.”

A.2 (a): Sacramento Bee 11/9/13 – Hometown Report: Folsom saw the animal in Richards before he got to Stanford.
“In sports, it’s a complement to be deemed a “beast.””

A.2 (b): Sun–Times Media 10/31/13 – We tried it, go with the flow, bring out the ... animal in you.
“Like thinking of yourself as a beast when you work out? Then Animal Flow is for you. Offered at Equinox gyms, it combines yoga and gymnastics to get you to walk like a crab, squat like an ape and lunge, like well, a beast.”

A.2 (c): The Whitman College Pioneer 10/13/13 – 10 signs you are an obnoxious Seahawks fan.

*“2. You have yelled **“BEAST MODE”** during a moment of brief athletic excellence...”*

A.2 (d): The Advocate–Messenger (Danville, Kentucky) 10/1/13 – UK Basketball: freshman Julius Randle just wants to win

*“Calipari has called Randle a leader, pit bull and **“alpha beast.”**”*

A.2 (e): The Sacramento Bee 9/3/13 – More than a thousand are drawn to Sacramento’s free day of yoga

*“At about noon, 36 people packed into a room, spreading their mats beneath them, at the It’s All Yoga studio for the **“Release the Beast.”** Class.”*

A.2 (f): The Seward Phoenix, LOG: 7/4/13 – Junior lessons in hill, skill and will.

*“**She’s a beast,** pure muscle with a heart of steel...”*

A.2 (g) Chicago Daily Herald 2/20/13 – Phenomenal achievement.

*“ A November meeting called ‘How to Study on **Beast Mode’** encouraged boys to **beast** those exams’, using a phrase popular in football and sports circles to encourage switching into a higher gear for important tests like the ACT.”*

A.2 (h) The Roanoke Times (Virginia) 5/27/13 – Not your typical classroom training

*“... Raines sets an example for physical fitness. ‘She’s **a beast.**’ Said Justin Mollette, a fellow Army enlistee...”*

A.2 (i): The Denver Post 5/22/13 – Miller’s best is yet to come, according to coordinator Del Rio.

*“Miller..., has tweaked his workouts this time around so he can ‘just be **a beast.**”*

A.2 (j): The Philadelphia Inquirer 5/5/13 – Countessville’s Daquan Worley commits to Penn State

*“Daquan is an absolute **beast** when it comes to working out’. Ortega said.”*

A.2 (k): The Baltimore Sun 5/1/13 – Breaking a barrier

*“ Star players are ‘monsters’ or **‘beasts’**, while those who fail are seen as ‘soft’...”*

A.2 (l): Cable News Network 4/22/13 – From Boxer to terror suspect.

*“..calling him a premier athlete with a reputation as a **beast**, an animal in the ring.”*

A.2 (m): The Bismark Tribune 4/19/13 – Sports

*“He’s a great kid and a really good athlete,’ Hill said. ‘He trains every day. He’s a **beast**. I love training him’.”*

A.2 (n): The Times Tribune (Tacoma, WA) 2/24/13 – Pocket reference offers cyclists a simple explanation of the rules of the road.

*“How do I go **Beast Mode** when I work out?”*

A.2 (o): San Antonio Express–News 2/21/13 – UTSA INSIDER; MacGregor has grown tired of sitting around

*“Coach Brooks Thompson said. ‘I ask him to go out there and **be a beast**. He’s so strong and athletic. I tell him. ‘Just be the **beast** that you are.’”*

A.2 (p): The Herald–Sun (Durham, N.C.) 2/7/13 Tar Heel class focused on talent, intangibles

*“Lou said Khris is a workout **beast** right now.”*

A.2 (q) The Concordian, Concordia College 1/30/13 – The Australian Open

*“...are elevating their game and future athletes are going to do the same. These guys are going **BEAST MODE**...”*

A.2 (r): The Richmond Register (Kentucky) 12/26/12 – Richmond man meets 400–pound weight loss goal after 31 months.

*“...but he’s used to working out in **‘beast mode’** by now.”*

*“**‘Beast mode’** is a state–of–mind– – – an encouragement...”*

*“He teaches dance–exercise **‘Beast mode** aerobics...”*

A.2 (s): The Bleacher Report 9/30/08 – Fred Jackson: the counterpunch to Marshawn Lynche’s **Beast Mode**.

*“...we see that both Lynch and Jackson, fondly known as **Beast Mode** and Action Jackson respectively...”*

A.2 (t): Alanag.com 12/22/08 – This kid is more **BEAST MODE** than Marshawn Lynch
*“ Marshawn Lynch hosted a contest on his Yardbarker blog asking kids to demonstrate their **BEAST MODE**.”*

A.2 (u): The Bleacher Report 11/13/09 – Getting into “**Beast Mode**” with Marshawn Lynch
*“Hopefully, Marshawn can live up to his nickname, and play like a **beast** on the field in upcoming games.”*

A.3 (a): LA Clippers Wallpaper – Blake Griffin– **Beast Mode On**
www.fearthepaint.com

A.3 (b): LA Clippers Wallpaper – **Beast Mode On**– Welcome to Los Angeles www.fearthepaint.com

A.3 (c): LA Clippers Wallpaper – Caron Butler– Clippernation **Beast Mode On** www.fearthepaint.com

A.3 (d): Clipper Nation it is Time **Beast Mode On!** –
Twicsy.com/1/NRYdub

A.3 (e): Clippers **Beast Mode On** – Twitter, Inc.
twitter.com/fearthepaint

A.3 (f): **Beast_Motivation** – beastmotivation.com/motivation-pictures/workout-mode/

A.3 (g): **Beast Mode On** – www.picstopin.com/598/beast-mode/

A.3 (h): That moment right before that **Beast Mode** switch gets flipped... – iambeast1.files.wordpress.com/2012/11/tyt.jpg

A.3 (i): The Strength Shop Beauty & **the Beast** –
www.tssathletetics.com/1/post/2012/05/beauty-the-beast.html

A3 (j): Zach Even–esh – Becoming **a Beast** with Bodyweight Workouts. zacheven-esh.com/becoming-a-beast-with-bodyweight-workouts/

A.3 (k): The next level – **The Beast** – Thenextlevel.me/the-beast/

- A.3 (l): Beast Athletes – www.pinterest.com/dynamicfitbv/beast-athletes/**
- A.3 (m): Beast Athletes – www.pinterest.com/newscomerricky/beast-athletes/**
- A.3 (n): A Damn Beast – adamnbeast.blogspot.com/2010/02/superior-athletes-and-dawgs-34-puzzle.html**
- A.3 (o): Challenge Coin Company – Lackland AFB Beast Week www.challengecoin.com/new/cc-1035.htm**
- A.3 (p): Beast Fit – bestfitbody.com**
- A.3 (q): Lift for Life.com – Train Like a Beast – The Back – liftforlife.com/content/muscle-building/beast-back.html**
- A.3 (r): The Detroit News – Good Morning, Sports Fans: Senators run Into Pitching Beast, Penn State will Face RB Beast vs. OSV www.penlive.com/sports/index.ssf/2013/07/good_morning_sports_fans_senat_2html**
- A.3 (s): USA Today Sports – Photographic Proof of Beast Mode; ftw.usatoday.com/2013/11/marsham-lynch-beast-mode/**
- A.3 (t): Superhero Scramble; The Beast– www.superheroscramble.com/the-beast**
- A.3 (u): Bleacher Report – The 20 Best “Beast Mode” moments in sports bleacherreport.com/articles/1201045-the-20-best-beast-mode-moments-in-sports**
- A.3 (u-1): Bleacher Report – “Beast Mode is the act of defying everything we know about human dynamics and the laws of physics...”**
- A.3 (v): TotalProSports – Marshawn Lynch was in full beast mode last night (GIFs) www.totalprosports.com/2013/11/18/marshawn-lynch-beast-mode-cardinals-gif/**
- A.3 (w): Sports Talk Florida – Cobb in Beast Mode, Rays Down**

Orioles 5-1. www.sportstalkflorida.com/cobb-in-a-beast-mode-rays=down-5-1/

A.3 (x): The Gleaner (Jamaica, WI) – the **Beast** ‘Ready to Invade’ Gibson Relays Performance Leaves Blake Bubbling With anticipation

jamaciagleaner.com/gleaner/20130226/ports/sports1.html

A.3 (y): Beast Sports, LLC I’m a **Beast** – www.beast-sports.com

A.3 (z): GameDayR – Oregon Colt Lyerla is a **Beast** and this highlight proves it – gamedayr.com/sports/video-oregon-ducks-colt-lydera-highlights/

A.3 (aa): Black Sports Online – ESPN Unveils Jadeveon Clowney “The **Beast**” Promo (Video)

blacksportsonline.com/home/2013/08/espn-unveils-jadeveon-clowney-thebeast-promo-video/

As the examples above indicate the term “beast” is commonly used to designate a style of behavior or demeanor in connection with bodybuilding and sports.

B. The word “beast” is a metaphoric descriptor and is not a distinctive name unto itself for nutritional supplement products

I have been directly involved in the new product development, naming and marketing activities of a broad range of branded consumable products.

The term “beast” is a common term or metaphor used to describe aggressive, over-the-top behavior or intensity especially associated with sports, body building and related activities. And the term is used with nutritional supplement products in the same metaphoric way to signify strength, flavor or imply intensity of performance. The “beast” metaphoric term has been used by nutritional supplement manufacturers as a metaphoric descriptor of energy and product intensity of strong or performance related products for years.

Within the nutritional supplement market the word “beast” is used in names and taglines by several different companies to describe products’ effects rather than distinguish between competing versions of products.

In my opinion, the term “beast” is a commonly used term and, in my experience with consumer products companies, it is a term that signifies a common metaphor and not one particular company or particular source of product.

**B.1: “beast” is used for a variety of products or services.
(Attachment 3)**

B.1 (a): Beast Sports Performance – “Beast – “a slang term used to classify someone who exhibits superiority and dominance in whatever they attempt.” Gobeastsports.com

B.1 (b): Milwaukee’s Best: The Beast – Milwaukee’s Best Beer – Promotional tagline. *Angelfire.com*

**B.1 (c): Crafty & The Beast – Delaware Valley Brewery & Pub
*Craftyandthebeast.com***

B.1 (d): Beast restaurant – Brooklyn *brooklynbeast.com*

**B.1 (e): Burger Beast Restaurant – “In Beast We Trust”
promotional tagline *burgerbeast.com***

**B.1 (f): The Daily BEAST News journal
*andrewsullivanthedailybeast.com***

**B.1 (g): Timber Beast – IPA ale – Lazy Magnolia Brewing Co.
msbeer.org (photograph of purchased product also included)**

**B.1 (h): The Beast – IPA Ale – Avery Brewing Company
averybrewing.com (photograph of purchased product also included)**

B.1 (i): Beast Wines. *Northwest-wine.com/Buty-Wildebeest-red-wine.html* (photograph of purchased product also included)

**B.1 (j): Blue Beast[®] Seagram’s Gin *seagramsginlive.com*
(photograph of purchased product also included)**

B.1 (k): The Beast – Hot Sauce – *hotsauce.com* (photograph of purchased product also included)

B.1 (l): Unlock the Beast – Hot Sauce – Rick Holroyd, The Beast

Man beasthotsauce.com (photograph of purchased product also included)

B.1 (m): Beast Mode – Home Brew. *Bottleyourbrand.com*
(photograph of purchased product also included)

C. Within the Nutritional Supplements category – “beast” is used as a general metaphoric term to designate product strength/ intensity or flavor (Attachment 4)

In addition to the above use of “beast” among the general category of nutritional supplements, the use of the term beast is a common descriptor specifically used for intense strength or flavor. Attachment 4 shows “beast” is used across a broad variety of product names from different companies.

C.1: “beast” is used across a broad variety of product names.

C.1 (a): Beast – Flex – nutritional supplement
flexfitnessproducts.com (photograph of purchased product included)

C.1 (b): B.E.A.S.T. Supa Halo – Nutritional supplement.
Ironhorsesupplements.com/dual-compounds.html
(photograph of purchased product included)

C.1 (c): B.E.A.S.T. EPI– 18 Epistane– Nutritional supplement.
Ironhorsesupplements.com/dual-compounds.html
(photograph of purchased product included)

C.1 (d): Beast Mode – ROK Hard Body – pre– workout supplement
Beast Mode Energy. *Rokhardbody.com (photograph of purchased product included)*

C.1 (e): Beast Mode Energy drink – EKC. Publicrelations–
lastyle.blogspot.com

C.1 (f): Beast Mode Energy drink – EKC. Publicrelations–
eileenkoch.com/pr/beast-mode-energy/

C.1 (g): Beast Mode Sports Drinks, Inc.
facebook.com/pages/Beast-Mode-sports-Drinks-Inc.

C.1 (h): The Beast Energy Drink. *Discountofficeitems.com*

- C.1 (i): Beast Eye** Energy Drink. *Packagingdesignarchive.org*
(*photograph of purchased product included*)
- C.1 (j): Beast** Energy Bar. *tryhardenergy.blinkweb.com*
- C.1 (k): Train Like an Unchained Beast**TM – Promotional tag line
for Assault Nutritional Supplements (*photograph of purchased
product included*)
- C.1 (l): Shoxx Fitness Products, Shoxx Beast**
shoxxfitness.com/beast (*photograph of purchased product
included*)
- C.1 (m): Capture the Beast**. Happy trails from Venom Energy
Drink...until we meet again. *capturethebeast.blogspot .com*
- C.1 (n): Blue Beast Labs** pre-workout supplement
*www.supplementsource.ca/blowouts_p/blue-beast-
preworkout-blowout.html*

**D. Exercise and Bodybuilding Services currently using “beast”
also relate to level of intensity of workout programs as
shown on Attachment 5**

- D.1 (a): Beast Mode Activate** – R– Cross Fit Reign – fitness
training program *crossfitreign.com*
- D.1 (b): Beast Mode Athletics** – Fitness Training program
Beast Mode Athletics –Flag Football Tournament
beastmodeathleticsbma.com
- D.1 (c): Beast Mode Fitness**, GA – Fitness training program &
facility *beastmodefitnessga.com*
- D.1 (d): Beast Mode Fitness Systems** by Anthony MyChal
Anthonymychal.com
- D.1 (e): Beast Mode** – Tee Time t-shirt *6dollarshirts.com*
- D.1 (f): Beast Mode** – Tony.PSD t-shirt
tony.psd/bigcartel.com/product/beast-mode
- D.1 (g): Beast Sports** Performance– “**Go Beast** or Go Weak!!”

Gobeastsports.com

D.1 (h): **Beast Fit Nation**– sports workout program
beastfitnation.com

D.1 (i): **Unleashed Beasts**: Nutrition & body–building workouts
Unleashedbeast.com

D.1 (j): **Body Beast** – Body Beast Workout program
beachbody.com

D.1 (k): **Body Beast – Beast Stack** body building nutrition &
workout program *Intensefitnessworkouts.com/body–beast–
beast–stack.html*

D.1 (l): **Beast Building, Part 1** T–Nation body building program
t–nation.com

D.1 (m): **Body Beast Nutrition – Coach Shelly Heim** – eating
clean & staying fit. *Shellyheim.com*

D.1 (n): **Fitness Beast**: – Fitness Equipment *fitnessbeast.com*

D.1 (o): **Becoming the Beast**: Nick Scott Fitness 360 – *Body
Building.com*

D.1 (p): **Obese to BEAST**– Body Group exercise program – *Body
Building.com*

D.1 (q): **Become the Beast** – 6 tips for extreme conditioning and
awesome size *Bodybuilding.com*

D.1 (r): The Bodyweight – **Beast** Files [www.zacheven-
esh.com/underground-bodyweight-workout-challenge/](http://www.zacheven-esh.com/underground-bodyweight-workout-challenge/)

D.1 (s): Shoulder & Neck Training Like **a Beast**.
www.Bodybuilding.com/fun/beast44.htm

D.1 (t): The Forged Athlete Gym. **Beast** Week at the Forged
Athlete Gym! www.theforgedathlete.com/blog/beastweek

D.1 (u): Body Transformation: **Beast Mode**
[www.bodybuilding.com/fun/body-transformation-beast-
mode-html](http://www.bodybuilding.com/fun/body-transformation-beast-mode-html)

D.1 (v): Beast Fit Nation Workout Videos –**Beastfit** Tucson video
www.beastfitnation.com/cat/workout-videos/

D.1 (w): Men's Fitness – Men's Fitness Beast Workout.
www.mensfitness.co.uk/exercises/1764/mens-fitness-beast-workout

I understand that with respect to some of the above referenced marks (such as Beast Mode energy drink and B.E.A.S.T.), Beast Sports requested that the owner discontinue use of the mark and in some instances the owner did so. Regardless of this fact, the use of the marks still illustrates the common use of the word “beast”.

Supplementation and Rebuttal

To the extent that Opposer offers any opinions in my area of competence to which I disagree, I expect I may comment on those opinions. In addition, to the extent subsequent developments may have a bearing on my opinions; I expect I may supplement this report to take those developments into consideration.

Prior Testimony

In the preceding four years I have not testified in deposition or in court.

Articles and papers

I have not authored any papers or articles in the preceding ten years.

Compensation

I am being compensated for the time I have spent working on this matter at my standard rate of \$240 per hour.

This report updates and replaces my previous report dated January 7, 2013.

I declare under penalty of perjury that the above is true and correct.

Dated: December 11, 2013 at IRVINE, California.



Norman N. Broadhurst

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NORMAN N. BROADHURST

Norman Broadhurst is the founder, **President and CEO of Channel Marketing Resources, Inc.** an international marketing and sales development firm and **President of Keith N. Thomas Design, Inc.**, a leading strategic branding and graphic design agency with offices in Irvine, California. Together these firms deliver a seamless end-to-end solution to strategic brand marketing and visual communication for consumer directed products and services.

As **President of Keith N. Thomas Design** (2005-Present) he directs development of consumer brand positioning and design of brand trademarks, packaging and sales presentation materials for client firms that have included Avery-Dennison, Boston Market[®], Yard House[®] Restaurants, Souplantation[®], King's Hawaiian[®] and Overhill Farms, Clorox[®], ConAgra, Lawry's[®] and Nestle[®] that have been served for over 30 years.

Mr. Broadhurst formed **Channel Marketing Resources, Inc./Double Market Development Company Inc.** in 1995 as a management marketing firm specializing in branding, organization, strategic market development and hands-on implementation. Clients have included the Department of Treasury/U.S. Mint, eBay, Boston Market[®], SunSetter[®] Products, Marriott Suites, Bord Bia-Irish Food Board, Barry's[®] Tea, Irish Biscuit Company LTD, Marconi LTD, Anchor Glass, Milnot-Beechnut, Wholesome & Hearty Foods, the Anthony Robbins Companies and California Avocado Commission.

For more than a quarter century prior to forming Channel Marketing, Mr. Broadhurst served in marketing and corporate leadership positions directing branded consumer products businesses from start-ups to \$500 million operation and 1,100 employees, turnarounds and national product introductions.

- **Kerr Group Inc. Consumer Products Division** - President & Corporate Senior Vice President
- **The Famous Amos Cookie Company** - President/COO
- **Beatrice/Hunt-Wesson (nka ConAgra)** –Vice-President, Marketing
- **The Coca-Cola Company, Foods Division**–Marketing Director
- **Colgate-Palmolive-Riviana Foods Division**–New Products Manager
- **Del Monte Corporation**–Product Management/Market Research

Broadhurst has extensive marketing and operations experience in the branding, packaging and visual communications and managing consumer products businesses. He has been involved in the market development and brand image of some of the nations most recognized consumer product brands including *Famous Amos[®] Cookies*, *Tropicana[®] juices*, *LaChoy[®] Oriental*, *Orville Redenbacher's[®] Gourmet Popcorn*, *Hunt's[®] Manwich[®]*, *Swiss Miss[®]*, *Minute Maid[®] juices*, *Five-Alive[®] juice blend*, *Hi-C[®] fruit drinks* and *Arrowhead[®] water*.

Broadhurst is an award winning marketer, earning the coveted EFFIE for the marketing of the first aseptic beverage products in the U. S. (Hi-C “Drink Box”) and Packaging Digest's Package of the Year Award for the introduction of the first boil-in-bag rice product (Success Rice). He also has the distinction of having two of the products he directed included in the Smithsonian Institute collection (Golden Dollar, Famous Amos), the Golden Dollar unveiled in a White House ceremony.

BUSINESS EXPERIENCE

PRESIDENT – Keith N. Thomas Design (2005- Present)

PRESIDENT AND CHIEF EXECUTIVE OFFICER – Channel Marketing Resources, Inc. (1995- Present)

PRESIDENT – CORPORATE SENIOR VICE PRESIDENT - Kerr Group, Inc., Consumer Products Division (1988-1995) Reorganized Consumer Products as a separate operating division of this NYSE company. Revitalized 90-year old *Kerr*[®] brand, reversed declining sales, doubled profits and achieved record RONA through increased sales, cost restructuring and relocation of manufacturing facility.

PRESIDENT – CHIEF OPERATING OFFICER - The Famous Amos Chocolate Chip Cookie Corp. (1986-1988) Led international premium cookie company turnaround, reorganization, relocation and automation of production that reduced operating expenses and returned company to profitability. Directed personality brand image and channel sales that positioned *Famous Amos*[®] to become the #1 vending cookie and \$100+million leading national retail brand. Packaged and managed company sale.

VICE PRESIDENT, MARKETING - Beatrice Companies, Inc (nka ConAgra) (1983-1986) Directed key components of leading global consumer products company in restructuring into a consolidated marketing conglomerate from a decentralized, production driven organization.

Vice President- Marketing, Grocery Group (1984-86) Led management team consolidating 23 decentralized food companies into newly formed \$2.1 billion Grocery Group. Directed \$500 million multi-brand consumer business delivering \$75 million profit contribution. Major brands included *Orville Redenbacher's*[®] *Gourmet Popcorn*, *La Choy*[®] *Oriental*, *Hunt's*[®] *Manwich*[®], *Swiss Miss*[®], *Fisher Nuts*[®], *Rosarita*[®] and *Gebhardt*[®] *Mexican Foods*.

Vice President- Marketing, Beverage Group (1983-84) Recruited to design strategic marketing direction of \$1.3 billion Beverage Group comprised of four divisional companies -- *Tropicana*[®] Products Company, *Coca-Cola*[®] Bottling (10% of total bottler network), *Arrowhead*[®] Bottled Water and Buckingham Distributors (*Cutty Sark*[®] *Scotch*, *Finlandia*[®] *Vodka* and *Rothschild*[®] *Wines*).

MARKETING DIRECTOR – The Coca-Cola Company, Foods Division (1978-1983)

Marketing Director/ Brand Group Manager (1980-83) Directed fruit drink marketing department and led industry in first national introduction of aseptic packaging *Hi-C*[®] “*Drink Box*.” Repositioned brand and expanded product line, delivering highest profit in brand’s history and eleven consecutive bi-monthly market share gains. Directed celebrity spokes campaigns. Won EFFIE for advertising effectiveness (NY American Marketing Association).

Brand Manager (1979-1980) Restaged *Maryland Club*[®] and *Butternut*[®] coffee brands, halting long-term share, volume and profit erosion, increasing sales and profits.

Brand Development Manager -New Products (1978-1979) Developed and led national introduction of *Minute Maid*[®] Low Acid Orange Juice and introduced *Five Alive*[®] Juice Blend.

PRODUCT MANAGER – NEW PRODUCTS -Colgate-Palmolive, Riviana Foods Division (1976-1978): Directed test market and national rollout of *Success*[®] *Rice*. The first national food introduction for Colgate. Awarded Packaging Digest - Package of the Year award.

PRODUCT MANAGEMENT/MARKET RESEARCH - Del Monte Corporation (1969-76)

EDUCATION

MASTER OF BUSINESS ADMINISTRATION, Marketing. (1975) Golden Gate University, San Francisco.

BACHELOR OF SCIENCE, Business and Economics. (1969) California State University, Chico. (**Founding Director**, Business School Advisory Council).

OTHER LEADERSHIP/ACTIVITIES/HONORS

Director – LPC Foundation (2003-2005)

Director, Trustee, LPC Board of Directors, (1999-2006), **Chairman**, Stewardship/Fund Development Committee, **Commissioner**, Los Ranchos Presbytery (2000-2003).

Director, Board of Directors (1998-2001); Human Options, Inc (Domestic violence intervention and recovery agency)

Chairman (1997-2000); **Vice-Chairman** (1994-96); **Director** (1987-2000) - National Board of Directors, Literacy Volunteers of America, Inc. /nka ProLiteracy Worldwide (175,000 member adult literacy organization).

President, (1986-1988), **Director** (1985-1989) Board of Directors, South Coast Symphony

Chairman, Youth Soccer (1982-1983); Cystic Fibrosis Foundation

Who's Who in America, 1992-2011 editions

Who's Who in Finance and Industry, 1981-2007 editions

Awarded EFFIE for Advertising Effectiveness (Hi-C Fruit Drinks), 1983

Awarded Packaging Digest Package of the Year award. (Success Rice) 1978

PROFESSIONAL MEMBERSHIPS

American Marketing Association

Association of Sales & Marketing Companies (sub. of Grocery Manufacturers of America) – Leading association of food, beverage and consumer products companies.

National Automated Merchandisers Association (NAMA) –Association for the vending & foodservice manufacturers industries.

Rotary International

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10 reasons it's good for youths to play multiple sports The Arizona Republic (Phoenix) August 22, 2012 Wednesday



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The Arizona Republic (Phoenix)

August 22, 2012 Wednesday
Final Chaser Edition

SECTION: NORTHEAST PHOENIX REPUBLIC 7; Pg. 24

LENGTH: 597 words

HEADLINE: 10 reasons it's good for youths to play multiple sports

BYLINE: By, Tom Kuyper, Special for The Republic

BODY:

School is starting and with that comes that ongoing question of which sport to play. School sports present many diverse and fun opportunities, but the trend has been for kids to find one sport and try to master that.

I do year-round club basketball, offering four seasons of league play during the year. But I am a huge fan of the kids playing multiple sports. I love it when kids play three or four different sports during the year.

I am not a fan of kids specializing in one sport at an early age.

Each yearly season offers a variety of sports for kids to get involved in.

Is there anything better than watching your kids play baseball in the spring or football in the fall? How about throwing in soccer, karate, tennis or skate boarding in other seasons?

Many benefits come from kids playing multiple sports.

Here is my top 10 list of why I like my club kids to play multiple sports ... including the benefits it has for them as a basketball player:

1. The "carryover" effect is a strong reason to play lots of sports. This simply means there are many physical skills developed in some sports that will help you be a better player in another. The foot speed you get from playing soccer really helps you as a basketball player. My players learn how to play more aggressively in basketball after playing a season of football. (A beast on the boards.) You name the sport, and I can give you a list of skill benefits for another sport.

2. Different mental disciplines are learned from different sports that are useful in basketball. Karate and golf number among the many sports that help kids develop focus and a strong mental aspect of their game.

3. I love individual sports like tennis, wrestling and gymnastics that teach kids that they need to "own" their performance. I watch these players really take seriously their part and their contribution to the basketball team.

4. They learn different game strategies that they can apply with basketball. Different sports and all the different game situations they produce help a basketball player when adjustments are necessary. A kid who can handle being up to bat with two outs in the bottom of the ninth inning with bases loaded is the same kid I want to have the basketball with five seconds left in a tied game.

5. They learn how to respond and react to different coaching styles. Really a big deal in maturity.

6. They meet new friends and new and different relationships are formed. This helps mature the kids socially, which helps in the area of self-confidence and is a huge asset to playing basketball.

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10 reasons it's good for youths to play multiple sports The Arizona Republic (Phoenix) August 22, 2012 Wednesday

7. They tend to avoid burnout. New and different experiences are important to keep their interest in basketball fresh and exciting. I love to see the face of kids when they come back into the gym for the first time after being on the soccer field for the past few months.

8. I even think it is important in the overall maturity of a kid to try new things for the first time, even if that means he is challenged or he experiences coming in last place or not always being the best on the team.

9. It makes the uniform of basketball so enjoyable. A few months of wearing shin guards, shoulder pads, helmets, cleats, protective cups, and masks makes wearing a tank top, loose shorts and tennis shoes super comfortable.

10. How about this one: Kids that learn how to go-kart race can drive themselves to basketball practice.

So, here's to a fun year of our kids hitting home runs, making touchdowns, serving an ace, kicking a goal, hanging 10 and making a free-throw!

**

Questions or comments? E-mail Tom at tomkuyper@kidsandsports.com

LOAD-DATE: October 2, 2012



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Detroit Free Press (Michigan)

August 16, 2012 Thursday

SECTION: SPORTS

LENGTH: 311 words

HEADLINE: Jeff Daniels stops by camp, likes chances

BYLINE: By, Carlos Monarrez

BODY:

Free Press Sports Writer

Actor Jeff Daniels of Chelsea made his regular stop at Lions training camp Wednesday, and coach Jim Schwartz paid him a megasized compliment while lauding Daniels' versatility as a performer.

"I have a lot of respect for guys that are as talented as him," Schwartz said. "In his world, he's every bit as talented as Matt Stafford or Calvin Johnson or the guys that we bring out here.

"Not many people can go from 'Dumb and Dumber,' which was absolute genius, to (HBO's) 'The Newsroom,' which he's doing now."

Daniels, 57, was a Lions fan growing up and said some of his favorites from the 1960s era were Gail Cogdill, Nick Pietrosante, Milt Plum and Wayne Walker.

He still follows the Lions, albeit mostly from afar because schedule conflicts keep him from attending games. But Daniels said he was impressed with the organization, from top to bottom.

"And I know they've had some incidents this summer," he said. "But (they're) getting everybody to kind of go, 'Look, you're lucky to be here, this is a great organization, be as professional as we are.' And I think you can feel everybody kind of doing that.

"They can also smell playoffs now. They can also smell now it's not just potential. Now it's -- they're looking beyond the regular season. And that's a whole different training camp than, 'Gee, I hope we win three games.' "

From "Paper Lion" to "North Dallas Forty," movies about football have translated well to the silver screen. But Daniels said football flicks aren't common because they're hard to pull off.

"You've got actors out there trying to pretend like they're -- I mean, look at these guys," he said. "They're beasts and they're fast as deer. And we aren't.

"It's hard to make sports movies. I think we know too much about sports to kind of see the falseness of it."

Contact Carlos Monarrez: 313-222-6697 or cmonarrez@freepress.com

LOAD-DATE: August 16, 2012

1/7/2013

RAMSEY: Moments to remember from 2012 Olympics The Gazette (Colorado Springs, Colorado) August 13, 2012
Monday



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The Gazette (Colorado Springs, Colorado)

August 13, 2012 Monday

SECTION: NEWS

LENGTH: 741 words

HEADLINE: RAMSEY: Moments to remember from 2012 Olympics

BYLINE: David Ramsey, david.ramsey@gazette.com

BODY:

Seth Kelsey arrived in London as a two-time Olympian after competing in epee fencing at Athens and Beijing. But the 2003 Air Force Academy grad never had won a match. This haunted him.

He buried his past troubles in England, and for a few brilliant moments, he seemed ready to battle his way to a gold medal.

After Kelsey barely survived his first-round match, his reward, if you want to call it that, was a bout against No. 1 seed Nikolai Novosjolov of Estonia. Going in, the bout seemed a mismatch.

And it was, but not the way everyone expected. Kelsey dominated the bout to vault to the quarters, where he was even more impressive. He defeated Venezuela's Silvio Fernandez and suddenly anything, including gold, seemed possible.

I'm not going to pretend to be a fencing expert, but Kelsey was masterful in his bouts against Novosjolov and Fernandez. He was relaxed yet aggressive. He often toyed with his opponents.

Unfortunately for Kelsey, there was a long break in the action to give the competitors time to rest. When Kelsey returned to face Lim Gascon in the quarters, he wasn't quite the same.

It was a fascinating bout to watch. Gascon is 5-foot-9, 175 pounds (at best) and Kelsey is 6-4, 210 pounds (at least). Kelsey used his superior reach to take a 2-0 lead but then lost his edge. He lost, 6-5, to Gascon, who went on to win gold.

In the bronze-medal match, Kelsey battled back to tie the match, but again barely lost.

But he was remarkably, and understandably, upbeat after the long day.

"I've always been disappointed in my previous Olympic performances," Kelsey said. "Today, I beat three good guys."

BOLT'S BIG WIN

It's difficult to explain the vibe of a meeting of elite sprinters. There's nothing else in sport that offers so much in so little time. You don't want to blink - and I mean this literally - once the race starts. Each instant is precious.

Someday I hope to tell my great-grandchildren I watched Usain Bolt compete. Sprinting history is filled with charismatic, explosive performers - Bobby Morrow, Bob Hayes, Carl Lewis - but there's little doubt Bolt reigns as king. More than 2 million people sought tickets for Bolt's win in the 100. I was one of the lucky 80,000-plus in the big house to watch.

CHUN'S GROWTH PRODUCES BRONZE

RAMSEY: Moments to remember from 2012 Olympics The Gazette (Colorado Springs, Colorado) August 13, 2012
Monday

Four years ago in Beijing, wrestler Clarissa Chun expected a gold medal. When she lost a late match, and her chance at gold, she also lost her focus. She was devastated at exactly the wrong time. Her bronze-medal opponent was former Olympic champ Irimi Merleni.

You can guess the rest. Merleni dominated Chun.

Every day since that defeat, Chun prepared for redemption. She worked on her wrestling technique, but just as importantly, she wrestled with her mind. She prepared for victory even as she prepared to handle the ugly possibility of defeat.

At London 2012, Chun again lost a match and her chance at gold. She did not lose her focus. She immediately switched her immense competitiveness on the bronze.

And in a sweet twist right out of a sports movie, she faced Merleni for the bronze.

"She's a beast, you know," Chun said of Merleni. She meant the description as a compliment.,

Chun avenged her 2008 defeat with a convincing victory. She tamed the **wrestler she calls a beast**. And, more importantly, she tamed her raging emotions.

THE OLYMPIC SPIRIT

The Olympic Spirit is similar to the Spirit of Christmas. You can scoff at it. You can complain about the obscene materialism that seems ready to devour both events.

And yet ...

There's something real about both of these mysterious spirits. Know how virtually everyone gets a little more gleeful, a little more patient, a little less weary around Christmas? Same thing with the Olympics.

This is my third Olympics assignment. I was amazed by the courtesy and patience in Athens and encouraged by the relentless kindness found in Beijing. I found the same spirit in London, Time after time, friendly Brits were willing to aid this confused and at times utterly lost American.

I was wandering without a clue near Hyde Park when I approached two police officers to ask for directions. They were both holding black machine guns, just in case some bad men attempted to destroy the Olympic Spirit.

After listening to my troubles, one of the police officers cradled his machine gun in his left arm and reached into his pocket for his smartphone. Soon, we were examining a map, and I was on my way.

That's the Olympic Spirit.

Twitter: @davidramz

Facebook: davidramsey13

LOAD-DATE: August 13, 2012

Bolt caps double-double in 200; He assures legend status as Jamaicans sweep race USA TODAY August 10, 2012 Friday



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USA TODAY

August 10, 2012 Friday
FINAL EDITION

SECTION: SPORTS; Pg. 6D

LENGTH: 872 words

HEADLINE: Bolt caps double-double in 200;
He assures legend status as Jamaicans sweep race

BYLINE: David Leon Moore, USA TODAY

BODY:

What's greater than a legend?

Hero?

Superhero?

How about just plain ol' faster-than-anybody-ever Usain Bolt?

Bolt, 25, did it again Thursday night, pulling away to another gold medal in the 200 meters with a time of 19.32 seconds -- well off his world record of 19.19 but tied for the fourth-best mark in history.

It was just another moment in a 10-day track and field meet, but it was so much more -- something that, statistically speaking, further lifted Bolt above Jesse Owens and Carl Lewis and history's other great sprinters.

Bolt completed an unprecedented Olympic double-double: back-to-back gold medals in the 100 and 200 meters.

Only Lewis had won back-to-back golds in the 100, in 1984 and '88, and he was elevated to first in '88 only after Ben Johnson was disqualified for doping. No one had ever defended an Olympic 200 title. In the 200, Lewis won gold in 1984 and silver in '88.

"I wanted to become a legend, and now I've done it," Bolt said. "That's what I came here for. Now I'm going to sit back and think about what I want to do next."

Quieting the doubters

Bolt had erased most of the doubts about his fitness and his struggling starts this year when he blazed to a gold medal-winning time of 9.63 seconds in the 100 meters Sunday night.

But he still had a defensive mind-set working, and when he crossed the line with a comfortable lead over friend and training partner Yohan Blake, he put his forefinger to his mouth in a "shhhh" gesture.

"That was for all the doubters," Bolt explained. "There were a lot of people talking and doubting. That was just for them to say they can stop talking now. I'm a living legend."

Bolt put on his usual good show afterward.

He dropped to the track shortly after crossing the line and did some push-ups -- for no apparent reason other than "my friends said I should do some push-ups, so I did."

1/7/2013

Bolt caps double-double in 200; He assures legend status as Jamaicans sweep race USA TODAY August 10, 2012 Friday

He hugged Blake and took a photographer's camera and took pictures of Blake, to whom Bolt gave the nickname "The Beast" because of his fondness for brutally hard workouts.

And he took a slow victory lap, hugging Jamaicans and anybody else who got in his path.

He looked into a TV camera and said: "I'm now a legend. I'm also the greatest athlete to live."

Bolt's postrace comments twice veered into criticisms of Lewis, who had been quoted recently doubting whether Bolt could repeat his Beijing success. Lewis also was quoted four years ago as being suspicious about whether Bolt's world record times in Beijing had been accomplished drug-free.

In the mixed zone (informal interview area), Bolt said of Lewis, "Everybody's forgotten about him."

At his formal news conference, Bolt was asked a question about the past greats of the sport, such as Owens and Lewis. Bolt praised Owens, but of Lewis, he said, "I've lost all respect, all respect."

Bolt called himself the greatest of sprinters and, in answering a question, said that he is what Michael Jordan and Muhammad Ali were to their sports.

"I'm guessing I'm in that category," he said.

Seeming ease

His victory came, as it seems to do at the Olympics, with seeming ease. The 6-5 Bolt started well, ran a great curve and powered to a big lead on the straight. His time didn't threaten his world record of 19.19 set in 2009, but he might have gotten closer to it if he hadn't relaxed on his last three long strides.

"Maybe I ran the corner too hard," he said. "I felt something in my back, and that's the reason I didn't push it and slowed down at the line. All I wanted to do was stay ahead of Yohan."

Blake, 22, second in the 100, was second again in the 200, in 19.44 seconds.

"He is the god of track and field," Blake said. "To do the back-to-back double, he got me back from the trials. He is a legend. It is his year. It will be my time soon -- next year at the world championships."

The bronze went to a third Jamaican, Warren Weir.

The sweep for Jamaica was the seventh time one nation had swept the men's 200, but the first time a country other than the USA did so.

U.S. champion Wallace Spearmon, 27, was never really in it but closed to fourth place with a season-best time of 19.90.

He cried in disappointment afterward but praised the Jamaicans.

"They work hard," he said. "They got a sweep. Thank you for always supporting me, I appreciate it. I'm going to go ahead and work harder. I'm sorry I let you down."

And of Bolt, he said, simply, "That guy's on another planet right now."

Looking ahead to Rio?

Bolt has always said the 200 meters is his favorite race. He had taken it easy in the first two rounds, more jogging than racing. But earlier in the Games, in his 100 victory, he had also shown he was ready to run very, very fast.

As usual, he walked the walk. Or something like that. Actually, nothing Usain Bolt does on a track looks like walking.

He was asked if he would now give some thought to a triple-double -- that is, trying to win the 100 and 200 again at the 2016 Olympics in Rio de Janeiro.

That seemed way too far off to Bolt. He says he's going to take it easy for the rest of this year, then take it from there.

He didn't seem to be in a hurry to retire, though. He'll be 29 in 2016. He said something about 30 being a good age to retire.

"I am not sure," he said. "Blake is going to be 26 (in 2016) and at his peak. We will see."

Bolt caps double-double in 200; He assures legend status as Jamaicans sweep race USA TODAY August 10, 2012 Friday

GRAPHIC: photo By Robert Deutsch, USA TODAY Sports Look of a winner: Jamaica's Usain Bolt, center, crosses the finish line first in a time of 19.32 to complete a double-double in the 100 and the 200. The USA's Wallace Spearmon, second from right, finished fourth as Jamaica took the top three spots in the 200. "That guy's on another planet right now," Spearmon said of Bolt.

LOAD-DATE: August 13, 2012

Bucs bet on high-priced talent; Rebuilding effort gets boost from Jackson, others USA TODAY August 3, 2012 Friday



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USA TODAY

August 3, 2012 Friday
FINAL EDITION

SECTION: SPORTS; Pg. 8C

LENGTH: 541 words

HEADLINE: Bucs bet on high-priced talent;
Rebuilding effort gets boost from Jackson, others

BYLINE: Rachel George, USA TODAY

BODY:

Aqib Talib broke up the first attempted touchdown pass to Vincent Jackson. But fellow cornerback Eric Wright could do little to stop the second as the wide receiver reached over the cornerback's head to catch a pass before clearing two rows of temporary fencing around the practice field.

A week into training camp, Jackson and the Tampa Bay Buccaneers' other noteworthy free agent signees are making an impact. But the question looms about whether those additions and a first-year coaching staff can make Tampa Bay competitive in the NFC South.

"You can see it, just the playmaking ability. You get a guy like Vincent, he shines already," veteran cornerback Ronde Barber said. "You can just see the standard. The level of play is higher because he's here."

Jackson isn't alone. Within the span of a March day, the Bucs handed out deals worth \$140.5 million combined to get Jackson from the San Diego Chargers, all-pro guard Carl Nicks from the New Orleans Saints and Wright from the Detroit Lions.

"We're going to build this franchise through the draft," first-year coach Greg Schiano said, "but being new, everyone was new, so the timing was great and we happened to have money available, so it all fit."

Two years removed from a 10-win season, the Bucs are hoping the rebuilding efforts take hold. They went 4-12 in 2011, leading to coach Raheem Morris' firing and Schiano's hiring from Rutgers.

With Schiano, the Bucs have a more detail-oriented approach. Players have come to appreciate his meticulous plans, something Barber said can be good for a team of young players.

"You cannot get away with anything with him right now," Barber said. "We'll find out when we start playing for real, but you can see it in practice."

In a rebuilding project likely to take more than one year, the Bucs need significant improvement from a defense that ranked among the worst in the NFL and are looking for quarterback Josh Freeman to bounce back from a down season.

Tampa Bay ranked 30th in defense last year and was last in the league in rushing defense and points allowed in giving up a franchise-record 494.

The return of defensive tackle Gerald McCoy, whose last two seasons ended early after he tore his left and right biceps, should help. So should the addition of safety Mark Barron, the No. 7 pick this year, and rookie linebacker Lavonte David.

1/7/2013

Bucs bet on high-priced talent; Rebuilding effort gets boost from Jackson, others USA TODAY August 3, 2012 Friday

Freeman struggled as his passer rating dropped from 95.9 in 2010 to 74.6. He had 16 touchdown passes and 22 interceptions, compared with 25 and six in 2010.

Schiano praised the work ethic of the fourth-year quarterback, and Jackson said they've been working well together.

"He's a beast of an athlete," Jackson said. "It's been natural since we've started."

Jackson gives the Bucs a No. 1 receiving threat. The 29-year-old has topped 1,000 receiving yards in three of the past four years, the exception coming when he missed 10 games in a salary dispute in 2010.

"I'm a better receiver now than I was the last three years because I've learned so much and I've been taught techniques that I've never been taught before," Jackson said.

That can only be good for the Bucs, who are hoping the franchise's biggest free agent signings and a new coach can lead them back to the playoffs for the first time since 2007.

LOAD-DATE: August 3, 2012

Local athletes Post and Smock ready for London Olympics experience St. Cloud Times (Minnesota) July 26, 2012
Thursday



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St. Cloud Times (Minnesota)

July 26, 2012 Thursday

SECTION: SPORTS

LENGTH: 1349 words

HEADLINE: Local athletes Post and Smock ready for London Olympics experience

BYLINE: By, Frank Rajkowski

BODY:

Mike Knaak, mknaak@stcloud.gannett.com

Growing up, Alise Post and Amanda Smock both dreamed of one day qualifying for the Olympic Games.

But the pair grew up dreaming of qualifying in different sports than the Central Minnesotans will be competing in.

Post was raised in St. Cloud and will represent the U.S. in women's BMX racing at the 2012 Summer Olympics in London. Smock, who grew up about 30 miles away in Melrose, is the lone U.S. entrant in the women's triple jump. The opening ceremonies are Friday.

Both Post and Smock once envisioned themselves as Olympic gymnasts.

Gymnastics dream

"The first Olympic memories that are really etched in my brain actually happened before I was born," Smock said. "It was the (1976) Olympics when Nadia Cománeci became the first gymnast to record a perfect 10. We had a video about that and I grew up watching it over and over.

"Gymnastics was always my first love. That was what I hoped for and dreamed about. I used to put on my windsuit when I was young and march through the house pretending I was marching into the Olympic Stadium."

Smock's parents, Glen and Beth Thieschafer, served as co-head gymnastics coaches at Melrose from 1983 until Smock's graduation in 2000. Glen continued on alone until 2009, the same year that cancer took his life at age 52.

During that time, the Dutchmen rose to state-power status in the sport, advancing to the Class A state meet 19 times since 1990 and winning state titles in 1994 and '95.

Smock played a big role on some of those teams. As a senior in 2000, she placed in all four events individually at the state meet and finished third in the all-around despite competing on a sprained ankle.

But by then, she had also become a standout in track and field - winning Class A state long jump titles in 1998, 1999 and 2000 and the Class A triple jump title in both 1999 and 2000 .

"It wasn't until after high school, though, when track and field really became her passion," Beth Thieschafer said of her daughter, who went on to become a three-time Division II national champion in the triple jump at North Dakota State.

"Gymnastics has always been a sport for younger athletes. When you look at the girls who are in the Olympics, they're often 13, 14 or 15 years old. By the time they get to college, they're already old women. A person's body just gets so worn down. So I think after high school, Amanda realized she was done with that. And she'd already had so much success in track and field as well."

1/7/2013

Local athletes Post and Smock ready for London Olympics experience St. Cloud Times (Minnesota) July 26, 2012
Thursday

Rise of the Beast

Post, meanwhile, first began competing in BMX racing (the sport in which she has long been nicknamed Alise the Beast) when she was 6, and by age 10, she was already a national champion in her age class.

But there didn't seem much reason to contemplate an Olympic future in the sport since BMX racing was not added to the Olympic program until 2008.

So, like Smock, Post also found success in both gymnastics and track and field. While competing at St. Cloud Tech, she captured three-straight Class A titles in the vault from 2006-08 and also made multiple trips to the Class 2A state track and field meet.

"Definitely, when I was a little girl, it was gymnastics that I was watching all the time," Post recalls. "BMX wasn't part of the Olympics back then, so that seemed like a real longshot. It was hard to even imagine until I was about 15.

"But gymnastics was always front and center."

Overcoming adversity

Post, a 2009 Tech graduate, probably would have made the 2008 Olympics in Beijing had she been old enough to meet the event's 19-year-old age requirement.

Instead, she had to wait four more years and overcome a pair of severe injuries. That included an accident last summer that resulted in a complete tear of her right lateral collateral ligament, damage to her right anterior cruciate ligament and a complete tear of the tendon connecting her hamstring to the bone.

She did not return to action until February. But she was awarded the discretionary pick to represent the U.S. in London. Arielle Martin of Spanaway, Wash., earned the automatic pick by virtue of leading USA Cycling's power rankings. Post ranked second despite missing the first two qualifying events while recovering from her injury.

"My goal is to bring home a medal and I want it to be gold," said Post, who is a contender to do that. "It's cool just to be able to participate in the Olympics, but I don't want to stop there. I've put in a lot of hard work to get here and I want to make this chance count."

Smock competed for a spot in the Olympics in 2008, but finished fifth in her event at the Olympic trials and just missing making the team. She credits her late father for giving her the encouragement to keep at it. Her performances have improved enough that she won the triple jump at the Olympic Trials in Eugene, Ore., and will be the lone American competing in the event in London.

"I think I must have a bruise on my arm from the constant amount of pinching myself I've been doing," Smock said. "This is just so, so cool and it's still so surreal. On a surface level, it's settled in that I'm actually going to be competing. But it still catches me by surprise sometimes and I have to tell myself it's really happening."

London calling

Smock, whose event competes Aug. 3-5, is in London and will march as part of the U.S. delegation in Friday's opening ceremonies. The opening ceremonies take place on her 30th birthday.

Post will not leave for England until Aug. 1. Women's BMX racing will be held Aug. 8-10.

"It's nearly two weeks between the opening ceremonies and our event, and it's not like track and field and a lot of other sports where there are practice areas available," said Post, who has spent much of this summer preparing at the national Olympic training center in Chula Vista, Calif.

Post, though, has managed to get in a quick trip home to Pineview Park, the local BMX track her parents Mark and Cheryl have operated since 2001.

"For us, there's just one competitive track and you're not allowed on it except for one practice session. I'd like to be part of (the opening ceremonies). But at the same time, I'm not too disappointed. I'm young enough and I hope to be back here again.

"In a way, being my first Olympics, taking part in the opening ceremonies might put it up on too high a pedestal. I'd realize how big this really is. My goal right now is to try and keep things as simple as possible."

Local impact

1/7/2013

Local athletes Post and Smock ready for London Olympics experience St. Cloud Times (Minnesota) July 26, 2012
Thursday

Because of the age difference between Smock and Post, the pair never got a chance to compete against one another in gymnastics or track and field.

But through her roles as a parent, coach and gymnastics fan, Beth Thieschafer did get to watch both her daughter and Post compete.

"I think they both were very confident athletes, even in high school," Thieschafer said.

"That's a big plus, especially in a sport like gymnastics when you have to walk out on that floor confident right away to make the judges stand up and take notice. From what I saw, that was really a common denominator between the two of them.

"I just think it's so wonderful that they both have gotten to where they have now," she added. "I hope athletes in this area can use this as a springboard or a stepping stone to reaching their own goals. I hope it helps spread the belief that you can accomplish anything you set your mind to, no matter where you happen to grow up."

Both Smock and Post said they share that wish .

"I hope kids are watching and they see what this is like," Post said.

"I think having two people from the same area competing in something as big as the Olympics really can open up a whole lot of new possibilities for younger athletes to dream about."

When they compete

Alise Post

The women's BMX competition is scheduled for Aug. 8-10: The seeding run is scheduled for 3 p.m. (London time) on Aug. 8. The semifinals are scheduled for 3 p.m. on Aug. 10. The finals are scheduled to follow at 4:30 p.m.

Amanda Smock

The women's triple jump competition is scheduled for Aug. 3-5. Preliminary competition will begin at 10:25 a.m. (London time) on Aug. 3. The finals in the event are scheduled to begin at 7:35 p.m. on Aug. 5.

LOAD-DATE: July 28, 2012

Multi-talented Proffitt chooses two sports at Cumberland The Sentinel Echo (London, Kentucky) May 9, 2012



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The Sentinel Echo (London, Kentucky)

May 9, 2012

SECTION: LOCAL SPORTS

LENGTH: 521 words

HEADLINE: Multi-talented Proffitt chooses two sports at Cumberland

BODY:

May 9, 2012

Multi-talented Proffitt chooses two sports at Cumberland

LAUREL COUNTY, Ky. - Ask any of her coaches to give a one word answer about Samantha Proffitt, the first word that comes to mind is usually athlete. That has been the verdict of basketball, volleyball, and track coaches.

"She works so hard. She is just a strong, **beast of an athlete**," North Laurel track coach Kevin Bradford said.

Proffitt's athletic ability will soon be shared by the volleyball and track teams at the University of the Cumberland.

Athletic ability made Proffitt a natural at every sport she tried.

"We always ran races in elementary school and I beat everyone," she said.

Proffitt joined the high school track team as a seventh grader and Bradford could tell he had something special.

"Right away you could tell she was extremely athletic," Bradford said.

Proffitt's first sports were Wee Ball and playing basketball for her dad, Lee, in at the Optimist Club. She kept playing softball into middle school before switching to track. She continued to play basketball and also added volleyball in high school. Volleyball may have been the late addition to her sports portfolio, but it didn't take long for Proffitt to realize she wanted to play in college.

"I always hoped since I started playing I would because I loved it so much. I really started looking into it my junior and senior years hoping I could go somewhere," Proffitt said.

Assistant coach Chuck Shoemaker first saw Proffitt at a recruit day at University of the Cumberland.

"We were able to see the effort she puts forward," Shoemaker said.

The Lady Patriots are coming off one of their most successful seasons. Freshmen are most likely to play on the junior varsity squad, which finished 8-6 last season.

"My coaching philosophy is that everyone comes in with a level slate. We don't have a specific position yet, but I could see her being a good outside hitter for us and possibly some back row as well. It's really open-ended," Shoemaker said.

It was Proffitt's times in the sprint events that caught the eye of the Cumberland's track coaches.

"She had some times that were consistent with what we were looking for and she seems real coachable," assistant track coach Jimmy Bryant said.

1/7/2013

Multi-talented Proffitt chooses two sports at Cumberland The Sentinel Echo (London, Kentucky) May 9, 2012

Bryant said 100 meter times in the 12 to 13 second range are good for freshmen at the NAIA level.

"This year we were a little weak on the sprinter side. On the women's sprinter side we had two good ones, but one of them had a hamstring problem so we were trying to get good local talent down there," Bryant said.

That doesn't mean Proffitt will be limited to sprinting. Bryant could see her competing in heptathlons and pentathlons.

"She's pretty good all around in the sprints and the field events," Bryant said.

Proffitt currently ranks seventh in the state in pole vault and long jump. She ranks 16th in triple jump and 17th in high jump. She holds several records at North Laurel, including relays and pole vault.

mhoward@sentinel-echo.com

Text Only

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GRAPHIC: North Laurel's Samantha Proffitt signs for volleyball with the University of the Cumberland. Front row, left to right: Abbey Proffitt, sister; Kellie Proffitt, mother; Sam Proffitt; Lee Proffitt, father. Back row, left to right: North Laurel principal Mike Black, North Laurel assistant coach Cynthia Cupp, Chuck Shoemaker, University of the Cumberland assistant volleyball coach, North Laurel AD Jimmy Durham. Photo by Denis House North Laurel's Samantha Proffitt signed with the University of the Cumberland for track and field and volleyball. Front row, left to right: Abbey Proffitt, sister; Kellie Proffitt, mother; Sam Proffitt; Lee Proffitt, father. Back row, left to right: North Laurel principal Mike Black, Lynette Bradford, North Laurel assistant track coach; Kevin Bradford, North Laurel track coach; Jimmy Bryant, University of the Cumberland assistant track coach, North Laurel AD Jimmy Durham. Photo by Denis House

LOAD-DATE: October 26, 2012

Prep golf: Ogden has a 'Beast' on its hands in freshman Xena Motes The Salt Lake Tribune May 4, 2012 Friday



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The Salt Lake Tribune

May 4, 2012 Friday

SECTION: SPORTS; Breaking; Prep Sports

LENGTH: 639 words

HEADLINE: Prep golf: Ogden has a 'Beast' on its hands in freshman Xena Motes

BYLINE: By Martin Renzhofer The Salt Lake Tribune

BODY:

Ogden » Xena Motes didn't claim medalist honors when Ogden High finished second in the school's first girls' golf tournament of 2012. Her play, however, did draw attention.

"During my first tournament, the girls thought I was a junior," Motes said. "You're only a freshman?"

Motes' response was typically 14-year-old.

"Like, yeah."

First things first. Yes, Xena's first name was inspired by the supernatural fantasy adventure television series "Xena: Warrior Princess." And, yes, Motes loves her nickname, handed to her at Mount Ogden Junior High, "The Beast."

"They started calling me The Beast because I play a lot of sports and I'm really good at it," Motes said. "You're such a beast."

Motes has grown into her name, living the fantasy adventure of not only playing varsity sports while in junior high, but excelling at them -- especially golf.

The 5-foot-7 -- "the doctors say I'm still growing" -- Motes is the third-ranked golfer in Utah in the 12-15 age group. She has led Ogden to the top of 3A girls' golf by averaging 86 and capturing medalist -- top golfer -- honors in six of seven tournaments.

Her low score this season was a 78 at a tournament in Tooele.

Motes also owns a 4.0 grade-point average and her favorite subject is math, which speaks for itself.

And her statement about being "really good" was said with innocent confidence and a smile framed by braces.

When Ogden coach Jim Price complained jokingly about not having a sophomore on his team, he finished with, "it helps when you have a Xena around."

Price sees the potential of his prized golfer, who also plays basketball, soccer and runs track. He is not worried about motivation.

"She works at it every night," Price said. "She loves the game."

It's not unusual for Motes to follow a round with a practice session of chipping and putting, which are her golfing strengths. Although Motes can drive the ball about 260 yards, she wins with her short game.

"I like being strong physically and mentally," she said. "I know [golf] makes me stronger as a human being. And I love hitting the ball as hard as I can. I usually leave all my anger on the course."

1/7/2013

Prep golf: Ogden has a 'Beast' on its hands in freshman Xena Motes The Salt Lake Tribune May 4, 2012 Friday

Price knew all about Motes even before she started attending Mount Ogden. Motes' older brother Brian also golfed at Ogden High. Xena's mother, Dee Elementary and former Ogden principal Sondra Jolovich-Motes, also put in a good, early word.

"She told me years ago," Price remembered, "My daughter's a pretty good golfer."

Motes already has already picked out the college she wants to attend. Motes visited Notre Dame in 2010 during a Utah football junket to South Bend. She was captured by the school's Midwest charm and tradition.

"I really want to play golf there," she said. "I loved the campus. It was really cool. I like the energy and the fans were fun to be around. And the stadium was pretty cool.

"I know [Notre Dame] is super good, but I really love the school and want to be on the golf team."

Who can argue against that determination, the same type that has made a 14-year-old girl one of the best high school golfers in the state?

Twitter: @tribmarty

Alt Heads:

Ogden has 'Beast' on its hands This Tiger has teeth

As a freshman, Xena Motes is the top golfer on the Ogden High girls' golf team with an average score of 86.

Motes has won medalist honors in six of seven tournaments for Ogden, the top 3A team in Region 11.

Motes, who attends Mount Ogden Junior High, also played varsity basketball for Ogden. She also plays soccer, softball and runs track. This Tiger has teeth

As a freshman, Xena Motes is the top golfer on Ogden High girls' golf team with an average score of 86.

Motes has won medalist honors in six of seven tournaments for Ogden, the top 3A team in Region 11.

Motes, who attends Mount Ogden Junior High, also played varsity basketball for Ogden. She also plays soccer, softball and runs track.

GRAPHIC: Ogden High School freshman golfer Xena Motes competes at Round Valley Golf Course Thursday, April 26, 2012 in Morgan, Utah.

Ogden High School freshman golfer Xena Motes competes at Round Valley Golf Course Thursday, April 26, 2012 in Morgan, Utah.

Ogden High School freshman golfer Xena Motes competes at Round Valley Golf Course Thursday, April 26, 2012 in Morgan, Utah.

LOAD-DATE: May 4, 2012

Brandon Smith The Shawnee News-Star (Oklahoma) May 3, 2012 Thursday



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The Shawnee News-Star (Oklahoma)

May 3, 2012 Thursday

SECTION: SPORTS; Pg. 1B

LENGTH: 85 words

HEADLINE: Brandon Smith

BODY:

AGE 18 CLASS Senior TEAM Shawnee swimming What college or professional athlete inspires you and why?

"Michael Phelps. He is a beast."

PRO ATHLETE Michael Phelps PRO TEAM Bears CLASS Trigonometry MOVIE "The Guardian" What is one of your more memorable moments as an athlete?

"The first time I jumped off the block."

What are your plans after graduation?

"Active-duty naval aviation mechanic."

TV SHOW "That '70s Show" ACTOR Tom Cruise SONG "On My Level" by Wiz Khalifa, featuring Too Short
BAND/MUSICIAN 3 Doors Down

GRAPHIC: Brandon Smith

LOAD-DATE: November 8, 2012

LB Shipman eager to again put aggressive foot forward Orlando Sentinel (Florida) April 14, 2012 Saturday



Copyright 2012 Sentinel Communications Co.
Orlando Sentinel (Florida)

April 14, 2012 Saturday
FINAL

SECTION: SPORTS; FINAL; UCF FOOTBALL; Pg. C1

LENGTH: 581 words

HEADLINE: LB Shipman eager to again put aggressive foot forward

BYLINE: Iliana Limón, Staff Writer

BODY:

UCF linebacker Ray Shipman **was a beast on the football field** his freshman year in high school, dishing out punishing hits.

Shipman shifted his focus to basketball for the next five years and became an elite player who had to limit his natural aggression to avoid foul trouble.

After making the dramatic decision to leave the Florida Gators basketball team and transfer to UCF to play football two years ago, **Shipman has worked hard to get back into beast mode**. The 6-foot-5, 242-pound athlete has a much stronger understanding of the Knights' defense and is ready to throw his weight around.

"When I grew up playing football, that's what I did -- I hit," Shipman said. "But that gap when I stopped playing football, it's kind of tough and a lot of things were not natural anymore. When I came back, I would come back and hear coach say, 'You've got to be more physical.' I'd get mad because I know I've got it in me. I've always been able to get out there and hit. I think it has finally come together and I've just got to keep it going."

Shipman has worked his way up to the starting defense and is part of a much-improved linebacker rotation. The group hopes to put together a strong showing during UCF's spring game Saturday, set to get under way at 2 p.m. at Bright House Networks Stadium.

Admission costs \$5, but is free to fans who renewed their season tickets, UCF students and children ages 12 and younger. The first 5,000 fans who enter the stadium will receive free schedule posters.

The school is offering free parking in lots adjacent to the stadium that will open at 8 a.m. for tailgating.

UCF linebacker Jonathan Davis, who is entering his senior season, said the Knights want to put on a good show and make the most of their final spring practice. Davis has been among the more vocal team leaders, urging his teammates to work hard on every play.

"I like the where the defense [is at]," Davis said. "We really know what we're doing. We've got a real good concept of what everyone's doing."

Shipman, who is also entering his senior season, is working to be part of the tougher UCF lineup. He is tired of hearing how much potential he has to be a star outside linebacker once he completes the transition from basketball to football.

"I'm a football player now, so there's no more making of that transition from basketball stuff," he said. "Right now, I don't know what basketball is. If I don't know what's going on out here then I shouldn't even be playing football. Everything is pretty much night and day now for me because I have a season under my belt and I know the schemes. Now, instead of being hesitant out there I know where I'm going and I can just react and make plays."

1/7/2013

LB Shipman eager to again put aggressive foot forward Orlando Sentinel (Florida) April 14, 2012 Saturday

UCF coach George O'Leary said Shipman needs to keep working on initiating contact, but he has made great strides since last season.

"I think he's had a really good spring," O'Leary said. "Of all the linebackers, I think he's showed up the most. He's doing things right consistently."

O'Leary said it doesn't really matter that Shipman walked away from football for five years before trying to resume playing it at a high level.

"He's an athlete," O'Leary said. "We should have gotten more out of him last year, I thought. I think right now he's back and I can see the difference and the sense of urgency in the kid. He's playing a lot more consistent and doing what the position calls for." YES

CONTACT: ilimon@tribune.com or 407-650-6353. Read Iliana Limón's UCF blog at OrlandoSentinel.com/knightsnotepad.

GRAPHIC: PHOTO: UCF's Ray Shipman, an ex-UF hoops player, says he can't think like he's in transition. The UCF spring game is today at 2 p.m. C8 JOSHUA C. CRUEY/STAFF PHOTOGRAPHER

LOAD-DATE: April 15, 2012

Aviles takes a weight and see approach; Shortstop's gym work strengthens his game The Boston Herald March 29, 2012
Thursday



297 of 608 DOCUMENTS

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March 29, 2012 Thursday
All Editions

SECTION: SPORTS; Baseball-Red Sox; Pg. 56 Vol. 30 No. 89

LENGTH: 920 words

HEADLINE: Aviles takes a weight and see approach;
Shortstop's gym work strengthens his game

BYLINE: DAN DUGGAN

BODY:

FORT MYERS - When you see Mike Aviles walking around the Red Sox clubhouse in shorts and a T-shirt, you can't help but notice the broad shoulders and bulging arms. Then you scan down and see his calf muscles, which are so enormous they look like they're trying to rip out of his skin.

It leaves you shaking your head wondering: *This* is the Red Sox starting shortstop?

It's not an uncommon reaction.

'People always think I'm a catcher just because of my build,' Aviles said.

While the calves draw attention - teammate Darnell McDonald called them the biggest he's ever seen - and the physique fills out the uniform, nothing about Aviles' body is superficial. Rather, it's the product of years of hard work that transformed him from a scrawny high schooler to a bona fide major leaguer.

Growing bigger, stronger

To see the 5-foot-9, 210-pound Aviles now, it's hard to imagine there was a time when his family referred to him as a 'bag of bones.' But that was the case as Aviles grew up in a working class Puerto Rican family of five, first in the Bronx before moving upstate to Middletown, N.Y.

Aviles described the men in his family as 'big, thick guys,' but he didn't immediately inherit that size. He was 135 pounds as a senior at Middletown High, so small that he didn't play football due to fear of getting injured and missing baseball.

Not surprisingly, Aviles' frame limited the attraction from college recruiters or pro scouts, so he went to Division 2 Concordia College in Bronxville, N.Y.

'When I first got to college I could barely hit a ball with a wooden bat out of the park,' Aviles said. 'If I was lucky - it would have to be the right pitch, right spot, close-my-eyes kind of swing to get it out.'

Aviles had greater aspirations than the occasional lucky homer, so he dedicated himself to becoming stronger.

'I kind of realized I wasn't going to be 6-2 or anything like that, so I got to the point where I was 5-9 and I kind of could see that I wasn't going to get any taller,' Aviles said. 'I said if I can't grow, at least I can get stronger.'

Aviles discovered the weight room in college and the results followed immediately.

1/7/2013

Aviles takes a weight and see approach; Shortstop's gym work strengthens his game The Boston Herald March 29, 2012
Thursday

'That's when my shoulders broadened up,' Aviles said, 'and I started going from a little kid's body to a man's body.'

Addicted to the gym

Once Aviles began working out, he quickly became addicted.

'Once I started getting into it and really focusing on it and focusing on my eating habits, I started to see better results and feel better,' Aviles said. 'When I changed my eating habits and started working out more the last 3-4 years, I feel like I've had unbelievable amounts of energy.'

Aviles' dedication can seem extreme to others.

'My wife always jokes around with me in the offseason,' Aviles said. 'She's like, 'You must have a girlfriend at the gym,' because I go to the gym for 2-3 hours sometimes.'

Even in a locker room full of professional athletes, Aviles' workout habits garner notice.

'The guy is a beast,' said McDonald, who's no stranger to the weight room. 'Shoot, when I grow up I want to be like him.'

But Aviles isn't motivated by his appearance. He spends a lot of time working on the unglamorous core muscles that are crucial to the various rotational movements constantly used in baseball.

Though he doesn't look as agile as most middle infielders, Aviles doesn't want to sacrifice any athleticism for size.

'I just want to be able to swing the bat with authority and be able to throw the ball and be quick,' Aviles said. 'I want to be quick in everything I do.'

Playing by the book

Any discussion of a muscle-bound baseball player is destined to be accompanied by raised eyebrows and whispers of performance-enhancing drug use. Aviles understands the culture of suspicion the steroids era created, but he adamantly denies the use of any supplement beyond the protein powder and vitamins provided in the clubhouse.

'People always joke around with me, but anyone who really knows me, knows I'm not (using PEDs). They know how I am. They know the kind of things that I am,' Aviles said. 'Maybe the random people of the world might question it, but my real friends and my family know I'm not dumb.'

'In all honesty, I come from really nothing. I signed for a thousand bucks (with the Kansas City Royals in 2003) and I have an opportunity to make good money to support my family. Fifty games with no pay is a lot of money so it's not a chance I want to take,' he said, referring to the 50-game suspension that comes with a positive drug test.

Aviles has a 7-year-old daughter and twin girls that celebrated their first birthday in February. He's making \$1.2 million this season, a considerable raise from his salaries in his first four seasons with the Royals, and the five years before that navigating Kansas City's minor-league system.

Considering how long it took Aviles to reach this point, it's easy to understand why the 31-year-old is doing everything he can to have a long and successful career.

'Baseball is a small window of your life. I can't play this game when I'm 60 years old, so right now I have a great opportunity,' Aviles said. 'While I'm young I might as well maximize it and provide for my family as much as I can so that when I do retire, I don't have to sit back and think, 'What if I did workout? Would I have been this much better? Did I give everything?'

'That's my whole thing. I want to give everything possible so that when I'm done playing ball I can easily be happy with what I accomplished knowing that I went to sleep every night knowing I gave 110 percent.'

GRAPHIC: BEFORE: High school senior Mike Aviles dives for a ball when he was 75 pounds lighter.

AFTER: Aviles walks the infield at JetBlue Park.

Photo by Tom Bushey, Times-Herald Record

STAFF PHOTO BY CHRISTOPER EVANS

LOAD-DATE: March 29, 2012

1/7/2013

'THE BEAST' EYES BIG TEN CHALLENGE; MIKEY CRALL, A 6-FOOT-3 JUNIOR FROM KANSAS, IS THE SECOND PLAYER TO JOIN THE CLASS OF 2013. Wisconsin State Journal (Madison, Wisconsin) March 1, 2012 Thu



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Wisconsin State Journal (Madison, Wisconsin)

March 1, 2012 Thursday
ALL EDITION

SECTION: SPORTS; Pg. D5

LENGTH: 511 words

HEADLINE: THE BEAST EYES BIG TEN CHALLENGE;
MIKEY CRALL, A 6-FOOT-3 JUNIOR FROM KANSAS, IS THE SECOND PLAYER TO JOIN THE CLASS OF 2013.

BYLINE: By DENNIS PUNZEL dpunzel@madison.com 608-252-6486

BODY:

Mikey Crall recruited the University of Wisconsin before UW recruited her. It turns out each was looking for what the other had to offer.

Crall, a solid 6-foot-3 junior post player from Olathe (Kan.) Northwest, was looking for a school that offered her intended major - materials engineering. UW qualified on that front as one of just 68 schools in the country with that program.

And it just so happened UW women's basketball coach Bobbie Kelsey has been in search of big post players to help the Badgers compete in the always- physical Big Ten Conference.

Both sides apparently recognized a perfect fit when they saw one, as Crall made an oral commitment when Kelsey offered her a scholarship during her unofficial campus visit over the weekend.

"I had been corresponding with about 20 to 25 different schools and Wisconsin was the first one to offer me," Crall said. "It just really seemed like the right fit."

Crall is averaging 11.5 points, seven rebounds and two blocks for Northwest, the No. 2-ranked 6A team, the highest level in Kansas. She is shooting 63 percent from the field and 70 percent from the free throw line.

Those numbers, combined with her 4.06 GPA and 33 ACT score, make her a perfect fit for UW, according to her high school coach, Joel Branstrom.

"It sounds like both parties are going to benefit greatly," said Branstrom, who played two seasons at Kansas as a walk-on. "It's not often that a kid as smart as Mikey can find a school that has what she wants academically and can compete at the highest level."

Crall initiated the recruiting process by emailing Kelsey and her staff when she learned UW had what she was looking for academically. Assistant coach Kyle Rechlicz watched her play when the Badgers made a trip to the nearby University of Kansas in December and fellow assistant Stacy Cantley made a follow-up visit to the Kansas City suburb.

"She's a big kid, probably weighs around 220, and she doesn't mind being physical," Branstrom said. "We affectionately call her 'The Beast.'" She's not going to be your fastest, most athletic kid, but she has moments she'll surprise you. She has very soft hands and is good at finishing around the basket.

'THE BEAST' EYES BIG TEN CHALLENGE; MIKEY CRALL, A 6-FOOT-3 JUNIOR FROM KANSAS, IS THE SECOND PLAYER TO JOIN THE CLASS OF 2013. Wisconsin State Journal (Madison, Wisconsin) March 1, 2012 Thu

"She's improved every year and there's still has room to grow. For her to find time on the floor at Wisconsin, she's going to have to trim down and also strengthen up. It sounds like (Kelsey) goes after long, athletic kids and Mikey's not that kid. But in the Big Ten, you've got to have kids who bang and grind it out a little bit. That's what Mikey will do. She has a lot of untapped potential."

After watching the Badgers' victory Sunday over Illinois, Crall is looking forward to mixing it up in the Big Ten.

"I really love banging people around and playing really physical," she said. "The Big Ten is definitely known for being a very physical conference and I'm looking forward to that."

Crall is the second player to commit to UW for the 2013 recruiting class, joining 6-4 Malayna Johnson of Montini Catholic in Lombard, Ill. Kelsey currently has one more scholarship available for that class.

LOAD-DATE: March 2, 2012

WRESTLING CORNER; Lumbreras: Thunderbirds' '95-pound beast' San Antonio Express-News February 10, 2012
Friday



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San Antonio Express-News

February 10, 2012 Friday
STATE&METRO Edition

SECTION: SPORTS; Pg. 8D

LENGTH: 390 words

HEADLINE: WRESTLING CORNER;
Lumbreras: **Thunderbirds' '95-pound beast'**

BYLINE: Terrence Thomas

BODY:

When Wagner junior Krystal Lumbreras approached her mother a few years ago about becoming a wrestler, suffice to say it wasn't one of those Hallmark card moments.

Anna Marie Hinojosa wasn't too sure about her daughter - all 4-foot-11 and 95 pounds of her - competing in such a physical and violent sport.

She was worried about whether her daughter could handle those elbow drops, suplexes and body slams.

"She thought it was that TV wrestling," Lumbreras said. "We had to show her it wasn't like that. After my first match, she was OK with it. She still gets really excited and nervous, at the same time, every time she sees me."

Lumbreras has provided her mother more moments of excitement than anxiety. She finished third at the UIL Class 5A state meet in 2011, and appears poised to do even better this time around.

She is 19-0 this season, despite competing up a weight division until last week's district meet. She'll try to defend her championship in the 95-pound division at the Region IV tournament today and Saturday at Littleton Gym.

"She was happy last year, but she wasn't satisfied," Wagner coach Danny Lengyel said of Lumbreras, who became the school's first wrestler to make it to the second day of the state meet last year. "She's working to win a gold medal. She runs harder. She practices harder. **She's a 95-pound beast.**"

Inspired to get into the sport by her older brother Felipe, a former wrestler at Wagner who advanced to state in 2008, Lumbreras has dominated her competition. She's won 50 of her past 55 matches, including 23 straight, dating to last season.

"It's totally different on the mat than out here," Lumbreras said. "Friends, everything, have to go away, because it's your enemy at the moment."

That approach has been a crucial key to Lumbreras' success.

"She works as hard as anyone I've ever coached," Lengyel said. "Last year, she really came into her own."

FROM GRAPHIC:

Region IV wrestling meet

When, where: Today through Saturday, Littleton Gym

WRESTLING CORNER; Lumbreras: Thunderbirds' '95-pound beast' San Antonio Express-News February 10, 2012
Friday

Schedule:Today - boys, first matches at 8:30 a.m.; girls, first matches at 2 p.m.; Saturday - boys, first matches at 8 a.m., championship matches at about 1:45 p.m.; girls, first matches at 8:30 a.m., championship matches at about 4 p.m.

At stake:The top four finishers in each weight class advance to the state tournament.

UIL state meet:Feb. 24-25 at Austin ISD Delco Center

NOTES: H.S. BEAT

GRAPHIC: 1. Defending Region IV champion Krystal Lumbreras is 19-0 this season. PHOTO: MUG 2. Region IV wrestling meet GRAPHIC: INFOBOX

LOAD-DATE: February 10, 2012



Copyright 2012 The Daily Star
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The Daily Star (Oneonta, New York)

February 9, 2012 Thursday

SECTION: LOCAL SPORTS

LENGTH: 1987 words

HEADLINE: Oneonta High girls cruise to road victory

BODY:

Natalie Vanderlaan-Meyering had 10 points, 11 rebounds and eight blocks to lead Oneonta High's girls to a 51-34 Southern Tier Athletic Conference basketball victory at Chenango Valley on Wednesday.

"She's been a beast the last two games," OHS coach Matt Miller said of the 6-foot-2 Vanderlaan-Meyering, who had eight points and eight blocks in Oneonta's 35-27 win over Norwich on Monday that clinched the Yellowjackets' fourth STAC division title in the last five seasons. "She's really taken over in the middle for us defensively. She's playing with an assertiveness that was not there in the early part of the year. She's taken us to a different level defensively."

After the teams played to a 13-13 standoff the first quarter, OHS outscored the Warriors, 33-13, over the middle quarters.

"We started out pretty rough," Miller said. "They started in a press and it took us a quarter to get used to it. In the third quarter, we got a lot of stuff in transition by beating their press, but it bothered us for a quarter."

Hayley Dower and Kelsey Baker had eight points apiece, and Mariah Ruff and Sierra Sangetti-Daniels and Diandra Sangetti-Daniels all had six points for the Yellowjackets (13-3, 11-1).

East Division champion OHS will travel to West Division winner Horseheads on Tuesday for a STAC semifinal. The same teams met in a STAC semifinal last season, with the Yellowjackets earning a 49-47 win.

"They did lose some of their better players, but they're still a great team," Miller said of Horseheads. "They play a lot of girls and they're ranked 12th in the state in Class AA. Their only two losses are to Binghamton, which is ranked second in the state. They're quick and athletic. We're going to have to play an error-free game."

Owego and Binghamton will meet in the other semifinal. The championship game is Saturday night at Binghamton University's Events Center.

Oneonta 51, Chenango Valley 34

ONEONTA (13-3, 11-1): Hayley Dower 3 0-0 8, Dani Nicosia 2 0-0 4, Minnie Webster 1 0-0 3, Kelsey Baker 4 0-0 8, Erin Mushtare 0 0-0 0, Mariah Ruff 3 0-0 6, Sierra Sangetti-Daniels 3 0-0 6, Natalie Vanderlaan-Meyering 5 0-0 10, Maria DiMartin 0 0-0 0, Michelle St. Marthe 0 0-0 0, Brianna Georgia 0 0-0 0, Diandra Sangetti-Daniels 2 2-2 6, Roxy Harrison 0 0-0 0. TOTALS: 23 2-2 51.

CHENANGO VALLEY: Maggie Bigart 1 2-2 4, Kate Bigart 1 0-2 2, Chelsea Heninge 0 2-2 2, Jenna Shoemaker 0 2-2 2, Hannah Elliott 0 3-4 3, Jenna Ivan 2 0-0 4, Megan Mullins 0 0-0 0, Megan Pipher 1 0-0 2, Maddie Staiger 2 1-1 5, Ashleigh Weir 4 2-5 10. TOTALS: 11 12-18 34.

Oneonta 13 12 21 5 _ 51

Chenango Valley 13 8 5 8 _ 34



Copyright 2011 Orange County Register
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Orange County Register (California)

December 29, 2011 Thursday

SECTION: LAGUNABEACH; Pg. Sports

LENGTH: 398 words

HEADLINE: Ex-Laguna Beach High coach going Hollywood

BYLINE: BY DAMIAN DOTTORE, THE ORANGE COUNTY REGISTER

BODY:

What started as one of the lowest points of Andy Thomas' life ended in a hobby that's produced a story which soon might be headed to a theater near you.

Thomas, the former boys soccer coach at Mater Dei and Laguna Beach, got interested in screen writing while working as a soccer consultant on "Pumpkin," starring Christina Ricci.

Afterward, he read books and took some classes to improve his craft. And now, he's got "The Beast," a script of a true story based on the bleak days on the Isle of Man that eventually led Thomas to the Laguna Beach boys soccer team and a series of CIF-SS championship in the late 1990s.

After making phone call after phone call, to a point where Thomas was becoming a persistent nuisance, David Anspaugh, who made "Rudy" and "Hoosiers," finally read the screenplay and wants to direct the film, which Thomas said is not just a sports movie but one that encompasses so many aspects of life.

"It took a long time ... 10 years to get to this point. There was a lot of trial and error," Thomas said. "It's a great story about a great kid."

Thomas quit coaching the Monarchs last season, so he could put in some extra time refining the script.

"Getting him (Anspaugh) on board, has really been the turning point," Thomas said.

Thomas reveals quite a bit about himself in the film, not all of it good. He dreamed of playing in the English Premier League for his beloved Liverpool, so he could earn enough money to give his cash-strapped family a better life. But he wasn't tall enough to make his childhood dream come true, and the in heartbreaking days that followed Thomas traveled to Laguna Beach, hoping that a change of scenery would lift his spirits.

It's here in Orange County that Thomas joins forces with Matt Reedy, aka "The Beast," a superb all-around athlete and star on the Laguna Beach soccer team. Together they stop a mentally challenged man from being bullied, and form a friendship that changes each other's life.

Thomas said the production team is in current negotiations with James McAvoy (The Last King of Scotland and X-Men) to play Thomas in the movie. Ed Begley Jr. and Stacey Keach have been cast in the film.

Thomas has been meeting with investors to try and lock down the funding for the project which has a budget of \$6-\$9million, and he said filming should begin in March. Some of the production, he said, would be done in Laguna Beach.

GRAPHIC: Andy Thomas.

LOAD-DATE: January 20, 2012

1/7/2013

KETTER, CARBONE TAKE OVER The Times-Union (Albany, NY) November 10, 2011 Thursday



Copyright 2011 The Hearst Corporation
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The Times-Union (Albany, NY)

November 10, 2011 Thursday
Final Edition EDITION

SECTION: SPORTS; Pg. B3

LENGTH: 275 words

HEADLINE: KETTER, CARBONE TAKE OVER

BODY:

COLONIE -- A few weeks ago, Chris Carbone and Nic Ketter were facing each other in a Section II Class A semi-final game when Amsterdam met Queensbury. On Wednesday night, the duo worked together to help the North capture the 2011 Section II Exceptional Senior game at Christian Brothers Academy.

Ketter, a two-way star at Queensbury, got his team jump-started in the second quarter with a thrilling 54-yard touchdown reception. With the South threatening to tie things in the final minute, Carbone sealed the North's 34-27 victory with an interception.

"It was really a great experience. Everyone was really so committed. This was definitely a lot of fun. I would recommend it for any senior that had a chance to play in this game," said Ketter, a 6-foot-3, 225-pound tight end who earned the North's Skills Player award.

Ketter's touchdown erased a 10-0 deficit. He later added receptions of 25 and 14 yards -- a catch on the game-winning drive that set up a 24-yard run by Saratoga's Jesse Spencer on the next play.

"The talent here was amazing. We all learned from each other. **Nic Ketter is an athletic beast**," Carbone said. "When he gets going, we all got going."

"That kid from Queensbury, whoa, he is really good," said Watervliet linebacker Antoine Johnson, who scored one of two defensive touchdowns for the South squad.

Johnson's 47-yard interception return provided the South a 27-20 lead with 14:47 left in the fourth quarter as the Exceptional Seniors game utilized 15-minute quarters.

The North, a squad with just one yard on offense in the first quarter, used touchdown drives of 55 and 49 yards capped by runs from Spencer to prevail.

-- James Allen

LOAD-DATE: November 11, 2011

CONTRIBUTORS Allure November 2011



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Allure

November 2011

SECTION: CONTRIBUTORS; Pg. 22 Vol. 21 No. 11 ISSN: 1054-7711

LENGTH: 710 words

HEADLINE: CONTRIBUTORS

BYLINE: Uncredited

BODY:

Michael Thompson

While Ashley Greene's character in the *Twilight* movies might be described as the vampire next door, Thompson envisioned the young actress as a "strong, in-charge woman" for "Ashley Greene Spills Her Guts." But the shoot--inspired by the bold fashion images of the '70s--didn't defang Greene entirely: A male model was cast in the role of submissive victim. Thompson recalls, "The one thing that we tapped into from her character in *Twilight* was that while she is beautiful, you'd better proceed with caution."

Brooke Hauser

"Who can blame Ashley for seeming a little nervous?" muses Hauser, who interviewed Greene--already the subject of plenty of tabloid drama at 24--for "Ashley Greene Spills Her Guts." Though the actress was initially reserved, her earnest personality took over, and she opened up to Hauser. "She is able to laugh about things and see them in perspective--that's impressive," says Hauser. "She's doing a great job of dealing with the pitfalls of being a celebrity." Hauser's first nonfiction book, *The New Kids* (Free Press), came out in September.

Carter Smith

When photographing pearly makeup for "Gleam On," Smith skipped the expected Scandinavian-snow-queen approach. His collaborator, *allure* creative director Paul Cavaco, points out, "There is something ominous in the pictures, in the shadows and the pensiveness of the girl. Carter's work has a cinematic quality." While the gothic mood was aided by the setting--Greystone Court, a castle on New York's Hudson River--Smith's own background no doubt helped: He's the director of the haunting films *The Ruins* and *Bugcrush*.

Kathleen Rooney

"I think bad hairdressers treat you like a silly little child no matter what your age. They act like they know what is best for you," says Rooney, who explores her own relationship with her stylist, Teresa Mapa, in "Head Games." After 23 years, there's no question that Mapa has earned Rooney's trust. She's also earned something else: "Teresa is in the small category of friends and family who are allowed to call me Kathy, and I don't mind." Rooney's latest book is *For You, For You I Am Trilling These Songs* (Counterpoint).

Regan Cameron

In "Jean Sequence," the fashion staple shows off its versatility against such backdrops as a graffiti-covered wall and a gritty industrial warehouse. "It was great to play with a range of looks, matching jeans with their surroundings and demonstrating how well they suit every kind of wardrobe," says photographer Cameron. One shot was a little more

1/7/2013

CONTRIBUTORS Allure November 2011

challenging than the rest: "A massive, sudden downpour while we were shooting the models with the car made us scramble for shelter. We waited it out--then soldiered on!"

Jolene Edgar

Edgar had a personal interest in exploring the connection between the brain and the complexion for this month's "Psycho Skin." "When I'm nervous, my face turns an unflattering shade of tomato," says the *allure* contributing editor. "I was presenting a story idea to a super-intimidating editor once, and my face essentially burst into flames. She even stopped the meeting to point out my blush--it was mortifying." After reporting this piece, Edgar now understands how to conquer such flare-ups: "Beta-blockers and biofeedback."

Tom Munro

Munro, who shot the striking runway-influenced hairstyles for this month's "Designer Hair," welcomes a sense of humor--and collaboration--on his set. "The whole day was a laugh," says the photographer, who had worked with Hungarian model Eniko Mihalik once before. "We teased one another all day." When everyone's work was finished, the team switched roles: Munro slipped in front of the camera to have makeup artist Fulvia Farolfi direct him for a personal portrait (left)--designer hairstyle not included.

Sarah Z. Wexler

"Jennifer Lopez's trainer, **Tracy Anderson, says [J.Lo] is a beast at the gym,**" says Wexler, who reveals the workout tricks and tips of Hollywood's most coveted fitness experts in "Training Days." "I would love to have such a rock-solid body--you can really see the work she puts into it." Since writing the story, Wexler has tried many of the techniques she researched, including TRX Suspension and lap swimming. So, is she any closer to her own J.Lo figure? "Let's just say I can do a dead lift now, and leave it at that."

GRAPHIC: Picture, Michael Thompson

Picture, Brooke Hauser

Picture, Carter Smith

Picture, Kathleen Rooney

Picture, Regan Cameron

Picture, Jolene Edgar

Picture, Tom Munro

Picture, Sarah Z. Wexler

LOAD-DATE: December 5, 2011

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JOHNSON FEASTING ON SUCCESS; LOSING WEIGHT HAS TURNED HIM INTO CONTRIBUTOR Sun-Sentinel (Fort Lauderdale, Florida) December 21, 2009 Monday



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Sun-Sentinel (Fort Lauderdale, Florida)

December 21, 2009 Monday
Broward Metro Edition

SECTION: SPORTS; Pg. 13C

LENGTH: 495 words

HEADLINE: JOHNSON FEASTING ON SUCCESS;
LOSING WEIGHT HAS TURNED HIM INTO CONTRIBUTOR

BYLINE: Shandel Richardson Staff Writer

DATELINE: CORAL GABLES

BODY:

Reggie Johnson still remembers the embarrassment.

Last year he stood out among his Miami Hurricanes basketball teammates for the wrong reason. When the team reported for a weightlifting session, the team's biggest player came up short on the bench press.

"I'm ashamed to tell you this," Johnson said of that moment. "But I benched 185 [pounds] once."

Johnson is sure there were whispers from his peers, but no more. Once considered an overeater at meals and an underachiever in the weight room, he has silenced his critics. **The 6-foot-10 redshirt freshman has shed 43 pounds and become a self-proclaimed "beast" during workouts.**

He does 20 reps at 185 pounds and is now a pickier eater than a 5-year-old. It has all led to Johnson becoming a surprise addition to the Hurricanes' rotation. He's averaging 5.6 points and 10 minutes entering Monday's game against North Carolina A&T.

"I'm sure they were all talking about me behind the scenes," Johnson said. "But it's just hard work paying off. I believe I produced, and I'll just build on that."

Johnson arrived at UM weighing 330 pounds. During practices last season, he was often beaten down the court by other interior players. His meals consisted mostly of fried foods and sodas.

"Looking back at pictures, I was like, 'Wow, I was that big,'" said Johnson, now 287 pounds. "No one ever told me. No one really mentioned to me anything about weight."

That changed when Johnson linked up with UM strength coach Mac Calloway. He has spent many days - and nights - helping Johnson improve his physique.

"Reggie and I are always together," guard James Dews said. "I can start to see the change in him. I'll go to McDonald's and get something, and he'll be like, 'Nah, I'm not going to mess with that. Drop me off somewhere else.'"

Johnson eliminated soda and reduced his fried-food intake. Sugary snacks were replaced by more fruits and vegetables. Although he admits to cheating on the diet on road trips, he remains true to it for the most part.

JOHNSON FEASTING ON SUCCESS; LOSING WEIGHT HAS TURNED HIM INTO CONTRIBUTOR Sun-Sentinel (Fort Lauderdale, Florida) December 21, 2009 Monday

"I just worked on my portion size," Johnson said. "Instead of having two plates or three sandwiches, I have one."

Cardio workouts with Calloway before and after practice and on off days have Johnson receiving compliments on his mobility from coach Frank Haith.

"He's just getting better and better," Haith said. "... He's definitely a presence and he's running the court better."

INFORMATIONAL BOX:

N. Carolina A&T at Miami

Tip-off: 7:30 p.m., BankUnited Center

Records: Miami 11-1; North Carolina A&T 4-6

Radio: WQAM (560-AM)

Tickets: 800-462-2637 or hurricanesports.com

Scouting report: The Hurricanes will likely be without forward DeQuan Jones, who missed Saturday's game against FAU with a sprained ankle. Coach Frank Haith said he plans to bring Jones back slowly so he's ready for Atlantic Coast Conference play. UM is expected to start a three-guard lineup, with Durand Scott, Malcolm Grant and James Dews. North Carolina A&T is coming off a 90-65 loss at Northwestern.

- Shandel Richardson

NOTES: < Informational box at end of text.

GRAPHIC: Photo(s)

"I just worked on my portion size," UM's Reggie Johnson said. "Instead of having two plates or three sandwiches, I have one." Peter Andrew Bosch, Miami Herald

LOAD-DATE: December 21, 2009



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Sun-Sentinel (Fort Lauderdale, Florida)

December 15, 2009 Tuesday
Online Edition

SECTION: SPORTS; Pg. Web

LENGTH: 290 words

HEADLINE: SLEEK LOOK BENEFITS REGGIE JOHNSON

BYLINE: Posted by Shandel Richardson on December 15, 2009 03:13 PM {TOPIC} Miami Hurricanes

DATELINE: CORAL GABLES

BODY:

Hurricanes center Reggie Johnson hardly looks like the baby-faced, out-of-shape player who arrived on campus last year.

After redshirting his freshman season, Johnson has shed 43 pounds and been a surprise contributor this season. He's averaging six points in 10.2 minutes. If he continues to improve, his size should be valuable once the ACC season begins. But first the Hurricanes (9-1) must conclude the non-conference schedule, which continues Wednesday at Stetson.

"I feel a lot better on the basketball court, and also just in life," Johnson said.

Johnson weighed 330 pounds at the start of last season. He now is 287 and counting. His goal is to be around 275 by spring. Johnson has done it by changing his diet and hitting the gym with strength coach Mac Calloway.

Eating less fried foods and eliminating soda have been the biggest difference-makers.

"Instead of having two plates or three sandwiches, I have one," Johnson said.

Johnson admits he cheats on road games, but an added emphasis on cardio and weightlifting allows a few slip-ups. He could only bench press 185 pounds once as a freshman. Now, he's does 20 reps.

"Now, I can brag about it," Johnson said. "I'm pretty sure they were talking about me behind the scenes. Now, I'm a beast in the weight room."

Johnson also held individual cardio workouts with Calloway during the summer and preseason. Before and after practice, and on off days.

"It wasn't fun," Johnson said. "The guys would shower and were set to go sit down and get something to eat and I'd be still doing cardio. But it paid off."

A few thoughts:

-I'll pick up football coverage later this week. The Hurricanes return to practice Friday.

-UM will hold four practices at Greentree before heading to Orlando Christmas Day.

LOAD-DATE: December 18, 2009

What helps 'Man V. Food' host says exercise prepares him for eating challenges The Star-Ledger (Newark, New Jersey)
July 30, 2009 Thursday



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The Star-Ledger (Newark, New Jersey)

July 30, 2009 Thursday
STATE/ROP EDITION

SECTION: TODAY; Pg. 056

LENGTH: 394 words

HEADLINE: What helps 'Man V. Food' host says exercise prepares him for eating challenges

BODY:

Adam Richman, host of Travel Channel's "Man V. Food," provided some of the livelier moments on the first day of the Television Critics Association's summer press tour.

As part of the show's panel, Richman explained how he gears up for the eating challenges at the end of each episode -- and defended the show from charges that it encourages overeating and obesity.

In each episode of "Man V. Food," which returns for a second season on Wednesday, Richman travels to an American city to check out a famed local restaurant that symbolizes that town's cuisine. At the end of each show, Richman attempts to tackle a notorious local eating challenge, sometimes involving mass quantities of food, sometimes with infamously spicy food.

"The single greatest tool I have in my arsenal," he said of preparing for the quantity challenges, "is exercise, to rev my metabolism up. I work out very diligently on the road, but the night before a quantity challenge, I work out like a beast."

As for the spicy challenges, he said the trick was to actually taste the peppers and not just the heat.

Richman ran track and played lacrosse in college, and said the key to him not keeling over from a coronary is that he exercises daily and eats a healthy diet whenever he's not filming segments for the show.

"I stay super-vigilant about my health," he said, "and I don't eat necessarily like I eat on the show in my day-to-day life. It's a system of checks and balances. I try to stay extra-vigilant, not just about doctor visits, but supplements, making sure I work out on a daily basis."

At one point, he compared the experience of the show to "somewhere between an absolute party and the Roman coliseum," which led one critic to point out that "Rome didn't do so good after a while." She suggested that shows like "Man V. Food" don't help our national problem with obesity, and asked, "When do we get past the idea that eating a lot of food is a great idea?"

"At no point do I or the network or the show espouse overeating," Richman insisted. "These are not about that. These are about once-in-a-blue-moon indulgences. At no point would I espouse this as a lifestyle choice ... I'm not doing it several times a week. These are indulgences, and in this economy, so is travel. And while I'm not going to eat Gus' (World Famous) Fried Chicken every day, I will when I'm in Memphis."

--Alan Sepinwall

GRAPHIC: Adam Richman, right, host of Travel Channel's "Man V. Food," with a network executive, speaks Tuesday during a panel at the Television Critics Association's press tour. Frederick M. Brown/Getty Images

What helps 'Man V. Food' host says exercise prepares him for eating challenges The Star-Ledger (Newark, New Jersey)
July 30, 2009 Thursday

LOAD-DATE: July 30, 2009



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Los Angeles Times

June 1, 2009 Monday
Home Edition

SECTION: SPORTS; Sports Desk; Part C; Pg. 1

LENGTH: 726 words

HEADLINE: ON THE LAKERS;

Krypto-nightmare;

Lakers' top priority for Finals against Magic is to find a way to contain the NBA's 'Superman,' Dwight Howard

BYLINE: BRODERICK TURNER

BODY:

The "beast" is 6 feet 11, 265 pounds, his physique like that of a Greek god.

The beast is quick, athletic, powerful and dominant, a force unlike any other in the NBA.

The beast is Dwight Howard -- also known in many circles as "Superman" -- who now has become a target the Lakers must contend with and contain.

The beast and his Orlando Magic teammates will be here Thursday to play the Lakers in Game 1 of the NBA Finals at Staples Center.

Howard widely is considered the best center in the league, a work in progress still, but yet such a talent that the Lakers will develop a game plan they hope can keep him from controlling the game.

"He is a beast inside," said Lakers assistant coach Brian Shaw, who is in charge of devising the scheme against Howard and the Magic because Orlando is one of his scouting assignments during the season.

"But I think there are ways to contain him and to contain the beast. As we go through the series, we have to figure out how to do that."

The Lakers haven't seen anyone like Howard in the postseason.

The Utah Jazz had centers Jarron Collins, who offered little offensively or defensively, and Mehmet Okur, a perimeter-shooting big man with little post game.

The Houston Rockets had 7-6 Yao Ming, but he made his living more on turnaround jumpers than in the low post. He also broke his foot in Game 3 of the Western Conference semifinals and didn't play the last four games.

The Denver Nuggets had 6-11, 250-pound Nene, but he doesn't have the power game Howard has.

"He's a unique kind of player," Pau Gasol said Sunday after the Lakers watched film of the Magic. "I don't think there have been many players like him because of his physical gifts and attributes."

It'll be up to Andrew Bynum to deal with Howard in the beginning. Bynum averaged 8.5 points, 2.0 rebounds and 22.5 minutes in the two regular-season games against the Magic and Howard. Bynum was limited by foul trouble in the first game.

Howard averaged 21.5 points, 16 rebounds and 2.5 blocked shots in the two games, both Orlando victories.

Gasol and DJ Mbenga will get their turns at Howard too.

The Lakers didn't double-team Howard much doing the regular season, preferring not to leave three-point shooters like Hedo Turkoglu and Rashard Lewis alone.

"We are a long team. We have lengthy defenders to deal with Turkoglu and Lewis," said Lakers Coach Phil Jackson, who has lost his last two tries in the Finals at breaking the tie he has with Red Auerbach for most NBA championships as a coach with nine. "But I don't know who can guard this big kid if he's as physical as he is. Howard is just a real powerhouse down there inside."

Howard was named NBA defensive player of the year, another area he can control.

He has averaged 21.7 points in the playoffs, including a 40-point effort Saturday in Orlando's Eastern Conference-clinching Game 6 victory over Cleveland.

Shaw said the idea is to beat Howard to his spots, to eliminate lob dunks, to crowd him inside, to make him take shots (as opposed to dunks), to deny him deep post position, to not let him dominate the game.

"He might be the best post-lane center in the league, meaning he changes ends of the court from defense to offense better than anybody," Shaw said. "His first three steps are faster than any center. He runs down the middle of the floor and gets deep position in the post. We have to try to eliminate some of that."

--

Brown sued

Lakers reserve guard Shannon Brown has been sued in civil court over an alleged sex-related incident involving a woman in Denver.

Brown played for the Charlotte Bobcats at the time of the alleged incident; the Bobcats played in Denver on Jan. 30. He was traded to the Lakers on Feb. 7. Denver police investigated the woman's claim, but prosecutors didn't pursue the matter.

Brown was served papers Friday in Denver before the Lakers closed out their series against the Nuggets that night.

Brown said he was innocent.

"The truth is going to come out," he said Sunday. "I didn't do nothing. I'm innocent. I'm going to let it take its course."

--

Rambis job interview

Lakers assistant coach Kurt Rambis is expected to interview for the Sacramento Kings' head coaching vacancy early this week in Los Angeles. Kings General Manager Geoff Petrie was on the East Coast tending to personal issues but plans to speak with Rambis before the Finals start.

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broderick.turner@latimes.com

GRAPHIC: PHOTO: TALL ORDER: Andrew Bynum (17) is likely to be Lakers' first line of defense against Dwight Howard. Bynum averaged only 8.5 points and two rebounds in two games this season against the Magic and its All-Star center. **PHOTOGRAPHER:** Los Angeles Times **PHOTO: PAU VS. POWER:** Pau Gasol, right, is one of the Lakers big men who figure to take turns guarding Dwight Howard. The 7-foot Gasol is an inch taller, but Howard has considerable advantages in bulk and strength. **PHOTOGRAPHER:** Stephen Dunn Getty Images

LOAD-DATE: June 1, 2009

The Gift Of Grab &Nbsp;; Jankowski Receives Unique Honor: All-State In Two Sports Intelligencer Journal
(Lancaster, Pennsylvania) April 22, 2009 Wednesday



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Intelligencer Journal (Lancaster, Pennsylvania)

April 22, 2009 Wednesday

SECTION: C; Pg. 1

LENGTH: 574 words

HEADLINE: The Gift Of Grab &Nbsp;;
Jankowski Receives Unique Honor: All-State In Two Sports

BYLINE: Ed Gruver

DATELINE: Lancaster, PA

BODY:

Sports Staff

Like many young boys, he grew up wanting to be like his older brother.

For good reason.

Tyler Jankowski was a key contributor to Lancaster Catholic's championship football and baseball teams before graduating in 2006.

Why wouldn't Travis, younger by three years, want to emulate him?

"I idolized him growing up," Travis said. "I wanted to do what he did."

He has, and in the process, he's done big brother proud.

Within the past 12 months, Jankowski achieved a rare double honor when he was named First Team All-State by the Associated Press in baseball and football. In that same span, he helped lead Crusader squads to L-L League section titles and district championships in both sports.

Blessed with the gift of grab, he stars in the outfield and at wide receiver. His stunning hook-and-ladder touchdown catch against Mount Carmel in last year's state semifinal is already the stuff of legend at Lancaster Catholic.

Prior to each baseball game, he and Crusaders coach Mike Davis have a routine.

"Take two away," Davis will say.

Jankowski nods, then proceeds to blanket center field. In more games than not, he does take two away from the opposition.

It may be two hits.

Or two runs.

"He does whatever we ask," Davis said, a certain amount of wonder in his voice. "He's a weapon; the complete package."

Next fall, Jankowski will continue his academic and athletic careers at Stony Brook University in New York, a Division I school that sits on the north shore of Long Island.

The Gift Of Grab & Nbsp;; Jankowski Receives Unique Honor: All-State In Two Sports Intelligencer Journal
(Lancaster, Pennsylvania) April 22, 2009 Wednesday

"I really related to their coaches," he said of a staff headed by Matt Senk. "They're pretty close with their players."

He has received a partial baseball scholarship that will pay 30 percent of his tuition. He'll study health care, further extending his bond with Tyler, a pre-med major at the University of South Florida.

A son of Paul and Kelly Jankowski, Travis's involvement in sports started early. His father, a former outfielder for Indiana University of Pennsylvania, coached both boys.

"My dad coached my older brother in baseball and I would hang around them," he said. "I started playing tee ball when I was four (years old)."

He was about that age when he picked up his nickname, "Freddy."

"When I was little I used to watch 'Mister Roger's Neighborhood,'" he said. "My brother started calling me 'Freddy' (after the show's main character, Fred Rogers).

"At first I hated it, then I got used to it. Now everybody calls me Freddy."

He laughed.

"Even my mom and dad," he added.

He played sports through his grade school years at St. Leo's, then had the rare treat of being a freshman teammate to his brother at Catholic when Ty was a senior.

"They've both meant a lot to the program," football coach Bruce Harbach said. "They've been great athletes for us. Off the field, they're good people."

Travis's success hasn't come without a price. He's been sidelined by a broken collarbone, a concussion, and most recently, a sprained ankle.

That he bounces back each time is testament to his work with Lancaster Catholic conditioning coach Pete Anderson.

"When it comes to workouts," Davis said of Jankowski, "he's a beast."

The worth of his effort is evident.

Last spring, he hit .471, scored 25 runs, drove in 20 and stole 24 bases.

He followed that up in the fall by hauling in 57 catches for 1,192 yards and 20 TDs.

In this, his senior season, he and his mates are seeking another section title.

"It's gone by so fast," he said of his high school career.

The good times always do.

GRAPHIC: Lancaster Newspapers Although The Crusaders Travis Jankowski Will Continue His Academic And Athletic Careers At Division I Stony Brook University In Baseball, He Was An Outstanding Receiver And Earned First Team All-State Honors As A Wide Receiver Last Fall For Catholic's Football Team.

Lancaster Catholic's Travis Jankowski Earned First Team All-State Honors Last Spring When He Hit .471, Scored 25 Runs, Had 20 Rbis And Stole 24 Bases As The Crusaders Won Section And District Baseball Titles. Suzette Wenger /

LOAD-DATE: April 22, 2009

12p10 9-pt 5-lines 12p10 9-pt 5-lines 12p10 9-pt 5-lines 12p10 9-pt 5-lines 12p10 9-pt 5-lines The Miami Herald April
6, 2009 Monday



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The Miami Herald

April 6, 2009 Monday

SECTION: XXX; Pg. XXX

LENGTH: 979 words

HEADLINE: 12p10 9-pt 5-lines 12p10 9-pt 5-lines 12p10 9-pt 5-lines 12p10 9-pt 5-lines 12p10 9-pt 5-lines

BYLINE: MICHELLE KAUFMAN, mkaufman@MiamiHerald.com

BODY:

One of Andy Murray's biggest fans was 700 miles away from the Sony Ericsson Open men's final Sunday afternoon, but he appreciated and celebrated the fourth-ranked Scot's 6-2, 7-5 victory over Novak Djokovic more than just about everyone in the sun-baked sellout crowd on Key Biscayne.

Dani Vallverdu, the No. 1 player on the University of Miami tennis team, is one of Murray's closest friends, and when his parents called to tell him the good news, Vallverdu could hardly contain his excitement.

Vallverdu is one of Murray's closest friends, and he watched the fourth-ranked Scot toil through a grueling four-week boot camp on the Coral Gables campus and Tropical Park in December. He saw Murray run 100- and 200-meter sprints over and over -- until he was doubled over. He watched him pump iron alongside UM football players in the gym. He saw him swim laps in the UM pool, scrimmage against the UM women's soccer team and practice yoga.

And he was there when Murray devoured 16 pieces of sushi religiously for lunch at Whole Foods in South Miami, loaded up on protein at Brazilian all-you-can-eat restaurant Porcao and kicked friends out of his Brickell Avenue condo at 10 p.m. so he could get proper rest.

"Andy's hard work is really paying off -- all that conditioning gives him an edge," Vallverdu said by phone from Winston-Salem, N.C., where the Hurricanes beat Wake Forest. "He deserves everything he's getting because he put in more work than anybody realizes. **The guy was a beast when he trained in Miami. It was incredible to be around.**"

Murray's superior fitness was on display on Stadium Court on a scorching hot Sunday, as he sprinted from corner to corner and frustrated Djokovic by changing pace on the ball. He raced through the first set in 33 minutes, and Djokovic called for a cold towel and umbrella after being broken the first game of the second set.

It was the second time this year Djokovic, the No. 4 Serb, struggled with heat in a big match against an Andy. He retired from his Australian Open quarterfinal against Andy Roddick on a 95-degree day.

Murray's white shirt was soaked through Sunday, but he looked like he could have lasted at least another set. Sunday's title was his third this year, and he has beaten four top-10 players in the past month: No. 2 Roger Federer, No. 3

EXHIBIT 1 PART 2 OF 5

12p10 9-pt 5-lines 12p10 9-pt 5-lines 12p10 9-pt 5-lines 12p10 9-pt 5-lines 12p10 9-pt 5-lines The Miami Herald April
6, 2009 Monday

Djokovic, No. 6. Juan-Martin del Potro, and No. 8 Fernando Verdasco. Two years ago in Key Biscayne, Djokovic breezed past Murray 6-1, 6-0 in the semifinals. That was a different Murray.

Tennis fans in Great Britain already are buzzing, hoping he will be the first Brit to win Wimbledon since 1936.

Murray attributes his recent results to his improved fitness. He has been traveling with Delray Beach-based fitness guru Jez Green since the end of 2007, and his entourage also includes coach Miles Maclagan, strength and conditioning coach Matt Little and Davis Cup teammate Ross Hutchins.

"I spent my offseason here and trained at the University [of Miami], and I travel with a fitness trainer, which makes a big difference," Murray said. "When you're traveling on your own, you can go in the gym, but you don't really know the right things to do two, three days before a match.

"Should you be lifting weights? Should you be on the treadmill? Should you be doing speed work and whatnot? It has given me a bit more of a routine. I got stronger, put on some muscle. I did a lot of running on the track, which I had never done before. It gives you more confidence going into matches knowing you're in good shape."

It also helped that he was sleeping in his own bed and eating meals in his kitchen rather than hanging around a hotel. Murray said he feels at home in Miami. Last week, on his off day, he went to the UM courts to cheer for Vallverdu as the Hurricanes played Virginia.

"He's just like one of the guys," UM coach Mario Rincon said Sunday. "He's in the middle of a big tournament, and there he is with his brother, Jamie, watching our guys play a match, yelling with the other fans. We feel very privileged to have a guy like that around to inspire our players, and I'm so happy to see his hard work paying off."

Djokovic, meanwhile, was angry at himself after the match. He went up 5-2 in the second set and served for the set at 5-3, but blew two set points -- one on a double fault and the other on a forehand wide that gave Murray the break. He broke Djokovic at love in the second-to-last game and won the trophy -- and the \$605,500 first prize -- when Djokovic's volley went long on match point.

Djokovic committed 43 unforced errors to Murray's 19.

"Yet again, I was the biggest enemy to myself," Djokovic said. "I was struggling again adjusting to the heat. I was really impatient in the start, made a huge number of unforced errors, and he was playing very solid, waiting for his chances, serving quite well, moving all over the court quite good. Generally, I'm not satisfied with the way I played."

The Serb, who won here in 2007, conceded that Murray's fitness is much improved. Murray has beaten Djokovic three times in a row after losing their first four meetings. Djokovic trained 10 days on an Austrian mountain during the offseason, but that didn't help him in the South Florida heat.

"Physically, Andy's moving much better all over the court," Djokovic said. "The balls he wasn't getting before, he is now. The switch of defensive to offensive tennis in the points, he is one of the best in the world. I think that makes him a much better player than he used to be."

Vallverdu has known Murray since they were juniors training together in Spain. He said he is as inspired by Murray's results as his demeanor.

"He hasn't changed at all since I met him as teenagers, and that is what I'm most proud about him," Vallverdu said. "One day, he's cheering at a college tennis match, and the next day he's winning a major title. He's just Andy."

LOAD-DATE: April 6, 2009

'Stangs hope to make some noise Telegraph Herald (Dubuque, IA) February 13, 2009 Friday



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Telegraph Herald (Dubuque, IA)

February 13, 2009 Friday

SECTION: B; Pg. 1

LENGTH: 723 words

HEADLINE: 'Stangs hope to make some noise

BYLINE: Jim Leitner TH sports editor/jleitner@wcinet.com

BODY:

All season long, the Dubuque Hempstead boys swim team has lived by the motto "Good to Great." Now is the time the Mustangs plan to show it to the rest of the state. The Mustangs have quietly put together one of the strongest seasons in school history and will be looking to make a name for themselves Saturday at the Iowa High School Athletic Association state meet in Marshalltown. "The guys on this team are great racers, and that's what this meet is all about," coach Rick Loeffelholz said.

"It's a chance to go head-to-head with the guy in the lane next to you and show what you're made of. "We're capable of moving up in all of our seeds. These guys have come to realize that every swim counts. We've had an unbelievable season, as far as school records go, and that has me excited as a coach, not only for Saturday but for the next few years down the line." Donny Warren has already set the school record in the 100 backstroke, and Ben Loeffelholz has taken down the 100 freestyle standard. And both swimmers held off on their tapers so they can have their best meets of the season on Saturday. Hempstead has also broken six of the 11 school records at the frosh/soph level. "A lot of us have been swimming DASH up at Loras, so we're in so much better shape year round," said senior Ryan Hosier, who qualified for state on all three relays and in the breaststroke. "We've gotten in the weight room, and we've put in so much time. "It's neat to see a lot of the younger guys push themselves the way they have. I'm kind of excited to see what these guys will accomplish the next few years." Hosier said Warren and Ben Loeffelholz have been at the core of Hempstead's solid season. "Both of those guys set such a good example with their work ethics," he said. "Donny pushes me a lot, and I think Ben pushes just about everybody. He's an absolute beast when it comes to working out. He's always giving it 100 percent and pushing everybody else on the team to keep going." Warren conserved energy at districts and qualified second in the 100 backstroke and third in the 200 individual medley. He swam a 52.90 in the back and trails Ames' Ben Utesch by .71 seconds. Warren qualified third in the I.M. with a 1:58.09 and sits .25 seconds behind top-seeded Nathan Maloney of Decorah. Maloney and Warren swim together in the Dubuque Area Swimmin' Hurricanes club program. "I feel really good about Saturday," said Warren, a University of Iowa recruit who has shared athlete of the year honors at the Mississippi Valley Conference and district meets with longtime friend Jordan Huff, of Senior. "I feel so confident about where I am, and I know I can knock a few seconds off both of those swims. I think I can go 1:52 or 1:53 in the I.M. and, who knows, maybe a 50 in the back? "This is my last hurrah, and I definitely want to make the most of it. I'm sure it will be a little emotional toward the end of the meet. This isn't a make-or-break meet, but it sure would be nice to end my four years of swimming at Hempstead on a really good note." Warren achieved his district times despite not being shaved. He and Huff also decided to swim without caps. Flowing hair creates drag and slower times. "Mentally, putting a cap on and wearing a racing suit is going to do wonders for me on Saturday," Warren said. "When you hold everything back until that last meet of the year, it makes you feel so much more explosive in the water. I know I'm going to feel unbelievable in the water." Hempstead also qualified for the final heats in two other events. Ben Loeffelholz qualified sixth in the 100 freestyle, and the medley relay team of Warren, Hosier, Loeffelholz

'Stangs hope to make some noise Telegraph Herald (Dubuque, IA) February 13, 2009 Friday

and Brian Fuchs landed the eighth seed. Loeffelholz in the 50 and Hosier in the breaststroke each landed No. 10 seeds. Tim Temperley ranks 11th in the 500 and 16th in the 200, and Cameron Griffin grabbed the 24th and final slot in the 500. The Mustangs' 200 freestyle relay qualified 14th and the 400 freestyle relay 17th. "I think we have a chance to sneak up on a lot of people," Rick Loeffelholz said. "We went 2-8 in duals and finished fourth in our district, but if we swim the way we're capable, you're definitely going to see us in contention for a top-10 finish. That would be huge for this program." Hempstead has finished as high as seventh at state in 1987 and again in 1996.

LOAD-DATE: February 13, 2009

Tech gym coach will be missed St. Cloud Times (Minnesota) January 17, 2009 Saturday



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St. Cloud Times (Minnesota)

January 17, 2009 Saturday

SECTION: SPORTS; Pg. 1D

LENGTH: 434 words

HEADLINE: Tech gym coach will be missed

BYLINE: Tom Elliott

BODY:

Dave Hoeller has been around forever. (Translation: the 1970s).

"Long enough," he said this week. "I've coached dinosaurs."

The coach of dinosaurs will be ending a highly successful run as St. Cloud Tech gymnastics coach at the end of the season.

It's a good time to go, Holler said. The program has never been stronger and is dominated by its senior and junior classes.

Tech earned a No. 1 state ranking for the first time two weeks ago and is currently second in Class 2A heading into a huge meet today at Lakeville.

Tech's assistants, Joel and Colleen Stark-Haws, are top notch and have the Junior Tiger gymnastics program running in full gear. And, Hoeller is retiring as a high school science teacher, so it'll be a clean cut after a long career of teaching and coaching, which included stints in cross country and track.

"I'm done," he said after being asked about staying on as a coach. "It's been a good time. I'll miss it, no doubt.

"I like to putz with things, fix things. I'll have plenty to do. Now (in retirement), I can get nothing done, but it takes me all day."

Tech has finished second in the state the past three seasons and has been led by one of the most outstanding all-around athletes in school history.

That would be Alise 'The Beast' Post, a world-ranked professional BMX racer who has won three state vaulting titles in gymnastics.

Hoeller says she has been offered a track and field scholarship from the University of Minnesota as well. It's sort of fitting that Hoeller will go out with her.

His gymnasts are resigned to the fact that he'll be gone after the season.

"We kind of knew it was coming eventually," said junior Steph Strandberg. "It's sad. We've improved so much.

"He's going to leave a big hole. Hopefully, he's leaving with no regrets. He'll be missed."

Desk clearing

Tech senior gymnast Amanda Miller will be attending the presidential inauguration in Washington.

Tech gym coach will be missed St. Cloud Times (Minnesota) January 17, 2009 Saturday

While the wrestling should be excellent, one of today's highlights at the Kiffmeyer Duals will be Kevin Kiffmeyer singing "God Bless America."

The former Tech wrestler will perform at about 10:15 a.m. after the 9 a.m. b-squad matches and before the first varsity events at Tech. The 15th annual event is named after Kiffmeyer's father, Jim Kiffmeyer, a Tech and St. Cloud State wrestling legend and longtime official.

Foley, Apollo and host Tech compete with Hastings, Albert Lea, Cambridge-Isanti, St. Michael-Albertville and Wahpeton.

"The gym will be packed," Tech head coach Dave Schorn said.

This is the opinion of Times prep sports coordinator Tom Elliott. Contact him at 259-3661 or at elliott@stcloudtimes.com

LOAD-DATE: January 19, 2009

UCLA FOOTBALL NOTEBOOK: JOHNSON GETS THE MESSAGE The Daily News of Los Angeles September 6,
2008 Saturday



535 of 2167 DOCUMENTS

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The Daily News of Los Angeles

September 6, 2008 Saturday
VALLEY EDITION

SECTION: SPORTS; Pg. C5

LENGTH: 513 words

HEADLINE: UCLA FOOTBALL NOTEBOOK: JOHNSON GETS THE MESSAGE

BYLINE: By Brian Dohn Staff Writer

BODY:

UCLA wide receiver Dominique Johnson snatched the highlight-reel, one-handed catch in the corner of the end zone at USC, and in a flash, his talent was visible for all to see.

That play showcased the best of Johnson, and also brought to light a bigger frustration: Why couldn't he play with such spirit all the time?

So, one by one, first-year Bruins coach Rick Neuheisel, offensive coordinator Norm Chow, receivers coach Reggie Moore and a few former Bruins went to Johnson in an effort to make him a bigger factor in the offense. Their charge was Johnson needed to consistently give a better effort.

"They just ride me and ride me and ride me," said Johnson, a sophomore. "They never let me relax out here. It used to be a habit of mine to do just enough to get the coaches to not say anything to me. (This staff) has kind of instilled in me that that's not going to help me in the long run.

"I can be the best in the nation, and in order to achieve that I have to come out here and work harder than anybody, and come out here and keep grinding it out, even when I don't feel like it."

The 6-foot-3, 205-pounder had 25 catches last season. He opened 2008 with four receptions against Tennessee, and now must help pick up the slack, in production and leadership, with senior Marcus Everett (dislocated toe) out three to four weeks.

"I've always been real laid back," Johnson said. "Even in high school, nobody ever really pushed me to my limits. It began as a little bit of a habit, and it carried into my career here.

"I've improved a lot, and I think it's going to continue to help me. I have to continue to doing everything hard, running hard, and always going hard, and it will help me in a game. When I go out there in a game, I don't find myself winded anymore. I feel like I can keep going, and the game is slower than practice out there."

Ketchum readying

Junior receiver Gavin Ketchum (mononucleosis) missed the opener, but did full conditioning drills the past two days and is hopeful of returning for next Saturday's game at No. 15 BYU.

UCLA FOOTBALL NOTEBOOK: JOHNSON GETS THE MESSAGE The Daily News of Los Angeles September 6,
2008 Saturday

``They were projecting me (out) for three weeks, and that would be the third week," he said. ``I've always come back early from being injured. They give me a date and I beat that by a week or so."

Ketchum, at 204pounds, said weight loss and strength were not issues.

``Basically an enlarged spleen and energy level is why they were holding me out," Ketchum said. ``I'm feeling good. I had a beast of a workout (Thursday), and I'm feeling good."

Rosario update

UCLA receiver Nelson Rosario sat out practice with, according to an MRI result, a mild sprain of the medial collateral ligament in his right knee, but it is anticipated he will be ready for BYU.

``I don't think (Rosario) will miss past Tuesday's (practice)," Neuheisel said.

Better pace

After Thursday's lackluster practice, Neuheisel said Friday's effort was much better.

``I think our desire and tempo was outstanding, and I was all over them," Neuheisel said. ``It was a high-spirited, tempoed practice."

brian.dohn@dailynews.com

UCLA

SEPT. 13 at BYU, 12:30 p.m.

TV: Versus.

GRAPHIC: box

Box: SUNSHINE STATE SHOWDOWN

LOAD-DATE: September 8, 2008

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Player's new start helps renew team St. Petersburg Times (Florida) March 21, 2004 Sunday 0 South Pinellas Edition



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St. Petersburg Times (Florida)

March 21, 2004 Sunday 0 South Pinellas Edition

SECTION: SPORTS; Pg. 11C

LENGTH: 616 words

HEADLINE: Player's new start helps renew team

BYLINE: BRIAN LANDMAN

DATELINE: ORLANDO

BODY:

As he rose to leave the dais the other evening, Mississippi State's Lawrence Roberts suddenly broke into song.

Not for long. Just for a few bars, but enough to show off a soft, melodic voice worthy of American Idol.

"Oh, man," he said, a bit embarrassed and unable to even recall the title or artist. "Branden (Vincent) has the voice. That's my roommate. He sings a lot, so it's rubbed off on me."

"No, man. I don't know why he's lying," chimed in Vincent, a senior forward who didn't want to take the credit - or blame - for the impromptu solo. "I just listen to a lot of slow music. He can get crazy sometimes. He won't get outrageous. He likes to have fun."

Not like Roberts doesn't have something to sing about.

Last summer, he was preparing for his junior season, perhaps his springboard to the NBA draft, when his life got caught up in the tumult that engulfed Baylor. One teammate found dead. Another charged with his murder. A coach disgraced for trying to cover up alleged recruiting improprieties.

The 6-foot-9, 235-pound forward had sunk to a basketball nadir, but was allowed to transfer without sitting out the required year. Now, he's at a zenith.

He and the No. 2-seeded Bulldogs (26-3), the SEC regular-season champions, meet No. 7-seeded Xavier (24-10), one of the hottest teams in the tournament, at 12:10 p.m. today at the TD Waterhouse Centre for the right to advance to the Atlanta Region Sweet 16 on Friday. The Bulldogs won the regular-season meeting 82-70 on Dec. 13 in Starksville.

No. 3-seeded N.C. State (21-9) plays No. 6 Vanderbilt (22-9) in the second game with that winner moving to the Phoenix Region on Thursday.

"I don't think either one of us could have scripted it any better," Mississippi State coach Rick Stansbury said. "It's been the perfect marriage for both of us. He's helped us in all the areas we needed and we provided him what he needed."

Roberts, who chose MSU over Arizona, found a team looking for a post presence with the defection of Mario Austin to the NBA. The Bulldogs found a star in the making. He earned SEC player of the year and is averaging 17.1 points and 10.2 rebounds.

"I think Lawrence Roberts is one of the top five college basketball players in the country," Xavier coach Thad Matta said. "The thing with Lawrence is his ability to score. He's so athletic, he runs the floor, he gets great post position

A.1 (bb)

Player's new start helps renew team St. Petersburg Times (Florida) March 21, 2004 Sunday 0 South Pinellas Edition

and now, unfortunately for us, he's knocking down 3's. And just his ability to rebound the basketball at both ends of the floor is incredible."

In Friday night's rout of Monmouth, Roberts had 19 points and four rebounds before leaving midway through the second half after taking a thumb to his right eye. He said his vision was a bit blurry Saturday, but there's no swelling or redness and he said he's fine.

"He's a beast," Vanderbilt coach Kevin Stallings said. "He's incredibly strong and athletic, skilled, great hands, and he's relentless. He's really a good player. Really good. He doesn't complain, he just goes about his business."

Teammates agree that Roberts, 21, is a diligent worker, quiet and remarkably unassuming, traits that eased his transition to his new school. In one respect, sitting out a year would have helped him adjust to new people and new surroundings. The NCAA's special waiver took that away.

"The guys were great; they didn't ask anything about the situation. They didn't bring it up," he said of the problems at Baylor that made him want to avoid television and the telephone since both brought only more revelations and more questions. "That made it a lot easier for me.

"It's going incredibly well. Right now, we're in a position where we can do some great things."

GRAPHIC: PHOTO, Associated Press; Lawrence Roberts dunks against LSU.

LOAD-DATE: March 21, 2004

CAMPO CAPTURES TITLE ON LATE PENALTY KICK Contra Costa Times February 29, 2004 Sunday FINAL
EDITION



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CONTRA COSTA TIMES

Found on BayArea.com
Contra Costa Times

February 29, 2004 Sunday FINAL EDITION

SECTION: SPORTS; Pg. B12

LENGTH: 433 words

HEADLINE: CAMPO CAPTURES TITLE ON LATE PENALTY KICK

BYLINE: MIKE MCGREEHAN, TIMES STAFF WRITER

BODY:

ORINDA -- At whatever level of soccer, a penalty call is sure to generate controversy.

Such was the case at Miramonte High School on Saturday evening when Campolindo High scored on a late penalty kick to beat Las Lomas 2-1 in the North Coast Section 2A girls championship match.

The 2A title was Campolindo's second in three seasons. The fourth-seeded Cougars (17-6-4) also won the title in 2002.

This year's match looked like a sure candidate for overtime until Campolindo's Sam Faber went down in the box at 77 minutes. Much to the astonishment of No. 6 Las Lomas, which had dominated most of the second half, the referee pointed to the penalty spot. Moments later, Mimi Yuhus booted home the game winner.

Campolindo fans rejoiced while some from the Las Lomas side of the grandstand yelled at the officials for "giving the game away."

Such is soccer.

In any event, the call -- whether just or not -- provided a less-than-satisfying conclusion to what had been a terrific soccer match.

"I think Las Lomas put forth a phenomenal effort," Campolindo coach Ernesto Silva said. "(The penalty kick) is part of the game. I'll take it and try to put it in the net, but Las Lomas deserved better. I would have hoped to win it in a different manner."

Las Lomas (16-9-2) had lost twice to Campolindo -- by identical 3-1 scores -- during the Diablo Foothill Athletic League season. But as Silva said, "The NCS is a completely different beast."

Both teams ran in fits and starts in the first half. A smattering of invention by each side turned up here and there, but for the most part, the first 40 minutes were uneventful.

The second half, though, provided some great soccer. Campolindo scored the first goal against the run of play at 53 minutes. Cougars sweeper C.J. Adranly made a nice run toward the right post, collected a cross from Faber, then kissed a shot in off the left post for a 1-0 lead.

A.1 (cc)

CAMPO CAPTURES TITLE ON LATE PENALTY KICK Contra Costa Times February 29, 2004 Sunday FINAL
EDITION

Las Lomas responded by going all out for the equalizer, which it got at 64 minutes. Catherine Brothers played the ball back nicely to Lacey Musante at the top of the box. Musante, a freshman, made no mistake, placing the ball nicely into the upper left-hand corner to knot the score.

Both teams had other chances. At 70 minutes, Las Lomas goalkeeper Chelsea McIntyre came off her line to challenge Yuhas one-on-one. McIntyre got a piece of the ball, which defender Leslie Maienschein-Cline cleared from the box.

Las Lomas' Kristina Condon-Sherwood came within centimeters of putting her team ahead four minutes later with a 35-yard free kick off the bottom of the crossbar.

LOAD-DATE: November 8, 2005

SPRING STOPS FAR AFIELD Sun-Sentinel (Fort Lauderdale, FL) February 27, 2004 Friday Broward Metro Edition



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Sun-Sentinel (Fort Lauderdale, FL)

February 27, 2004 Friday Broward Metro Edition

SECTION: SPRING TRAINING 2004; Pg. 20

LENGTH: 622 words

HEADLINE: SPRING STOPS FAR AFIELD

BYLINE: Sarah Talalay Staff Writer

BODY:

It has been four months since you've heard the crack of the bat, smelled the fresh cut grass and scarfed a bag of peanuts. So not only are you overdue an afternoon at the ballpark, you want to make up for lost time, filling in the gaps between spring training contests with as much of the boys of summer before, well, summer is actually here. If you're tooling around Grapefruit League spring training sites, here are some other baseball-related stops:

Museums

Baseball As America exhibit at the Florida International Museum: It's only on until March 6, but if you hurry you'll get to see more than 500 items from the Baseball Hall of Fame, including the first ball pitched by Cy Young in the first modern World Series in 1903; the famous limited Honus Wagner 1909 card; "Shoeless" Joe Jackson's shoes; and Jackie Robinson's jersey.

Address: 100 Second Street North, St. Petersburg

Phone: 727-822-3693

Hours: Monday-Saturday 9 a.m.-5 p.m.; Friday 9 a.m.-8 p.m.; Sunday 11 a.m.-5 p.m.

Admission for baseball exhibit: Adult, \$15; Senior/Military/College, \$13; youth, 6-18: \$10.

Ted Williams Museum and Hitters Hall of Fame: Located a few blocks from where Williams, the Hall of Famer and Boston Red Sox great, lived. When it opened in February 1994, it was the first museum dedicated to a living athlete. And it's ranked as the top tourist attraction in Citrus County. It celebrates Williams and other great hitters of the game. Williams described the museum's mission this way: "Through the Ted Williams Museum and Hitters Hall of Fame, we hope to build a lasting monument, an architectural tribute to what I think is the single most difficult thing in all of sports: hitting a baseball. We hope the museum will become a place millions of baseball fans will visit and enjoy for generations to come. I hope you'll join us as we transform our dreams into reality."

Address: 2455 North Citrus Hills Blvd., Hernando

Phone: 352-527-6566

Hours: Tuesday-Sunday 10 a.m.-4 p.m.

Admission: \$5; children 12 and under: \$1.

Diversions

If you go to Vero Beach to see the Los Angeles Dodgers train at Dodgertown, take time to enjoy your surroundings. The team's 51-year-old Holman Stadium is an intimate ballpark with no dugouts and unparalleled access to players.

A.1 (dd)

SPRING STOPS FAR AFIELD Sun-Sentinel (Fort Lauderdale, FL) February 27, 2004 Friday Broward Metro Edition

Walk along Jackie Robinson Avenue and Sandy Koufax Lane and enjoy the view from the outfield's grassy berm. The grounds include more than 400 acres, including a golf course and conference center.

Address: 4001 26th St., Vero Beach

Don't forget Pete Rose Ballpark Cafe, where you can order Chili Davis Beef Nachos; Bases Loaded Hot Chips; or a Golden Glove Quesadilla.

Address: 1601 North Congress Ave., Boynton Beach

Hall of Famers RIP

At Flagler Memorial Park in Miami, you'll find the burial site of Hall of Famer Jimmie Foxx, who began his major league career in 1925 with the Philadelphia Athletics. Known as Beast or Double X, he played 20 seasons on four teams, including the Boston Red Sox and Chicago Cubs and holds the record for most walks in a major league game with six on June 16, 1938. Elected to the Hall of Fame in 1951, he died in Miami in July 1967. 5301 W. Flagler St., Miami.

At Sarasota Memorial Park, Heinie Manush, known as a "hitting machine" whose career average was .330, is buried. He died in Sarasota in May 1971. Address: 5833 S. Tamiami Trail, Sarasota.

Hall of Famer Joe Tinker is buried at Greenwood Cemetery in Orlando. He died in July 1948. Address: 1603 Greenwood St., Orlando.

At Stage Stand Cemetery in Homosassa Springs, right-handed pitcher Dazzy Vance is buried. Elected to the Hall of Fame in 1955, he died in February 1961. The cemetery is east of U.S. 19, north of Bradshaw Boulevard.

GRAPHIC: MAP 18; MAP: Locates spring training sites for Grapefruit League. Staff graphic

TYPE: SPECIAL SECTION

LOAD-DATE: February 27, 2004

PRAY OFFERS 'BEAST' OF GAME FOR LADY CATS The Macon Telegraph February 18, 2004 Wednesday
HOME EDITION



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February 18, 2004 Wednesday HOME EDITION

SECTION: C; Pg. 1

LENGTH: 852 words

HEADLINE: RAY OFFERS 'BEAST' OF GAME FOR LADY CATS

BYLINE: Candace Buckner, Telegraph Staff Writer

DATELINE: FORT VALLEY

BODY:

- "The Beast," is out there.

She's roaming about Fort Valley State, seeking a player to box out, throw down and smack up. She comes in the form of freshman Amanda Ray, a freshman Lady Wildcat and teammates sometimes aren't immune to her roughness. That's how she earned the nickname.

"When she comes in there aggressive, I come back aggressive with her," senior center Tamara Warner said of FVSU's practices. "That's why I don't like to guard her."

Warner, however, denies ever getting banged up by "The Beast."

Boxed out, maybe. Pushed back, possibly. But never banged up, she says repeatedly.

"Amanda plays everybody, but why she's gonna call my name out," Warner said within earshot of Ray, her roommate.

Maybe Warner's appeals are so impassioned because who really expects this Florida girl to come like that?

Ray, from Fort Lauderdale, wears her name on a gold chain. Her dreadlocks are thrown behind her forehead, worn proudly like a lion's mane. If you've seen her outside of Woodward Gym, you'd think volleyball player, not so much power forward.

She stand a little more than 5-foot-10, but her lean body isn't typical of her penchant being physical. However, through 23 games -- 22 as a starter -- Ray leads the team in rebounding (7.8).

And with her guard-influenced quick turnaround jump shots and slick moves, Ray also scores 9.8 points a game, third best on the team.

"To be her size," Warner said, taking a minute away from the denials. "She plays real big on the inside and comes up with rebounds because she's so aggressive."

That's why they call her "The Beast."

PRAY OFFERS 'BEAST' OF GAME FOR LADY CATS The Macon Telegraph February 18, 2004 Wednesday
HOME EDITION

"When I first got here, I was so rough. The girls were like, 'Dang, You're beating us up. You act like a beast,'" Ray recalled. "Yeah, I'm 'The Beast.'"

In high school, Ray was the all-season athlete. She played flag football and volleyball. And with only four weeks experience, advanced to the Florida Class 6A state track finals in the high jump.

But during the winter of her senior season at Dillard High, Ray stood out as a power forward. Throughout her career, Ray played guard but moved down low to fill a void left by a former teammate's graduation.

She played the new position well enough to draw a share of college interest, but nothing that intrigued her. A few Florida junior colleges and Division I Stetson had contacted Ray's high school coach.

She really didn't want to attend junior college so all options fell on Stetson until her coach sought out FVSU Coach Lonnie Bartley last March. Although FVSU already held its "shootaround" open tryouts and was running low on scholarship money, Bartley invited Ray to a weekend visit.

"I felt like it was my last opportunity to go to college," Ray said. "And I just felt I had to give it my all."

So she released "The Beast." Her all was even too much for the men. During her visit, Ray found her way into a few pickup games with men at Woodward. Among the players were several football players on campus for summer school.

"One guy that comes to mind," Bartley said. "The ball was shot and she was boxing out, and I mean, she pushed him 10 feet away from the basketball to make sure he wouldn't get it."

She finally stopped only after he fell out of bounds. For the rest of game, Ray didn't stop until Bartley was so impressed he couldn't say no.

Ray signed a week later.

Bartley said of all incoming freshmen, he knew Ray would be ready to start. Her aggressiveness ran unparalleled and unchecked during preseason practices.

"I was banging Tamara up," remembered Ray of an incident that Warner emphatically denies. Sometimes, however, that beast of excitement needs to be caged. Ray has committed 76 turnovers, second only to point guard Sherika Tarpkins.

In what Warner calls "freshmen mistakes," Ray would play at hyper speed while teammates played on neutral. Her extra animation has resulted in forced passes and poor decisions.

Now, Ray understands Bartley's criticism. Back in November, however, it was different.

The real "Beast" was the little man patrolling the sidelines, sometimes yelling, other times stomping his gators at players.

"Coach Bartley can get to you," Ray said. "At one point, I was thinking about not playing anymore because he keeps fussing at me, I must not be doing that well."

Only Warner, with her been-there, survived-that experience, changed Ray's thinking.

"I don't know, for some reason I'm the only one who could calm "The Beast" down," Warner said.

After the rough adjustment, Ray said she's more confident in her role, but still just as aggressive. And FVSU needs that. The Lady Wildcats have won their last eight and with the SIAC tournament on the horizon, they seek yet another conference championship.

For times like these, it's always good to have a "Beast" to release.

THE RAY FILE

- Class: Freshman
- Size: 5-10
- Major: Marketing
- High school: Dillard (Fort Lauderdale, Fla.)

A.1 (ee)

PRAY OFFERS 'BEAST' OF GAME FOR LADY CATS The Macon Telegraph February 18, 2004 Wednesday
HOME EDITION

- College highlights: Starter in 22 of 23 games, averaging 9.8 points and 7.8 rebounds.
- Personal: Middle of three daughters
- Contact Buckner at 744-4400 or cbuckner@macontel.com

GRAPHIC: Photo (1) mug of Ray

LOAD-DATE: August 22, 2005

/Moore leads win Courier-Post (Cherry Hill, NJ) November 1, 2003 Saturday X Edition



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Courier-Post (Cherry Hill, NJ)

November 1, 2003 Saturday X Edition

SECTION: Pg. 1G

LENGTH: 733 words

HEADLINE: /Moore leads win

BYLINE: Staff

BODY:

Moore gives plenty in Camden win

RUNNEMEDE -- Shomari Moore ran for four touchdowns, played a strong game on defense, and held for two extra points on Friday night.

His one pass attempt, however, was pretty much a complete disaster.

"I guess I got a little excited," Moore said with a smile after leading Camden High School to a 32-6 victory over Triton Friday night in a Burlco/Olympic Conference football game.

Moore had just finished a 41-yard run to the Triton 6-yard line early in the fourth quarter. He was knocked out of bounds on the Camden side of the field, so he heard his cousin -- former Camden basketball star Dajuan Wagner, a member of the NBA's Cleveland Cavaliers, who was standing behind the fence -- calling his name.

Just like that, Moore threw the football -- toward Wagner, but over his head, and clear out of the stadium.

"I overthrew him," Moore said.

Said Camden coach Mark Pease: "I didn't call a halfback pass."

It was easy to joke about Moore's bad pass because the 5-foot-8, 170-pound athlete did little else wrong on a warm Halloween night when the Panthers kept alive their hopes for a berth in the South Jersey Group 3 playoffs.

Moore carried the football 27 times for 224 yards. He scored on runs of 6, 7, 13 and 40 yards as Camden improved its record to 4-3, with a key game against Pemberton next Saturday at Farnham Park.

"He's a beast," Pease said of Moore. "He's such a tremendous athlete. He's always in the weight room and he's getting stronger as the season goes along."

The victory was a team effort for the Panthers, who needed to play a solid game to beat a fiesty Triton club that showed plenty of intensity despite a 1-6 record.

"I love that team." Pease said of Triton. "They've got guys who are a little undersized at a lot of positions but they have so much fight, so much tenacity.

"They've got a lot of heart over there. I'll take any of those guys. They are hard-nosed football players."

Triton senior Mike Williams gained 80 yards on 16 hard carries and scored the Mustangs' touchdown on a 4-yard run. Williams also played a solid game at linebacker.

A.1 (ff)

/Moore leads win Courier-Post (Cherry Hill, NJ) November 1, 2003 Saturday X Edition

"I don't know how they breed them out here or what the coaches do to get it out of them, but they've got so much heart," Pease said of Triton.

Camden got a lift from senior Dashon Fooks, who filled in for the injured Nathaniel Brown at quarterback. Fooks picked up three first downs on keepers, and his two-point conversion run after Moore's second touchdown was a marvel of second -- and third, and fourth -- effort.

Camden senior two-way lineman Shukree Barfield, a 6-foot-4, 290-pound athlete, also played a solid game. He had two quarterback sacks on defense and also played a key role along an offensive line that created ample running room for Moore.

"Shukree, big time, big time," Moore said. "We had plenty of people blocking up front."

Moore's big plays made the difference in the game. He gained 115 yards in the first half, and his 23-yard burst set up the only touchdown in the first two quarters -- his 6-yard burst off left tackle with just 0:47 on the clock.

Camden seized command of the game with a 63-yard scoring drive to open the second half. Fooks' 38-yard keeper set up Moore's second touchdown, a 7-yarder.

"We lost some games we probably should have won," Moore said. "But we're still working hard. We're trying to get in the playoffs."

In the fourth quarter, Moore would score two more touchdowns, knock down a Triton conversion pass in the end zone, and hold for both of Carl Smith's placements.

First, though, Moore would try that pass to his famous cousin.

"Once I did it, I told the ref I was sorry," said Moore, who was hit with an unsportsmanlike conduct penalty.

Wagner is sitting out the early part of the Cavaliers' season with a knee injury as well as a liver ailment. He never played football at Camden -- he was busy scoring a state record amount of points in basketball before graduating in 2001 -- but participated in the sport in youth leagues.

"He (Wagner) has football in his heart," Pease said. "He gets so excited seeing Shomari do well. I know he (Moore) didn't mean anything spiteful to Triton or the officials. He was just excited."

It was some night for Shomari Moore: 224 yards, four touchdowns, and one remarkably incomplete pass.

Reach Phil Anastasia at (856) 486-2424 or panastasia@courierpostonline.com

LOAD-DATE: November 4, 2003

A.1 (gg)
August 11, 2003,
Monday

Copyright 2003 The News Tribune
The News Tribune (Tacoma, Washington)

August 11, 2003, Monday

SECTION: South Sound; Pg. C01

LENGTH: 796 words

HEADLINE: How 'Whammy in Miami' man became 'Beast' of Japan

BYLINE: John McGrath, The News Tribune

BODY:

The television was blaring in the corner of the room Sunday afternoon when I glanced up and saw a commercial for an ESPN pay-per-view fight in Las Vegas. Somebody billed as Bob "The Beast" Sapp was headlining something called the "K-1 Battle at the Bellagio."

While wondering what a K-1 event is - as opposed to, say, a K-2 event - the name and the face packed a combination punch that stunned me.

Bob Sapp?

Hey, I know that guy.

The Bob Sapp ESPN is hyping for its pay-per-view event in Las Vegas is the same Bob Sapp who once played football for the Washington Huskies, where he used his big and impressively nimble body to block on the offensive line and, afterward, served as the quote machine sports reporters relied on to translate the arcane jargon of the chalkboard into pithy insights.

Offensive linemen, you may or may not realize, are some of the most well-spoken athletes on the field, but the temptation to seek them out exclusively for postgame analysis is not without a drawback.

They never touch the ball.

Well, almost never touch the ball. On the afternoon of Sept. 24, 1994, Sapp recovered a fumble in the Miami end zone that proved pivotal in a Huskies' victory that snapped the Hurricanes' NCAA-record home winning streak at 58. Chatting with us later in the gathering twilight, Sapp broke into a smile and, in that wonderful boom-box voice of his, pronounced his team's achievement "The Whammy in Miami."

In the span of a few hours, a backup sophomore tackle not only had scored a touchdown and participated in one of the most memorable upsets in Washington history, but single-handedly wrote a Sunday morning sports-page headline for every newspaper in the country.

Sapp eventually was named a senior co-captain, and, when the Chicago Bears made him their third-round draft choice in the spring of 1997, seemed destined for a decent, if not particularly spectacular, career in the NFL.

He played in one game, got cut by four teams and was reduced to answering want ads for a succession of odd jobs, one of which was to move bodies for an Atlanta morgue at \$ 125 apiece.

But Sapp never lost his yearning for the spotlight, and when he found himself facing William "The Refrigerator" Perry in a celebrity tough man competition - and winning - he was noticed by a promoter representing the Japanese martial-arts sport of K-1, a hybrid of karate, kickboxing, and taekwondo.

In other words, it's a sort of midnight parking-lot rumble, except without the tire irons.

So Sapp went to the Far East, and after a crash course in K-1 fundamentals (such as they are), he underwent his metamorphosis from failed NFL lineman into "The Beast," the most recognized American in all of Japan. At 6-foot-4 and 350 pounds, Sapp has captivated fans with his menacing physique inside the ring and his gentle Hoss Cartwright disposition away from it.

A.1 (gg)
August 11, 2003,
Monday

How 'Whammy in Miami' man became 'Beast' of Japan The News Tribune (Tacoma, Washington)

His first match was seen by 10 million television viewers; the rebroadcast attracted an audience of 20 million.

A star was born.

Sapp has been featured in dozens of different TV ad campaigns, selling everything from laundry detergent to frozen foods. He's recorded a rap CD with an accompanying video. He is the subject of three books.

Compared to Bob Sapp, Michael Jordan and Tiger Woods are more reclusive than J.D. Salinger.

"Everything I do changes the stock market," Sapp told the Asian edition of Time Magazine recently. "Everything of mine sells. I haven't paid a bill in two years. People just give me things."

Sapp earned \$ 3 million in American dollars last year, not shabby for somebody whose lifetime K-1 record is 6-3.

"I'm just trying to make the most of every opportunity, you know, trying not to screw this up," he told Time. "It's been a wild, wild ride, I will tell you that."

It's a crazy world, no? Ichiro Suzuki comes to Seattle and recharges a Mariners organization that had alienated its American superstars, and Japan gets Bob Sapp, an ex-Huskies lineman recognized by more Tokyo schoolchildren than, well, Ichiro himself.

Now Sapp will try to sell his extreme sport in the United States. He's scheduled to appear tonight on the Tonight Show with Jay Leno. On Wednesday, he'll be available for a chat-room session on EPSN.com.

The three-round, pay-per-view match at the Bellagio, against the two-armed-and-considered-dangerous Kimo Leopoldo, is on for Friday night at 7.

"In every sport," Sapp said a few months ago, "you have to have a Plan B. For me, Plan B is already set. I'm ready to do Hollywood movies."

And if Hollywood doesn't work out for the man who coined "Whammy in Miami" before he hit the showers, there's always Plan C.

A headline writer.

- - -

John McGrath: 253-597-8742, ext. 6154

john.mcgrath@mail.tribnet.com

GRAPHIC: BW PHOTO ; SHUJI KAJIYAMA | THE ASSOCIATED PRESS: Ex-Husky Bob 'The Beast' Sapp is now a sports icon in Japan. (C08)

LOAD-DATE: August 12, 2003

'The Beast' slays Japanese hearts CNN.com July 1, 2003 Tuesday



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July 1, 2003 Tuesday

SECTION: WORLD

LENGTH: 284 words

HEADLINE: 'The Beast' slays Japanese hearts

BYLINE: Rebecca MacKinnon, CNN Tokyo Bureau Chief

DATELINE: TOKYO, Japan

BODY:

Meet Japan's most popular American.

He failed as a NFL football player and also as a professional wrestler, but now Bob Sapp has found himself a Japanese superstar -- with a best-selling rap video and CD.

"I think the first time I was really shocked was when they told me how much the autograph was going for," the former Minnesota Vikings offensive lineman said.

"That was U.S.\$10,000 dollars and that's when I went, 'you've got to be kidding me!'"

Is Sapp now a rapper? No, he is 'The Beast' -- a K-1 fighter and star of a sport that combines boxing, Asian martial arts and kickboxing.

Japanese fans love his dramatic fighting style, not only when he wins but also when he loses.

Sapp has become regular feature on Japanese TV, appearing in commercials promoting everything from DVD players to fabric softener.

With endless product endorsements, talk shows and advertising contracts, nothing seems beneath this mountain of a man.

Beyond the usual T-shirts, action figures and video games, the marketing potential seems endless. Shops sell Bob Sapp mouse pads, 'The Beast' apple crunch and even special Bob Sapp Japanese rice crackers.

So what is it about this guy that the Japanese love so much?

"He is huge, but he seems very gentle," a female fan told CNN.

"He reminds me of a samurai," a young male fan said.

Bob speaks almost no Japanese, so he communicates mainly with facial expressions, and his life story does have universal appeal.

A.1 (hh)

'The Beast' slays Japanese hearts CNN.com July 1, 2003 Tuesday

"I've suffered many, many ups and downs in my life. And so does everyone. And the thing is to always know, with this down, the only place you can go is up," Sapp said.

From unemployed athlete to millionaire, Sapp has certainly hit Japan's commercial jackpot.

LOAD-DATE: September 26, 2003

FOR NEW DOLPHIN SEAU, FAILURE IS NOT AN OPTION Saint Paul Pioneer Press (Minnesota) April 27, 2003
Sunday EARLY EDITION

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Saint Paul Pioneer Press (Minnesota)

April 27, 2003 Sunday EARLY EDITION

SECTION: SPORTS; NFL REPORT; Pg. B6

LENGTH: 2274 words

HEADLINE: FOR NEW DOLPHIN SEAU, FAILURE IS NOT AN OPTION

BYLINE: From news services

BODY:

OCEANSIDE, Calif. -- The old man's eyes -- "killer eyes," his famous son has called them -- still point in different directions. He still has beefy hands and a room-crowding presence, still has the look that convinced friends to stand in the middle of Zeiss Street in Oceanside, Calif., and shout for young Junior Seau to come out and play rather than knocking on the door and risk facing the father and all that fear welling up inside.

There really is no other place to start telling the story of the newest Miami Dolphin than here, with this old man who did more to shape Seau than any barbell or push-up, who taught him how to succeed in football without knowing an X from an O. This story is about a name, honoring a name. The Junior Seau you know is legally Tiaina Seau Jr. That's why we have to start here, with Tiaina Seau Sr.

Each morning and each night, he would gather his children for prayers. They would kneel on straw mats, listening to his Samoan words, always in a circle because no one was allowed to turn their back on their father. Afterward, the mother, Luisa, would lead them in a hymn.

Saturdays were spent cleaning the church. Sundays were spent in that church, all day, from bible study to the service to choir practice to band. The kids were not permitted outside after sunset. English was not to be spoken in the house, only Samoan. Shoes also were never worn while inside.

There was a lot of discipline and even more rules, all of it built around the biggest rule -- protect the family name.

"It's Samoan pride," says Junior's sister Annette. "My father learned it from his father. It's just wrong to fail, wrong. You're supposed to excel over 100 percent. That's what Samoan children are taught. That's what Junior was taught."

Taught? Sorry, that's not the right word. You're "taught" things like long division and state capitals. The idea of not failing, Seau says, has been "engraved in me." He is still scared of failure today, after 12 Pro Bowls, nearly 1,500 tackles and 13 years of carrying an entire football team -- entire football town -- on his back.

Seau admits to sitting in the locker room before games frightened about not succeeding. His career is filled with apologies for letting down others, be them teammates or coaches or even his high school teachers when a poor SAT score made him ineligible his first year at Southern California.

After allowing a touchdown pass against the San Francisco 49ers one year, Seau stood to address his fellow Chargers, to say he was sorry, but ended up sobbing instead. Another time, he was so furious about San Diego's failings that he yanked off his helmet and spiked it, shouting at the coaches to make adjustments. This happened during an exhibition game.

"Failure is not an option for Junior," says Don Montamble, who started as Seau's high school basketball coach but grew into being his close friend. "He doesn't want to think about it. It's counterproductive to even consider it."

No wonder, then, that Seau finished the first NFL practice of his life, a day that was supposed to be a celebration of officially making it, an event Montamble had promised years earlier to attend, with tears rolling down his face. Seau had held out in a contract dispute and arrived to find his new teammates less than embracing.

FOR NEW DOLPHIN SEAU, FAILURE IS NOT AN OPTION Saint Paul Pioneer Press (Minnesota) April 27, 2003
Sunday EARLY EDITION

He was a whiner, a prima donna and, worst of all, a failure before playing his first snap. It lasted into the season, when Seau would call for the Chargers to huddle and he would have to walk over to where they set up. Then, he would step into the huddle and relay signals from the sideline, sensing that his teammates barely were listening to him.

In perhaps the fifth game of his rookie season, Seau called for a huddle and the Chargers suddenly came to him, a moment more significant than symbolic. He was so excited about something subtle enough most must have missed it that Seau had to tell someone immediately after the game. He called his father.

Tiaina Sr. never demanded that his most athletically gifted son work while growing up. The other five Seau children always worked. Payday for Junior came after his games at Oceanside High, when relatives would hug his neck and stuff money in his hands, the total sometimes reaching \$500 depending on how he had played.

"That wasn't so much paying him," Tiaina Sr. says through a thick and halting Samoan accent. "That was love. It was blessing him for making it through the game and playing well."

The love inside the Seau household was like the father -- tough. After losses, those relatives would be there again but not the money. Tiaina Sr. rarely spoke to Junior or his brothers following defeats, other than to maybe call them lazy.

There also were plenty of spankings while growing up, and the hurting didn't always lead to something that ultimately felt good. Seau's youngest brother, Tony, ended up in a youth detention facility for his part in a gang-related shooting. A report from authorities noted he was the product of "a severely dysfunctional family unit."

Tony is nearly 10 years younger than Junior, the next-youngest sibling. Unlike the other Seau kids, he grew up in an emptier house, drifting toward a group of cousins involved in a Samoan gang.

He eventually played football in junior college, then at Eastern Washington University, but last year was shot in the head in another gang-related incident. After battling to retain his eyesight and hearing, Tony recovered and continues trying to piece together his life. The family gave him a gift basket when he was discharged from the hospital. It included a can of cat food. The message: You have used up eight of your lives; you have one left.

"We each took our lickings, but we're better people because of it," says Junior's brother, Savaii, an artist. "The old man was hard on us because, being new to this country and not knowing the language, he wanted us to succeed. But there was love behind all the discipline. I mean, I think Samoans are the biggest huggers in the world. The old man wanted things to be better for us than they were for him and my mom. I think my parents did a hell of a job raising us."

Says Annette: "We were always loved, and we knew we were loved. It just never was expressed."

Not hearing "I love you" at home seems strange now, considering that all of greater San Diego has shouted "We love you" at Seau for years. His photo is everywhere in this part of the country, literally, since it's on the cover of the phone book.

If anyone here sides with the Chargers in this trade, they have remained silent. The screams are about how badly this team has messed up and how huge Seau will respond as a Dolphin. Think about what the Chargers have done, what they potentially have unleashed. In dealing Seau, they have told everyone he is no longer valued. More significantly, they have told him they expect him to fail.

"Since this whole thing began, June has been working out like a beast," Montamble says. "You guys are gonna see it. There's a thing in football called 'hell week.' Junior has had his own 'hell month.'"

He has been working out in a program designed by a former Marine major and under the direction of an instructor they call "The Communist." Pete Egoscue's training is based on extreme agility drills that involve things like balancing on giant logs and running in shin-deep water.

Seau frequently finishes the 60- to 90-minute workouts on his hands and knees, begging to stop. Asked how intense the program can be, Brian Bradley, one of Egoscue's directors, says, "Let me put it this way. We have to have the carpet cleaned about once every two weeks."

So this is what the Dolphins are getting, a roaring engine who was driven enough to play much of San Diego's Super Bowl season one-armed because of a pinched nerve; a pounding heart who wouldn't sit in high school even though the painful cysts under his navel had him bleeding through his jersey; an angry attitude who, on the second play of his first NFL exhibition game, punched Oakland Raiders guard Steve Wisniewski in the face.

FOR NEW DOLPHIN SEAU, FAILURE IS NOT AN OPTION Saint Paul Pioneer Press (Minnesota) April 27, 2003
Sunday EARLY EDITION

And they are getting an old man, too, who will talk to his son right before each game, just like always, to pray with him. Junior will not speak during those meetings; he'll only listen to the whispered Samoan words.

Yes, the Dolphins are getting Tiaina Seau.

Both of them.

Raiders' legal fees top \$33 million: The Oakland Raiders led the NFL in offense last year and are No. 1 in the league in litigation.

The team's history in court is as storied as its three Super Bowl victories. Records obtained by the Associated Press show the Raiders and owner Al Davis spent \$33.5 million in legal fees in 1997-2001 alone.

"While most of our owners spend their time in the offseason building their businesses and cementing relationships with their communities, Mr. Davis spends his offseason in the courtroom," said NFL spokesman Joe Browne. "They're No. 1 in terms of litigation costs."

The Raiders sued Oakland over \$1 billion in lost revenue from promised sellouts, the Internal Revenue Service over failed stadium deals, and the NFL on grounds it sabotaged a Los Angeles stadium proposal.

In addition, the Raiders went to court to try to ban the Tampa Bay Buccaneers and Carolina Panthers from wearing their usual road uniforms in California, claiming they too closely resemble the Raiders' logo and colors.

Maybe instead of a one-eyed pirate, Oakland's mascot should be a briefcase-toting lawyer.

"It strikes me they're more litigious than the other 31 teams combined," said industry analyst David Carter, owner of The Sports Business Group, a Los Angeles-based sports marketing firm.

Much of Davis' legal offensive began in 1982, when he successfully sued the NFL on antitrust grounds, freeing himself and the league's owners to relocate without the league's permission.

That victory, which paved the way for the Raiders to move from Oakland to Los Angeles, provided leverage to NFL owners to negotiate better deals with local governments to keep them from moving. But it also foreshadowed a bounty of litigation from the Raiders trying to capitalize on that court victory.

"They seem to see litigation as a device to obtain things that they believe they need," said James Brosnahan, who is defending the Oakland-Alameda County Coliseum against a \$1 billion Raiders suit in a trial under way in Sacramento.

In 1995, the team agreed to move back to Oakland after its Los Angeles Memorial Coliseum Commission contract expired and after several scuttled deals to move elsewhere, taking with it \$4 million of the commission's money that was supposed to build luxury boxes at the coliseum.

Saying they shouldn't be taxed on that money, the Raiders sued the IRS. A federal appeals court sided with the Raiders in February.

The Raiders returned to Oakland under a deal with city and county officials, but the team now claims in court it was lured back amid false promises of sold-out games. The Raiders have struggled to sell out home games since their return.

Davis said he wasn't told that nearly 5,000 of almost 45,000 season-ticket applications were rejected because of credit problems in 1995.

"The people that are running this franchise have to run it like a business," said Raiders attorney Roger Dreyer. "It's not being run for somebody to have a good time."

The deal also provided the Raiders a \$53 million taxpayer-financed loan, \$10 million for a training complex and \$100 million to renovate the Coliseum, which the Raiders share with the Oakland Athletics.

The Raiders claim in their suit that the team's value has plummeted since moving to Oakland. When the team moved, it was ranked 11th in revenue generation. Now, it's 23rd. Neither the NFL nor the teams disclose revenues.

Brosnahan argues the litigation is a legal maneuver by the Raiders to back out of the 16-year deal and leave town again, an accusation the Raiders deny.

"The Raiders have no intention of leaving. It's a ploy that sports writers and defense attorneys like to float," Dreyer said.

A.1 (ii)

FOR NEW DOLPHIN SEAU, FAILURE IS NOT AN OPTION Saint Paul Pioneer Press (Minnesota) April 27, 2003
Sunday EARLY EDITION

The path from Los Angeles to Oakland also was mired in lawsuits. In 1987, the Raiders got a \$10 million handout from the city of Irwindale, a suburb east of Los Angeles, after a proposed stadium deal fell through.

"It's so many years ago. The city has moved forward and likes to think of that as a distant memory," said Steve Blancarte, an Irwindale city attorney.

Again, the Raiders sued the IRS and won. The IRS had imposed taxes on the \$10 million. That case is on appeal.

The aftermath of the Irwindale deal spurred a \$1.2 billion suit against the NFL, in which the Raiders accused the league of sabotaging the team's bid to build a stadium at Hollywood Park near Los Angeles in the mid-1990s. The team also alleges it still controls the exclusive rights to operate a team in Los Angeles.

A Los Angeles jury ruled against the team in 2001 in the Hollywood Park case, but a judge ordered a new trial last year amid allegations of jury bias. A juror said he hated the Raiders and Davis, and would never vote in the team's favor.

An appeal by the NFL is pending. The league claims Davis never made a commitment to the Hollywood Park stadium and only used the situation to get a better deal out of Oakland.

Just this week, a San Jose judge dismissed a trademark infringement case against the NFL involving the Bucs' and Panthers' uniforms, though he said the team could refile its case in federal court.

The Raiders, as always, said they were exploring their legal options.

GRAPHIC: Photo: Knight Ridder Tribune File Photo

LOAD-DATE: July 19, 2005

El Cerrito's Gooden ready to hear name called on draft day Tri-Valley Herald (Pleasanton, CA) June 24, 2002 Monday



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Tri-Valley Herald (Pleasanton, CA)

June 24, 2002 Monday

SECTION: MONTE POOLE

LENGTH: 796 words

HEADLINE: El Cerrito's Gooden ready to hear name called on draft day

BODY:

WHEN WEDNESDAY comes, bringing with it the most anticipated moment of his life, Drew Gooden will be with family and friends, dressed in his "sexy" suit, ready to take his first steps on the path to riches.

It will be perfect.

Almost.

"Ever since I was a little kid," Gooden says, "I've wanted to play for the Los Angeles Lakers."

Not going to happen.

Gooden is much too good to become a Laker anytime soon, and there is no chance of the All-America forward becoming one on Wednesday.

By the time the Lakers make their first selection in the NBA Draft, 27th overall, Gooden likely will have departed Madison Square Garden, probably for a premium table at one of Manhattan's finer restaurants.

The El Cerrito High product will be celebrating his new status as a high NBA lottery pick -- the highest produced by a Bay Area high school since Jason Kidd [St. Joseph] went No.2 overall in 1994.

Gooden, who declared himself eligible after his junior season at Kansas, is virtually assured of being the fifth Bay Area prep to achieve this distinction, joining Kidd, Lamond Murray, J.R. Rider and Gary Payton.

Entrance into this select club will, for Gooden, more than compensate for not going to his dream team.

"That's big," Gooden says. "I remember growing up and watching Jason Kidd's career. He was an icon in the Bay Area. For me to step onto that ground of elite players from the East Bay, that's says a lot. It's a good group to be amongst."

To be determined is exactly which team will draft the 6-foot-9, 230-pound 20-year-old.

Most projections have Drew going to Memphis with the No.4 pick. Some projections have him going to Denver at No.5.

And there is talk that the Warriors, despite open flirtation with Duke forward Mike Dunleavy, have not ruled out Gooden.

Gooden has worked out for the teams making the first five selections: Houston, Chicago, the Warriors, the Grizzlies and the Nuggets.

"The NBA GMs have seen my games," he says. "They have tape available. I worked out for some teams more than once. It's not like I'm a mystery. They know who I am."

A.1 (jj)

El Cerrito's Gooden ready to hear name called on draft day Tri-Valley Herald (Pleasanton, CA) June 24, 2002 Monday

Gooden is a swing forward who prefers being a power forward because "I'm more comfortable playing with my back to the basket, playing against guys my height or taller, than I am chasing smaller guys around screens and stuff."

Gooden improved every year at Kansas. He's a terrific rebounder who can score inside but has extended his range. He handles and passes very well for a big man. He can even take defenders off the dribble.

"The basketball player we're going to see five years from now is going to be so much more fundamentally sound, no mistakes," Kansas coach Roy Williams said near the end of the season. "I just think he's going to be a great, great, great, great player."

Gooden arrived at KU flashing marvelous athleticism and the game he learned on playgrounds from Oakland to Vallejo. In Kansas he was resorting to crossover dribbles and flipping no-look passes to pile up style points.

He instead piled up turnovers.

Williams hated what he saw and threatened to send Drew back to Richmond.

But Gooden dropped the poor imitation of Kidd, flicked the sugar off his game and began rounding out his skills.

Last season he became the most prolific scorer on the nation's highest scoring team and was named Big 12 Player of the Year. With Williams' blessing, Gooden proclaimed himself ready for the NBA.

"I used to hear a lot of stuff about me not being strong enough, about me being soft," he says. "I played in a tough conference and I averaged 20 points and was third in the nation in rebounding. Who can do that while being soft?"

"They [now] seem to realize I'm not soft. I have that dog in me. I let the beast out in my workouts. They saw the whole package."

Meanwhile, Gooden received a rude introduction to the business of the NBA. It's not as simple, nor as easy, as he imagined. He figured it was about playing hard and getting paid.

He now realizes teams are concerned not only with raw skills but with character and personality and commitment and the degree of interpersonal polish one projects.

"But I've been happy with all my workouts," he says. "It's time for me to relax and wait for the big day to happen."

Gooden says he's growing anxious for the moment when his name is called by NBA commissioner David Stern. Drew will be in a room with familiar faces and the usual assortment of, uh, fashion statements.

"I got my suit picked out," he says. "It's a lovely suit. The only thing I'll say is ... it fits. There won't be any loud colors. It won't be talked about. It's low key, but it's sexy."

Gooden winks and laughs.

Monte Poole can be reached at

[510] 208-6461 or by e-mail at

mpoole@angnewspapers.com

LOAD-DATE: June 18, 2003

Senior Mathews pumped about joining Sangamo The State Journal- Register (Springfield, IL) August 19, 2012 Sunday

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The State Journal- Register (Springfield, IL)

August 19, 2012 Sunday

SECTION: SPORTS; Pg. 31

LENGTH: 525 words

HEADLINE: Senior Mathews pumped about joining Sangamo

BYLINE: Dave Kane; Staff Writer, DAVE.KANE@SJ-R.COM

BODY:

PAWNEE - If their Sangamo Conference football debut turns out to be a struggle for Joey Mathews and his Pawnee High School teammates, it definitely won't be for lack of preparation.

That's especially true for Mathews and three other seniors who comprise the entire 12th-grade contingent for fifth-year coach Kitt Thein.

"They've all worked very hard; I just wish I had more of them," Thein said of the senior quartet.

"When you have 11 seniors like we did last year, it's not always the same guys handling everything. But when you only have four, they have to do double duty and be more vocal." And, according to Mathews, they have to do everything humanly possible to prepare for this year's challenge. The Indians went from being a typical Class 1A program in the Prairie State Conference to being the smallest school in the Class 2A-3A Sangamo.

Top rusher Mathews rushed for a team-leading 938 yards and 10 touchdowns last year, when Pawnee won its first Prairie State title in its final year in the league. The biggest conference win came in Week 6 at Class 3A Staunton, where Mathews scored a key touchdown at the end of the first half in a 24-21 victory.

But now "Every game this year will be like Staunton," Mathews said. "Last year, you'd play some teams and you'd get a little bit of a break. But every week's going to be tough.

"It's not really like we have to prove anything.

We just have to go play our game, and every game's going to be good." In bracing for this season, Mathews spent more time lifting weights and adding muscle. He still wishes he was bigger, but he's 10 pounds heavier (now 165) and he's definitely stronger.

Fellow seniors Sam Wagner (fullback), Brady Bennett (tight end) and David Greiner (lineman) have pumped extra iron.

But Mathews has earned additional respect - and nicknames - for his dedication and preparation.

Name game Thein said some of the players call Mathews the "Human Action Figure." Mathews said "G.I. Joe" is another alias. Wagner, one of Mathews' most frequent workout partners, has his own name for his teammate.

"Joe-Joe Beast Mode' is what I like to call him," Wagner quipped. "We all knew we'd be smaller (than other Sangamo schools) with less seniors, and we knew we had to work that much harder if we wanted to compete.

"We'd go wherever we could to lift. We even had a membership at a gym over in Auburn, and we'd go there whenever we could - any chance we got, really." Mathews, who's also moving to cornerback after playing linebacker last season, said there's nothing a player can do but work as hard as he can. It's a mentality he hopes the entire team carries when the Indians host the other Prairie State-to-Sangamo newcomer - North Mac - in their season opener Friday.

Thein had a little more than 30 players report this season, while North Mac's J.D. Lorton welcomed approximately 90.

A.1 (kk)

Senior Mathews pumped about joining Sangamo The State Journal- Register (Springfield, IL) August 19, 2012 Sunday

"We're trying to make everyone work extra hard so we can keep up with the teams that have 80 or 90 players," Mathews said.

"You can only put 11 on the field at a time, so if we're in as good a shape as they are, we'll be fine out there playing the whole game." Dave Kane can be reached at 788-1544.

GRAPHIC: Senior running back Joey Mathews ran for 938 yards for Pawnee last season. JASON JOHNSON/SJ-R

LOAD-DATE: December 6, 2012



Copyright 2012 Sentinel Communications Co.
Orlando Sentinel (Florida)

April 14, 2012 Saturday
FINAL

SECTION: SPORTS; FINAL; UCF FOOTBALL; Pg. C1

LENGTH: 581 words

HEADLINE: LB Shipman eager to again put aggressive foot forward

BYLINE: Iliana Limón, Staff Writer

BODY:

UCF linebacker Ray Shipman **was a beast on the football field** his freshman year in high school, dishing out punishing hits.

Shipman shifted his focus to basketball for the next five years and became an elite player who had to limit his natural aggression to avoid foul trouble.

After making the dramatic decision to leave the Florida Gators basketball team and transfer to UCF to play football two years ago, **Shipman has worked hard to get back into beast mode.** The 6-foot-5, 242-pound athlete has a much stronger understanding of the Knights' defense and is ready to throw his weight around.

"When I grew up playing football, that's what I did -- I hit," Shipman said. "But that gap when I stopped playing football, it's kind of tough and a lot of things were not natural anymore. When I came back, I would come back and hear coach say, 'You've got to be more physical.' I'd get mad because I know I've got it in me. I've always been able to get out there and hit. I think it has finally come together and I've just got to keep it going."

Shipman has worked his way up to the starting defense and is part of a much-improved linebacker rotation. The group hopes to put together a strong showing during UCF's spring game Saturday, set to get under way at 2 p.m. at Bright House Networks Stadium.

Admission costs \$5, but is free to fans who renewed their season tickets, UCF students and children ages 12 and younger. The first 5,000 fans who enter the stadium will receive free schedule posters.

The school is offering free parking in lots adjacent to the stadium that will open at 8 a.m. for tailgating.

UCF linebacker Jonathan Davis, who is entering his senior season, said the Knights want to put on a good show and make the most of their final spring practice. Davis has been among the more vocal team leaders, urging his teammates to work hard on every play.

"I like the where the defense [is at]," Davis said. "We really know what we're doing. We've got a real good concept of what everyone's doing."

Shipman, who is also entering his senior season, is working to be part of the tougher UCF lineup. He is tired of hearing how much potential he has to be a star outside linebacker once he completes the transition from basketball to football.

"I'm a football player now, so there's no more making of that transition from basketball stuff," he said. "Right now, I don't know what basketball is. If I don't know what's going on out here then I shouldn't even be playing football. Everything is pretty much night and day now for me because I have a season under my belt and I know the schemes. Now, instead of being hesitant out there I know where I'm going and I can just react and make plays."

Ruidoso athletes in the pink Ruidoso News (New Mexico) June 14, 2012 Thursday



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Ruidoso News (New Mexico)

June 14, 2012 Thursday

SECTION: SPORTS

LENGTH: 526 words

HEADLINE: Ruidoso athletes in the pink

BYLINE: Mike Curran mcurran@ruidosonews.com

BODY:

Strength and conditioning programs keep kids active for the summer in athletics

Ruidoso High School Athletic Coordinator Kief Johnson kicked off this summer's **Beast Mode Workouts (BMW)** and Warrior Athletic Camp (WAC) programs June 4, to the eager anticipation of more than 30 athletes - and maybe some parents, too.

Johnson commenced the programs with the able assistance of coaches Colt Harrelson, Rick Rel, Greg Crow, Cody Patterson and Gilbert Alvarado.

Both programs are open to all athletes and would-be athletes of both genders in the Ruidoso school system.

The WAC workout has been in existence now for four summers and is specifically for students in sixth- through eighth-grades and consists of a modified strength and conditioning workout for younger kids. It starts at 8:30 a.m. Mondays through Thursdays and lasts until 9:30 a.m.

This is the first summer for the BMW program, which includes an eight-week conditioning and speed training cycle as well as a strength program with coach Rel. It is open to all high school boys and girls, starts at 7:20 a.m. - Johnson and Rel are there by 6 a.m. to help early-comers who have to go to work - and lasts until the athletes are finished. It also runs Mondays through Thurs-days.

Both programs will continue until Aug. 1, when 2-A-Day football practices start.

"Both programs are averaging 32 to 33 athletes," Johnson said. "But we've seen as many as 50 different kids.

"I've told the students to take a vacation out of town and relax this summer. But when they are in town - don't be lazy - get to the workouts, no excuses."

Johnson and his staff had mixed feelings about holding workouts this week because of the Little Bear Fire.

"We weren't sure if we should keep it going this week because of the fire," Johnson said. "But kids like consistency, so we showed up and more than 30 athletes made it Monday.

"Their intensity is high even after two weeks and they're getting into better shape. But I told them not to worry what shape they're in now, that it's an eight-week cycle, it's all about consistency, and by August they'll be in great shape."

Track program

Coming off of a successful RHS track and field year, coach Harrelson already is loading up for next year and looking forward to the future. This summer his track program is geared for athletes ages five through eighth-grade. High school track athletes will coach and teach the younger students.

A.1 (mm)

Ruidoso athletes in the pink Ruidoso News (New Mexico) June 14, 2012 Thursday

This program started June 1, is held Wednesday through Friday, from 6-7 p.m., and will continue through the end of June.

Thursday, an intra-squad meet was held at RHS from 6-7:30 p.m. Participants had to pick four events from the 50-m, 100-m, 200-m and 400-m runs, hurdles, long jump, shot put and javelin. There will be another meet June 29.

"We're averaging 32 athletes who are participating in the summer track program," Harrelson said. "We're trying to promote track and field in the community and give kids something to do athletically this summer."

Football camp

The Sixth Annual Youth Football Camp will be July 16-18. Enrollment forms may be obtained at the RHS office or at the first day of camp. It is open for students 9 years old through 14 years old.

GRAPHIC: Dillon Pietsch moves a tire 15 yards the hard way.

Five school athletes try the lunge walk at RHS. From left are: Hannah Mader, Andi Harrelson, Erica French, Marikka Temple and Chloe Whipple.

LOAD-DATE: June 14, 2012

LEAGUE OF THEIR OWN; FUN-LOVING ANTICS MAKE BREWERS UNIQUE IN BASEBALL POSTSEASON
Wisconsin State Journal (Madison, Wisconsin) October 4, 2011 Tuesday



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Wisconsin State Journal (Madison, Wisconsin)

October 4, 2011 Tuesday
ALL EDITION

SECTION: SPORTS; Pg. B1

LENGTH: 994 words

HEADLINE: LEAGUE OF THEIR OWN;
FUN-LOVING ANTICS MAKE BREWERS UNIQUE IN BASEBALL POSTSEASON

BYLINE: By DENNIS PUNZEL | dpunzel@madison.com | 608-252-6486

DATELINE: PHOENIX

BODY:

Suddenly, the Milwaukee Brewers are America's Team. Or at least America's Goofball Team.

With their raucous, frat house team spirit, their growing collection of identifiable personalities and their small-market franchise roots, the Brewers have emerged as the anti-Yankees and anti-Phillies of this baseball postseason.

Among the latest to jump aboard the beer wagon is ESPN.com columnist Rick Reilly, who endorsed the Brewers as the team for those fans looking for a rooting interest in the playoffs.

"If you can't root for the Brewers, your rooter is busted," Reilly wrote. "The Brewers are a foamy phenomenon. How could a team with a smaller television market than Raleigh-Durham win the NL Central for the first time in 29 years?"

"... Because it's Milwaukee, where baseball is actually fun. The Brewers are a rolling carnival in metal spikes."

And so on, and so on.

And just like that, Ryan Braun, Prince Fielder and Nyjer Morgan are entering a nation's consciousness of Milwaukee, right alongside Fonzie and Laverne & Shirley.

Not only have the Brewers become winners, but they've become winners with style. They're enjoying the ride and want everyone to know it.

Enjoying the ride

That joie de vivre is most famously displayed when the Brewers go into "Beast Mode," which started simply as an inside thing between Fielder and his two young sons with a takeoff from the movie "Monsters, Inc." and has quickly taken its place alongside the sausage race as the team's national identity.

In a sports world often populated by insular athletes, disconnected from the paying customers with their exorbitant salaries and inflated egos, "Beast Mode" has served to provide common ground between the Brewers and their fans, who turned out in record numbers this season.

"It's fun," said Braun, who has further cemented his status as one of the game's star players with his spectacular play in leading the Brewers to a 2-0 lead in their NL Division Series with the Arizona Diamondbacks.

LEAGUE OF THEIR OWN; FUN-LOVING ANTICS MAKE BREWERS UNIQUE IN BASEBALL POSTSEASON
Wisconsin State Journal (Madison, Wisconsin) October 4, 2011 Tuesday

"I think the fans have really embraced the personality of our team. I think they embrace specifically the **Beast Mode** thing. They enjoy it. It's something we do for ourselves. It gets all of us fired up. It's kind of taken on a life of its own. And I think the fans have really enjoyed being a part of it."

Braun believes there's a connection between the success and their Little League enthusiasm.

"I think it helps to keep perspective and recognize that we're still playing a game," he said.

"Obviously, the stakes are higher, everything that happens is magnified. But I think it's important to keep that perspective and try to have that youthful exuberance you have when you start playing baseball. We have fun from the time we get to the ballpark to the time we leave."

Plush with pride

While the Brewers methodically assembled the talent that would turn them into contenders with home-grown standouts like Braun, Fielder, Rickie Weeks, Corey Hart and Yovani Gallardo forming the nucleus, it was the arrival of the castoff, Morgan, that transformed the team's personality.

Morgan, acquired in a seemingly minor trade with the Washington Nationals at the end of spring training, quickly won the hearts of Brewers' fans with his flair both on the field and off.

While he keeps everyone laughing with his multiple alter egos from Tony Plush to Tony Hush to Tony Tombstone, he's also provided a baseball personality - Tony Clutch - that has made him an invaluable member of the team by providing some small ball attributes to the No. 2 spot in the batting order.

Seldom shy when there's a microphone or a camera around, Morgan held court for what had to be one of the most entertaining news conferences Sunday at Miller Park. For the uninitiated, he was asked to explain Tony Plush.

"That's the entertainer," he said. "That's the guy who likes to have fun. And as an entertainer, you know, all entertainers have a name. And for me, that's Tony Plush.

"So basically when I clock in on the field and - as you see right now - I'm Tony Plush. I'm an entertainer and I'm going to make things happen. And you've got to make good things happen for the team. Everything seems to be working out."

Unlikely home

After some stormy experiences during his first two major-league stops in Pittsburgh and Washington, Morgan believes he's found a happy home in a rather unlikely location. Somehow, his quirky ways have won over a city that has chosen to ignore its more conservative instincts.

"They understand it's still a kids' game," Morgan said of his bond with the fans that has elevated him to the level of the team's superstars. "I figure if you're going to go out there ... just to try to be the people's champ.

"You just never know who's watching, that one kid or whoever. He can just see you and, man, that kid is special. And that's what makes me go out there and have fun and maybe interact with the fans and just be myself.

"Yeah, I'm a role model now. That's really cool."

And even when Morgan has reverted momentarily into his Tony Trouble mode, it's turned out really cool.

Manager Ron Roenicke has had to call Morgan in for a chat several times this season, most notably after he incited fans in San Francisco with his theatrics and when he engaged in an expletive-filled shouting match with St. Louis Cardinals pitcher Chris Carpenter.

'Fun group'

Perhaps only Tony Plush can get called on the carpet and have a good time in the process.

"This is a really good young man," Roenicke said. "I know he's emotional, I know sometimes he does some things he shouldn't do. He realizes when he does something wrong or something that he should do better.

"The conversations I've had with him have always been good. I like him a lot, not just as a ballplayer."

Morgan said those incidents, and the resulting conversations with the boss, have only deepened their relationship.

A.1 (nn)

LEAGUE OF THEIR OWN; FUN-LOVING ANTICS MAKE BREWERS UNIQUE IN BASEBALL POSTSEASON
Wisconsin State Journal (Madison, Wisconsin) October 4, 2011 Tuesday

"He understands we're a fun group," Morgan said.

A fun group that is on the brink of accomplishing something that hasn't happened in Milwaukee in 29 years.

GRAPHIC: Associated Press photos "We have fun from the time we get to the ballpark to the time we leave," Brewers outfielder Ryan Braun, top, said of his Milwaukee teammates, including center fielder Nyjer Morgan, middle, and first baseman Prince Fielder. **JEFFREY PHELPS ?** Associated Press Brewers owner Mark Attanasio displays some special suit lining before Sunday's victory over Arizona.

LOAD-DATE: October 5, 2011

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Sacramento Bee (California)

November 9, 2013 Saturday

SECTION: C; Pg. 1

LENGTH: 582 words

HEADLINE: Hometown Report: Folsom saw the animal in Richards before he got to Stanford

BYLINE: Joe Davidson; jdavidson@sacbee.com

DATELINE: November 9 2013

BODY:

Troy Taylor describes Jordan Richards in a number of ways.

Polite. Physical. Playmaker.

Oh, and one more.

"What an animal," Taylor, the Folsom High School co-football coach, said Friday.

Richards is a junior strong safety at Stanford who seemingly hasn't slowed down since helping Folsom win the 2010 CIF State Division II championship.

In sports, it's a compliment to be deemed a "beast." That's Richards, and the moniker goes beyond tackles. Richards is known for his preparation tactics: Up early to hit the weight room. A full class load as a biology and public policy major. Practice, film review, more studying. The works.

Richards so impressed then-Stanford coach Jim Harbaugh after Folsom toppled state-ranked No. 1 Grant in the 2010 postseason that he hustled onto the field, telling CIF staffers who tried to stall him, "Don't you know who I am?"

Harbaugh cornered his recruit and said, "Can't wait to have you with us."

After Harbaugh left Stanford for the 49ers, Richards started three games as a freshman in 2011, then all 14 last season for the Rose Bowl champion. He's basking in his finest season on an 8-1 team ranked No. 6 and climbing the BCS standings.

Hometown Report: Folsom saw the animal in Richards before he got to Stanford Sacramento Bee (California)
November 9, 2013 Saturday

Richards serves as the last line of defense for one of the nation's top units. While averaging five tackles per game, he had a season-high 10 two weeks ago against UCLA and made two interceptions.

He was in on four tackles Thursday night as the host Cardinal held on to beat No. 2 Oregon 26-20.

It was the second consecutive season in which Stanford beat Oregon, derailing the Ducks' national title aspirations.

At 5-foot-11 and 208 pounds, Richards has tailback speed and closing power, receiver hands and linebacker ferocity.

Stanford coach David Shaw calls Richards "dominant."

Taylor said he and Folsom co-coach Kris Richardson saw "greatness" in Richards years ago.

"He's the best high school leader I've ever been around," Taylor said. "We'd do a walk-through a day before the game, a player might be talking in the back, and he'd go, 'You're talking? You kidding me?' Guys responded to him. It's his personality. He's incredibly focused."

And now?

"We thought he'd be really good at Stanford, so not surprised at all," Taylor said. "You get 85 Jordan Richards on a roster - tough, smart, talented players - and that's hard to beat."

Taylor has delighted in Richards' growth in the Pacific-12 Conference, which is gaining more respect around the nation. He recalled running into Richards after the Big Game in 2011. Richards didn't play, but he didn't frown, either.

"Most kids his age might complain or blame someone else for not playing, but he came right out with it," Taylor said. "He said, 'I wasn't prepared. I didn't have good practices and didn't know my stuff. I didn't deserve to play.' That story right there tells you everything you need to know about Jordan Richards."

Richards laid the foundation at Folsom with his best moment coming against Grant in the 2010 Sac-Joaquin Section D-II championship.

With Harbaugh in attendance, Richards had a 43-yard touchdown reception, a 32-yard kickoff return to set up a score and a 77-yard catch. He also had a game-high 11 tackles and an interception.

"You can't overstate the significance of his impact on that team," Taylor said. "He played every single snap. What a player. The reason Jordan is such a great player is because he's self-motivated. That's who he is."

Follow Joe Davidson on Twitter @SacBee_JoeD, and listen to his "Extra Point" every Wednesday on ESPN Radio 1320.

LOAD-DATE: November 10, 2013



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Chicago Sun-Times

October 31, 2013 Thursday

SECTION: FEATURES PAGE; Pg. 32

LENGTH: 253 words

HEADLINE: WE TRIED IT;
Go with the flow, bring out the ... animal in you

BYLINE: Diana Novak. Staff reporter

BODY:

Like thinking of yourself **as a beast when you work out?**

Then Animal Flow is for you. Offered at Equinox gyms, it combines yoga and gymnastics to get you to walk like a crab, squat like an ape and lunge like, **well, a beast.**

In Animal Flow X (the beginner class), you'll leave your human self behind with poses such as Deep Ape, Side-Traveling Ape, Full Scorpion, Crab **and Beast.** You learn each position and a few variations before the teacher leads the class through what feels like a choreographed dance.

If you can keep up, you'll be sweating like a hog - though that isn't one of the positions, unfortunately. You have to focus, and learn the moves well enough to do them as the teacher calls them, or you might miss out on your workout.

Apes do a fair amount of hanging around, but you won't. The positions aren't taught slowly - the instruction is at high speed, in between plyometrics.

If you practice yoga, many of the movements are familiar, and stretching is a major focus of the class. Special attention is paid to your wrists, which really is essential, given the Crab positions have you balancing on them for long stretches.

And you'll be asked to roar - because it is considered a good way to engage fully in the exercise and open up your lungs. So roar away - you can be a human later.

Where to try: Equinox locations throughout the city.



University Wire
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The Whitman College Pioneer: Whitman College
October 13, 2013 Sunday

SECTION: SPORTS; Pg. 1

LENGTH: 205 words

HEADLINE: 10 signs you are an obnoxious Seahawks fan

BYLINE: Riley Foreman

BODY:

Due to the recent success of the Seahawks, Seattleites are experiencing a fandom revival, and relearning how to be annoying. What follows are the top ten characteristics of the modern 12th Man:

1. You ignore Richard Sherman's blatant pass interference, but scream uncontrollably at the TV when the corner on Golden Tate accidentally makes contact
2. You have yelled "BEAST MODE" during a moment of brief athletic excellence while playing intramural sports
3. You think that the Hail Mary TD against Green Bay in 2012 was actually a TD
4. You flinch whenever you hear someone mention that they take Adderall
5. You strongly believe that Russell Wilson is the second-coming of Jesus Christ
6. On the other hand, you (and the rest of the world) think that the devil incarnate is none other than 49ers' coach Jim Harbaugh
7. You've been to CenturyLink, and know what loud really means
8. Your first fantasy football draft pick is Marshawn Lynch, followed by the Seattle D, then Russell Wilson
9. Your collection of life's greatest memories includes the Seahawks upset wildcard game against the Saints
10. Come Sunday, you join the 12th Man and root for the best team in the NFC West (which we Seahawks fans know, is the best team in the entire NFL)

LOAD-DATE: October 13, 2013



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The Advocate-Messenger (Danville, Kentucky)

October 1, 2013 Tuesday

SECTION: SPORTS

LENGTH: 1866 words

HEADLINE: UK Basketball: Freshman Julius Randle just wants to win

BYLINE: Staff Writer

BODY:

By LARRY VAUGHT

larry@amnews.com

There 's a lot of ways to describe the things that Julius Randle can do on the basketball court, but he says only one thing matters.

"I just want to win," Randle said. "I'll do whatever I can to get better."

That attitude is why Kentucky coach John Calipari says the 6-foot-9 Randle reminds him of one of the Wildcats' most beloved players in recent years - Michael Kidd-Gilchrist. Calipari says Kidd-Gilchrist had that same passion that helped UK win the 2012 national title and made him the No. 2 pick in the NBA draft behind teammate Anthony Davis.

"He wants to impress me, but he's quiet about it. He knows. He's different now. That's a skill. Michael Kidd-Gilchrist got drafted No. 2 on that skill. Wasn't any other skill, it was that skill," Calipari said. "I don't want to say he's better than Michael. Michael was ... there's stuff I've seen Michael do that I couldn't believe human beings could do. But this kid, he's his own guy. He's 6-9, 250, nimble, and he's tough."

How tough? Let fellow Kentucky freshman Marcus Lee explain.

"Going against Julius Randle is probably the hardest thing I have ever had to practice-wise or scrimmage-wise. I have never gone that hard for a scrimmage. With him, you don't have a choice," Lee said. "Julius will knock me down, look at me crazy on the floor and then keep going, which is awesome. I wouldn't expect anything different from him.

"But he is also the guy after he knocked me down and is walking back down the court, he will say, 'This is what you did wrong, and don't do it again.' And I wouldn't do it again, which is awesome. It is a great learning experience about how to defend people like him better."

UK Basketball: Freshman Julius Randle just wants to win The Advocate-Messenger (Danville, Kentucky) October 1, 2013 Tuesday

Randle knows being compared to Kidd-Gilchrist puts big expectations on him with the Kentucky fan base.

"Mike did a lot of good things for the team two years ago. It is high praise being compared to him," he said.

But, like Kidd-Gilchrist, Randle just has a different gear when he's on the basketball court - as Lee has learned.

"Yeah, I am super laid-back, chilled off the court. I like just hanging with friends, family, not doing anything too special. On the court, I kind of turn into a different person. It's just the competitive nature in me," Randle said. "It has always been there. I have learned it from my mom. That's how she is and with everything she does, she does with full effort and that's how I learned it. She instilled that in me early for sure."

As for Lee, Randle says practice is practice.

"Even though it is my teammate, if we are playing against each other on the court, I am not doing it in a malicious way to make him feel bad. It is just part of my instinct to go hard all the time. I have a killer instinct even with my own teammates," Randle said.

Randle won the Under Armour Elite 24 dunk contest before the start of his senior season and the next day he was named one of the most valuable players of the Elite 24 game, where he scored 27 points and led his team to a 164-138 victory.

He was set for a banner senior season, but the weekend after Thanksgiving, he fractured his foot playing in a tournament and missed three months. He was not expected to play again last season, but he returned in March to lead Plano (Texas) Prestonwood Christian to its third state title in four years. He had 34 or more points and 15 or more rebounds in each of his final three games.

"He's all about winning. In one of our playoff games, he was double teamed in the open court and triple teamed in half-court," Prestonwood coach Chris Mayberry said. "He took four shots in the game. He didn't force anything. He knew if he forced things he would take tough shots or turn the ball over. He decided to be a great teammate. Some guys missed easy shots, but he kept passing. He's always willing to do what it takes to be on the right side of the scoreboard."

Randle continued that impressive play in postseason all-star games. He had 11 points and seven rebounds in the McDonald's All American Game, earned co-MVP honors in the Jordan Brand Classic with 19 points and seven rebounds and played well in the Nike Hoops Summit.

Randle said he didn't feel like he had anything to prove in those games, but he wanted to show he was as good, or better, than before he hurt his foot.

"A lot of people didn't expect me to play and stuff like that, so those postseason games were great for me. I really enjoyed playing in them. I didn't even think I would be there playing but it was cool," he said. "I probably bonded with the guys coming here before because I have been playing against all those guys my whole life. But that was kind of cool to play in the postseason games with them and it was a way to kick off our year.

"I didn't feel like I was forgotten. Everybody was still pretty high on me. My thing was coming back to see where my skill level is and see what I need to do to develop. But you have so many great players out there, I wanted to be competitive."

Randle didn't play in USA Basketball international competitions this summer - several of his Kentucky teammates also declined - so he could be at Kentucky for summer school and to start his pursuit of winning a national championship.

"I want to win a national championship. I am more convinced now that we can win just because from the pickup games I see how well we play together and how unselfish we all are. I know we have the talent to do it. It is just up to

UK Basketball: Freshman Julius Randle just wants to win The Advocate-Messenger (Danville, Kentucky) October 1, 2013 Tuesday

all of us. It has been an eye-opener here with so many great players," Randle said.

He doesn't mind Calipari labeling him as a leader and player, like Kidd-Gilchrist, who can "drag" other players with him to a championship level.

"It is cool. But it is also a lot of pressure. Actually, I wouldn't say pressure because I don't believe in that. But it is a lot of responsibility. I know I am going to have to work hard and I expect that out of myself," Randle said.

Calipari has called Randle a leader, pit bull and "alpha beast."

"In his workouts, he's like ... and you know there are times where he wants to settle on the perimeter, be like a guard, but we were doing drills where he had to attack," Calipari said. "He's got to get to his right hand more cause you know how everybody's going to play him: make him go right. They may even play him, and he can. But he's more comfortable getting to his left," Calipari said.

"But when he missed it, he was ... his head was right back on the rim until it went in. Like, oh my gosh. Then I tell the guys what happened two years ago was Michael dragged us to that level as a team, and that's what I'm asking Julius to do. Forget about everything else. Just do that right there and drag us. We'll help you with all the other stuff. You don't lose that."

Mayberry says Randle's personality will endear him to UK fans and keep the Kentucky spotlight from overwhelming him.

"He had great relationships with everybody at school here. Talk to anybody, including the headmaster, and they cannot stop talking about how great a kid he was. I knew the hype and hoopla would not change him. He has great character, a great mom. He's very well grounded," Mayberry said.

That personality came through soon after Randle got to Lexington in June and he often posed for pictures and signed autographs for fans, things he does not mind doing.

"I just realize how fortunate I am to be in the position that I am in. My mom always tells me to enjoy the dream, enjoy the journey. I am just going to enjoy every step," he said. "I heard it gets pretty nutty around here, but it is something we will all enjoy. We all just have to realize that they (fans) love us because we can do a lot of great things, but that is a great responsibility and we have to keep getting a lot better."

Randle's faith plays into that attitude, too.

"He's a very religious kid," Mayberry said. "He has kind of been in a bit of a Christian atmosphere here, but there is going to be a big difference between here and Kentucky. I am not dumb. I know what goes on in college. I am excited, though, for him to make an impact on others and he's going to have the opportunity to influence a lot of people."

Randle credits his faith for getting him where he is today.

"Without my faith, none of this stuff would be possible. I wouldn't be playing basketball at Kentucky," Randle said. "There were a lot of times I could have gone different ways in my life, but somebody I can always count on to be there for me is God. It has definitely been good for me."

Again, he says his mother instilled that faith in him at an early age much like she did his competitive nature. He says going to Prestonwood Christian helped him grow as a person and athlete.

"I think it was just better overall as far as me being surrounded by good people, better education, molded me as person and my mom thought it was a great fit for me, and it was. I loved it," Randle said.

UK Basketball: Freshman Julius Randle just wants to win The Advocate-Messenger (Danville, Kentucky) October 1, 2013 Tuesday

He says his mother, Carolyn Kyles, a former basketball player at Texas, and his mentor, Jeff Webster, a former player at Oklahoma, have had the biggest influences on his basketball career. Webster scored 2,258 points and had 781 rebounds at Oklahoma and played briefly in the NBA.

"When you have somebody that has been through all of this before - second all-time leading scorer at Oklahoma, played in the NBA, played overseas, been a McDonald's All-American, highly recruited, been all this stuff - you can go to him for advice any day," he said. "My mom is the same way. She played college basketball and all that stuff. Those are people I can always go to."

"My mom used to critique my game all the time. My sophomore year she laid back a lot more, but before that she was on me, always critiquing me. If I didn't play a good game, she wouldn't even talk to me. She was tough on me, but it made me who I am today."

But there was one thing she would never let him do.

"I wanted to play football, but it was always basketball. Now that I look back, I am glad I didn't play football. My mom wouldn't let me. She wasn't having any of it," he laughed and said.

Just like he won't have any of the potential NBA draft talk that already has him among the top picks in the 2014 draft.

"It is not really something I can focus on right now. I have to focus on getting up at 6:45 and going running," Randle said. "That is really what is on my mind. It is not something to worry about. I just focus on getting better as a player, school and making sure my family is OK and going from there. All the NBA stuff is a long way off."

Until then, he knows parts of his game might be a bit underestimated by Kentucky fans until they actually see him play.



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Sacramento Bee (California)

September 3, 2013 Tuesday

SECTION: B; Pg. 1

LENGTH: 560 words

HEADLINE: More than a thousand are drawn to Sacramento's Free Day of Yoga

BYLINE: Brittany Torrez; btorrez@sacbee.com

BODY:

Monday was a day to relax and renew. More than 1,000 Sacramento yogis and first-timers studio-hopped around town to practice the art of yoga from early morning to evening.

The second annual Sacramento Free Day of Yoga gave people the chance to try more than 40 classes at 17 studios in the region.

Last year's event drew about 1,000 participants, according to Michelle Marlahan, a spokeswoman for the event who teaches a class at the It's All Yoga studio near 21st and X streets.

"Last year, studios were turning people away; classes were packed," Marlahan said. This year, organizers tried to make more options available for the larger numbers they expected.

"If they couldn't get into one class, they could just pop over to another studio," Marlahan said. "That's really the whole point - to explore, make it a yoga crawl."

The day was part of a national movement to encourage people to try yoga for the first time and for veteran yogis to sample a new style.

It's All Yoga even offered a class called "I'm New To Yoga, Please Don't Hurt Me" for those who get nervous at the thought of contorting their bodies into painful poses.

Marlahan said the purpose of Monday's event was to combat that mindset and "make it less intimidating for people who have never done yoga."

And the event may be helping to increase the number of yoga lovers in Sacramento. Marlahan said It's All Yoga gets new students daily.

More than a thousand are drawn to Sacramento's Free Day of Yoga Sacramento Bee (California) September 3, 2013
Tuesday

"Just when I think everybody in Sacramento has tried yoga, it's still this expanding thing," she said.

The health benefits of consistent practice may be an incentive for the growing population of yogis.

"Yoga cures what ails you," Marlahan said. She said yoga practice can increase flexibility, strength and attentiveness.

On Monday, participants could sample such styles as iyengar , vinyasa and bikram -- a sweat-inducing style of yoga that involves a repetitive sequence of positions performed in a heated room.

At about noon, 36 people packed into a room, spreading out their mats beneath them, at the It's All Yoga studio for the "Release the Beast" class.

Students wiggled around with spiky balls or tennis balls in the "valley" of their backs, inhaling and exhaling slowly.

"Don't feel like you have to be all quiet about this. Tap into your exhale and if you want to make it audible, make it audible," said instructor Bella Dreizler.

After that, the class let out a chorus of loud exhales. Dreizler told them to envision their exhales as melting butter.

"See if you can envision whatever's in there melting," Dreizler said, referring to the "beast" that the class is meant to release.

For Erin Horrell of Sacramento, those "beasts" are her hips - put under pressure from her distance-running workouts.

"I feel very relaxed," Horrell said after the class. "I have a lot less tension than when I came in."

Horrell said "Release the Beast" was her third class of the morning and she planned to attend at least one more.

At this particular class, students used rollers and balls to explore parts of their body that could help them attune to certain sensations.

"Let's see if we can keep the attention in the room, in the body, in the sensation for one solid hour," Dreizler said as students laid flat on their backs. "That is yoga."

GALLERY: More photos from the Sacramento Free Day of Yoga . Call The Bee's Brittany Torrez, (916) 321-1103. Follow her on Twitter @BrittTorrez.

LOAD-DATE: September 3, 2013



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The Seward Phoenix LOG

July 4, 2013

SECTION: LOCAL

LENGTH: 1665 words

HEADLINE: Junior lessons in hill, skill and will

BYLINE: Julie Rosier

BODY:

The Danger

Social justice activist and writer Grace Lee Boggs believes that every crisis contains both danger and opportunity.

Considered a wise woman, Boggs was born the same year as the first Mount Marathon Race, the second oldest footrace in America. The long and spirited history of the race is spiked with moments of euphoria and peril. This Fourth of July, racers and spectators may have visions of tragedy and injury dancing in their heads from the unfortunate events of last year's contest.

Some people feel that the risks involved in such high-stakes racing do not outweigh the benefits, especially for junior racers, age seven to 17. Others believe that pain is but a necessary price tag, hidden or otherwise, attached to the tremendous gains available to all who answer the call of the wild race.

In recent interviews, local authorities on junior mountain running, Miles Knotek, Cedar Bourgeois, and the Barnwell Sisters Three, added their perspectives to the community dialogue.

The Hill

After taking first place in the boys Junior Race for two years in a row, this year Miles Knotek, a waif-like 18 year old from Moose Pass, advances to the senior race. He takes with him lessons learned since his mother Erin encouraged him to run the Exit Glacier 5K race when he was 10.

He remembers in a moment of exhaustion during that race hearing his mother's call, "C'mon Miles. You can do it!" He crossed that finish line in just under 40 minutes. "No," he told the LOG. "I haven't always been fast."

It wasn't until seventh grade when he started training with coach Aubrey Smith at Seward Middle School that Knotek started to enjoy running. "She made it fun," he said. "It was basically just running through the woods with

Junior lessons in hill, skill and will The Seward Phoenix LOG July 4, 2013

friends." The more he ran, the more serious Knotek got, especially on race days. He, when he tries, is able to focus his energy to almost supernatural levels.

When in The Roots, the opening section of the racecourse, he repeats "There. There. There." mentally creating a rhythm "almost like a metronome" while using his hands and feet as levers to propel him up the mountain. Before long the welcome faces of race volunteers and past coaches, Bob Barnwell and Marc Swanson, appear beside the pole that marks the Junior Race Point.

"Last year, I let loose this hideous cry," he said describing the transition between uphill and down, before the mental drum shot him down The Chute. "Then down the waterfall. One. Two Three. Then, you're done. Except for the cliffs," he stated matter of factly.

This spring Miles graduated from Seward High and this fall begins college at Montana State University. He plans to study geology and hopes to work with mountains.

The Skill

It has been said that communities that play together stay together.

In the book "No Contest: The Case Against Competition," Alfie Kohn explores how competitive play can also produce "an arrangement that requires some people to fail in order that others can succeed," which he argues has the potential to poison relationships.

Bob and MaryLynn Barnwell are pillars of Seward's outdoorsy community. During college, MaryLynn ran for the same coach that Miles will train with at Montana State and was later inducted into the hall of fame there. Their daughters, Allison, MacKenzie and Isabel Barnwell, familiarly known as Alli, Kenzie and Izzy, share their propensity towards both athletics and community bonding.

"Kenzie was the first one to run," said Allison Barnwell, the eldest sister who was 16 when she took first place in the Junior Race of 2008. Alli remembers how at age 13 her mom recommended that she and Kenzie, the 11-year-old middle daughter, run 8 Tuff Miles, a road race in the Carribean where the family was living on a boat.

"We were going to run the race together," Alli remembered. "But we lost each other at the beginning of the race." Alli didn't expect to beat her sister, but she did. "Something just takes over for me on race day. My coaches tell me that I tend to hide my fire," said Allison who runs cross country and track at Claremont McKenna College. Last year, Alli "drove home on the downhill" when the 20 year old placed fourth in the Mount Marathon Women's Race.

Amidst the glory of achievement, Alli cherishes her running relationship with her sister, Kenzie, who she **considers among the strongest athletes on that mountain. "She's a beast, pure muscle with a heart of steel.** She's also my best friend."

MacKenzie Barnwell learned to trust mountains. She remembers how daunting the mountain felt the first time she and her family hiked it after returning from life on the houseboat. "It was dusty and hot. We only went halfway up but it was so difficult." Eight years later, she laughs about the memory.

She described the first time she and Alli decided to run the Junior Race, "We were on a team called the Peninsula Princesses with the Foldager girls," another pair of high-performing local running sisters, "We had a killer team with these really hideous bubble gum pink shirts. They were awesome. We were really fast."

Kenzie, runs cross country for Macalester College, finished fourth in the Junior Race in 2008 and will run the Women's Race for the second time this year. She credits the Mount Marathon Race with instilling a deep love of running within her. "Alli's my training partner. There's no one that I like to run with more. I'm super close with both of

Junior lessons in hill, skill and will The Seward Phoenix LOG July 4, 2013

my sisters. And the story of Mount Marathon for me is hugely connected to Alli. And to Izzy."

Isabel Barnwell, the youngest daughter, is the swimmer of the family. But that hasn't stopped her from also racing up and down the mountain each year since she was 12. This year she will run her last Junior Race before she ages out and he looks forward to running the Women's Race.

Izzy has not always enjoyed mountains, let alone running races. "I used to hate Mount Marathon. I was really scared of heights," she said recalling the family's first mountain hike, upon returning to Seward. "It was a sunny day. I was so afraid."

Her parents continued to gently push their youngest daughter out of her comfort zone, but it wasn't until running moms Patty Foldager and Jackie Marshall invited her to join a training group that she began to feel more comfortable and safe. "Runner's high," she said, as if suddenly capturing a forgotten memory. "That is one thing I love about running Mount Marathon."

All three sisters are grateful for the support they receive from the community, and especially from their parents MaryLynn and Bob. These young women model how to skillfully play and stay together through difficulty and difference.

The Will

Cedar Bourgeois won the Mount Marathon Women's Race seven times in a row. She never ran the Junior Race because she didn't start running until she was older. At 19, she took third place in the senior division. The local amateur raced against professional athletes in her "first frickin' race" and almost won.

The enthusiasm Bourgeois feels towards the race and the mountain, as she reflects on her past achievements, is visceral and contagious. "It was like I had won it. I was never a star athlete. I didn't have all those pedigrees. My parents were not athletes."

Mother to son Zen, 13, and daughter Coral, 12, Bourgeois knows a little something about the sacrificial love parenting requires. In 2010, after a dramatic seventh win, Seward's home team sweetheart announced her retirement from the race.

Bourgeois describes how people in town regularly approach her about her racing status. "It's so sweet that people care and want to see me (come back). But you know, I'm running for joy again. And that's bliss. That's where it all started, running for the love."

Though her winters since retirement been challenging without the presence of the race goal, the owner-operator of Natures Nectars and mother of two, has plenty of ways to focus her drive. And she now relishes the ordinary experience of celebrating Independence Day with her children by her side.

"That's my church. The Mountain," the tough-as-nails runner pronounced as she launched into one final cautionary tale.

"I wish the Junior Race didn't exist," she said. "This is serious business. There's a reason why there's a drinking age. I don't see how a seven year old is mature enough to handle that mountain. Parents focus too much on glory. Respect mountains. Respect danger. We've just been so lucky that nothing bad happens to these children. We've been so lucky all these races that nothing bad has happened. Until last year."

The Opportunity

Seward is full of wise locals whose opinions on the Mount Marathon Race differ.

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Allison Barnwell for one applauds Seward Chamber of Commerce, for recognizing runners at various categories of achievement, not just top three finishers. She also admires Joseph Nyholm who playfully runs the race in a Gumby costume each year.

If the Junior Race didn't exist, 10-year-old racer Sam Koster, whose mother Mary Beth also runs the Women's Race, would probably be disappointed. In a recent interview, Koster (who also goes by his self-donned superhero name Kosterman) described his typical descent on race day. "Every time you jump you go really far, then get your control back, and then you jump really far again. It's like there's no gravity, so you don't have to worry about falling."

But as we know from the tragedies that befell the race last year, gravity is real. The mountain can be the most peaceful place in the world at times, but it will always be unforgiving and wild. And as Bourgeois and MacKenzie Barnwell have learned, humans must always trust and respect the nature of mountains.

Maybe if that mountain could talk for Herself she would say, "Whether you run like fire in the Junior or Senior Race, or you reflect and support like water in the community at large, may you always find integration and harmony."

Maybe Seward's own Mount Marathon provides an opportunity to remain as balanced as nature as we seek to make a way out of no way.

GRAPHIC: File Photo | The Seward Phoenix Log Women racers extend a collective high five to a junior runner as he approaches the Mount Marathon finish line.

LOAD-DATE: July 4, 2013



Copyright 2013 Paddock Publications, Inc.
Chicago Daily Herald

February 20, 2013 Wednesday

SECTION: NEIGHBOR; Pg. 1

LENGTH: 937 words

HEADLINE: Phenomenal achievement

BYLINE: By Marie Wilson mwilson@dailyherald.com

BODY:

Sometimes they need a father figure.

Other times, it's a positive example, discipline, motivation, study skills.

Aurora boys find all these things in , a fraternal organization celebrating its 10th year. But they often join just because of their friends.

The Phenoms, as members of the brotherhood are known, are well-dressed and well-spoken. They are black, Hispanic, white. They value education and take pride in achieving good grades, staying out of trouble and beginning to give back to their community.

And they recruit.

From the founding of the brotherhood in 2002, Boys II Men members have brought their friends along on their quest to shatter stereotypes of what urban boys, teens and young men are meant to be.

Just like college fraternities, Boys II Men has a motto, principles, symbols, colors; an official book, poem, scripture verse, nickname and song. It has a creed and a tagline and it gives yearly awards to the best among its ranks.

But unlike stereotypical college fraternities, nothing about Boys II Men gets a bad rap. There's no hazing, no drinking, no rowdy parties.

The brotherhood brings in boys who may be from immigrant families, low-income families, Naperville-like neighborhoods, Aurora's far western reaches, or anywhere in between.

It turns them into achievers, leaders. It's almost as if they have no choice.

Phenomenal achievement Chicago Daily Herald February 20, 2013
Wednesday

"When you're surrounded by excellence, all you can do is rise to the occasion," said 14-year-old Phenom Meliton Chaidez of Aurora.

Army National Guard veterans, local school board members, entrepreneurs, financial consultants, sociologists and college advisers count themselves among the ranks of more than 200 who have graduated from Boys II Men.

A full 100 percent of the brotherhood's members have graduated high school; 95 percent have gone on to a college or university and the remaining 5 percent have entered the military -- numbers Boys II Men founder Clayton Muhammad reports with pride.

"In Boys II Men, we say that education is the greatest equalizer and discipline is the greatest gift you can give yourself," said Marmion High School student Michael Hughes, one of the group's current leaders.

Discipline and education are two of the fraternity's principles, along with culture, service and brotherhood.

"Brotherhood isn't something we talk about often; it's just something that grows naturally," Boys II Men President Raul Chaidez said.

In chapter meetings two Sundays of each month, the fraternity addresses topics that build those values, all with the motto, "Change your mind, change your life."

Meetings bring important topics such as study skills, manners and how to dress for certain occasions to the boys' levels through nods to pop culture.

A yearly pre-prom meeting advises the older Phenoms on how to "have a good time without risking anything, being smart about every decision and thinking about our futures while we do it," Chaidez said.

A November meeting called "How to Study on Beast Mode" encouraged boys to "beast those exams," using a phrase popular in football and sports circles to encourage switching into a higher gear for important tests like the ACT.

"You take young people at risk whose futures are limited and make them unlimited," Mayor Tom Weisner said to Muhammad and Boys II Men leaders as more than 800 people gathered for the organization's annual Phenomenal Man Awards.

The packed ceremony at Gaslite Manor banquets brought Boys II Men members from elementary students to high school seniors into the presence of some of the group's original leaders, now in their mid-20s.

From the veterans, politicians, consultants and sociologists who founded and grew through Boys II Men, Aurora youths heard words of wisdom and stories of struggles and successes. They also gained new role models.

Jared Marchiando, a financial consultant at The Claro Group in Chicago and a 2010 graduate of the University of Illinois, was one of 12 "Prototypes" who founded Boys II Men in 2002.

It was a violent year for Aurora, with 25 murders. And when police told community groups the killings were spearheaded by no more than 12 gang leaders, Muhammad decided to reverse the trend by uniting 12 Aurora teens as a force for good.

Marchiando was among the 12, partially because three or four years earlier, he needed a father figure.

As Marchiando tells it, he was the rebellious son of a single mother who fled an abusive relationship with his biological father, a man Marchiando says was nothing more than a "sperm donor." Marchiando was smart, but pulled by the forces of gangs and violence, so he often was in detention or suspended from school.

Phenomenal achievement Chicago Daily Herald February 20, 2013 Wednesday

Even before Boys II Men existed, Muhammad taught Marchiando discipline so the younger man could stay out of trouble, excel in his education, learn to value volunteering and eventually help build the brotherhood. Marchiando was valedictorian of his 2006 graduating class at East Aurora High School and went on to pursue a business degree on a full-ride scholarship.

"There's not a person in the world that you can't learn something from," Marchiando told his younger Boys II Men brothers as he accepted one of the organization's Phenomenal Man Awards.

As the organization reflects on its first 10 years, Marchiando encouraged members to grow, give back and use every day as a learning experience. He could have voiced the shared motto "Change your mind, change your life," and members would have responded with the Boys II Men creed, "We know."

But he chose his own words.

"Don't be afraid of what lies in the future," Marchiando said. "Just embrace and evolve."

GRAPHIC: Marie Wilson/mwilson@dailyherald.com Raul Chaidez, Michael Hughes, Brian Moreno and Erik Strand, all Aurora high school students and leaders in Boys II Men, celebrate their brotherhood during the sixth annual Phenomenal Man Awards. Marie Wilson/mwilson@dailyherald.com

Raul Chaidez, Michael Hughes, Brian Moreno and Erik Strand, all Aurora high school students and leaders in Boys II Men, celebrate their brotherhood during the sixth annual Phenomenal Man Awards.

LOAD-DATE: February 20, 2013

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The Roanoke Times (Virginia)
May 27, 2013 Monday
Metro Edition

SECTION: Virginia; Pg. A1

LENGTH: 1302 words

HEADLINE: Not your typical classroom training

BYLINE: By Travis Williams travis.williams@theburgs.com 381-1643

DATELINE: RINER

BODY:

Like many teachers, Pepper Raines is looking forward to a little travel and some new experiences this summer. Unlike most educators, however, Raines will be on an all-expense-paid trip courtesy of Uncle Sam.

After seven years at Auburn Middle School - and at age 33 - Raines is walking away from teaching and marching into full-time service with the United States Army.

On July 1, Raines plans to leave for basic training at Fort Leonard Wood, Mo., where she is scheduled to graduate Sept. 12 and immediately travel to Fort Sam Houston in San Antonio, Texas, to learn how to be a health care specialist, which includes combat medic training.

"I have always wanted to do the military, ever since probably middle school, and I thought, I don't want to have any regrets, I need to do it now if I'm going to do it," Raines said.

Following her 1998 graduation from Christiansburg High School, Raines said she studied agriculture at Virginia Tech, earning a bachelor's degree in 2002 and a master's degree in 2004.

After college, she said she worked briefly as a soil conservationist for the U.S. Department of Agriculture before returning to school in order to become a licensed teacher.

"I loved my agriculture field and thought if I can share that with kids and get them interested in that, that was my motivation for teaching," Raines said.

In 2006, Raines took a horticulture position at Auburn Middle School, where she taught students ranging from

Not your typical classroom training The Roanoke Times (Virginia) May 27, 2013 Monday

to eighth grade and often had students in her class for all three years of their middle school careers.

During her teaching career, she also was active in school athletics and did stints as a cross country, softball and volleyball coach for Montgomery County schools in both the Christiansburg and Auburn strands.

Though she enjoyed her work with young people, Raines said the desire to join the armed forces never escaped her, which she in part credited to the service of her father, John Raines.

"My dad was in the Army. There's always been a pride with that serving in the military. I've always thought of it as just such a great thing to do to serve your country," she said.

After years of talking herself out of enlisting, last summer Raines said she finally decided it was now or never and visited the Christiansburg Army recruiting office.

John Raines, who served with the Army in Vietnam from 1965 to 1968, said that moment was the first he'd ever heard of his daughter's interest in the military.

"It was kind of a shock, but ain't nothing surprised me with her before," John Raines said.

Pepper Raines began working out weekly with the recruiters' Future Soldiers program, which aims to help future soldiers become familiar with common Army tasks and training prior to basic training, and officially enlisted in November.

As word of her decision spread, Raines said she received a variety of reactions, especially from her own gender.

"It's mixed. Usually it's the females that are like, 'Are you crazy?' But then I also have females that say that it's wonderful," Raines said.

High school and college classmate Shane Guynn said he was surprised at first to learn of Raines' decision, despite remembering a brief mention of her military desire right after the two graduated from Tech.

Since that point, Guynn, who is Christiansburg High School's cross country coach, said he could tell the Army was the right path for his friend.

"She's been so passionate. ? You can just see her heart is fully into it. She's bought in 100 percent," Guynn said. Raines said her students also provided a mixed response to the news.

"They're definitely sad that I'm going to leave, but a lot of them, especially the guys, think it's very cool that I'm going into the Army," Raines said.

One of Raines' former students at Auburn Middle School, Montana Hill, said she was torn on how to feel about the teacher who, Hill said, "made everything fun" leaving the profession.

"I had wished that other people would get to know her since she was such a good teacher, but I also knew this was what she wanted, so I was also happy," Hill said.

One area where there seems to be no divide in opinion over Raines' decision is in the Christiansburg Army recruiting office.

"This is going to be easy for her," Staff Sgt. Terrance Ford said. "Her head's in the right place. She's motivated, she's in shape, she doesn't complain."

Ford said he and Sgt. 1st Class Ionna Peterman had been working with Raines through the Future Soldiers program

for close to a year, and while a 33-year-old enlisting wasn't unheard of - the Army cutoff is currently 35 - it was definitely far from the norm.

"Everybody's [military recruiters'] target age is 17 to 24," Ford said.

Ford said he believed the near decade age gap would likely be Raines' toughest challenge.

"Her hardest part will have nothing to do with the Army. Her hardest part is going to be at 33 years old being around a bunch of 17-, 18-, and 19-year-olds," Ford said.

Despite her recruiters' warnings of the immaturity she might encounter among her fellow soldiers, Raines said she's confident.

"You got to understand, I'm used to being with middle schoolers. It's going to be fine," Raines said.

Raines added that she believes the patience and leadership skills she learned through teaching will pay dividends in her future career.

Peterman said some of those skills have already shown up just within the ranks of the Future Soldiers Program.

"She's a great motivator for the group of all the future soldiers. She has helped a lot of them drop their run times and get better physically, and she gives them a lot of advice as well," Peterman said.

As an avid runner and veteran of six half-marathons, Raines sets an example for physical fitness.

"She's a beast," said Justin Mollette, a fellow Army enlistee who trains with Raines.

The 18-year-old Eastern Montgomery High School graduate added that despite Raines' ability to take off on a run, she was always there to help a fellow soldier who had fallen behind.

Ford added it's a common sight to see Raines leave the group's workout and head directly to the Christiansburg Recreation Center to spend another hour and half on a treadmill.

While Raines doesn't believe her age will cause problems with younger troops, she does think her 33 years will be the source of her greatest challenge.

"For me at this age, I've been so independent. You know you go and do what you want, but not there. Your schedule is planned out for you every day," Raines said.

John Raines had a little advice for his daughter on the subject, based on his own Army experience. "Just do

what they tell you to do, that's the thing. ? You don't talk back in the Army," John Raines said.

Aside from the loss of freedom, Raines is very much looking forward to other aspects of her new career.

"Getting to go different places is probably going to be one of the best parts of it. ? Missouri is where my basic training is. I've never been to Missouri. I'm going to San Antonio, Texas, for my medical training. I've never been to Texas," Raines said.

She added she was also looking forward to the camaraderie she has heard develops between troops during their training. Along with new places and new friends, Raines will also be taking up an entirely new career by entering the medical field, which she said was because of her desire to help those doing the "brunt of the work."



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Denver Post

May 22, 2013 Wednesday
WED FINAL Edition

SECTION: SPORTS; Pg. 8B

LENGTH: 564 words

HEADLINE: Broncos Briefs

BODY:

MILLER'S BEST IS YET TO COME, ACCORDING TO COORDINATOR DEL RIO

Von Miller has played only two seasons for the Broncos, but he already has carved out a tidy slice of the team's record book.

The outside linebacker has the franchise record for sacks in a season (18 1/2) and most sacks in his first two seasons (30), and he tied a team record for most forced fumbles in a season (six).

Still, Broncos defensive coordinator Jack Del Rio said there is more to come -- which is bad news for opposing offenses.

"He can get better," Del Rio said. "Yeah, he can get more consistent. Certainly he had a tremendous number of impact plays -- tackles for loss, sacks, quarterback hits. He even had the interception for a touchdown, things like that. You want to maintain those impact plays, but we want to find a way to be more consistent, make less errors.

"I think he wants to do that. There are no shortcuts to the type of success he's had and should continue to have."

Miller said Tuesday, as the Broncos continued their first set of organized team activities, he agrees and that "I'm my own biggest critic. I hold myself to a super-high standard."

Miller, who used yoga as part of his offseason workout regimen last year, has tweaked his workouts this time around so he can "just be a beast."

"I think (yoga) worked well for me. I'm trying to get away from the 'Gumby' stuff. I don't want to rely on that," Miller said of exorbitant stretching. "I want to play football. I want to be a traditional linebacker that can do it all. I don't want to just rely on skill. I want to go out there and know what I'm doing. I just want to be the best football player, the best technician that I can possibly be.

Broncos Briefs Denver Post May 22, 2013 Wednesday

"I don't want to rely on my talent. I just want to be the best football player I can be," Miller said. "I want to get my conditioning up so I can play offense too. I just want to get it done."

Where's the love? The Broncos spend so much time in the nickel package (five defensive backs) on defense, both Del Rio and Chris Harris said it just might be time to adjust the team's pregame introductions.

When the defensive starters are introduced before home games, it is a traditional three-linebacker, four-defensive back look that produces the 11 guys who run out individually in front of the crowd.

"The nickel typically doesn't run out," Del Rio said.

But the Broncos were in the nickel for 64 percent of the time last season, far more than they were in the base defense. Harris figures to move from the outside spot, where he started last season because the Broncos signed Dominique Rodgers-Cromartie, into a full-time nickel corner role. He said a little pregame change is in order.

"I think so," Harris said, smiling. "I play just as many snaps, probably more snaps than the linebackers. That's how they do it. I'm not really too worried about that too much, but I think the nickel should be introduced."

Footnotes. Broncos Hall of Famer Gary Zimmerman, who is in town to attend an award ceremony Wednesday night for Broncos owner Pat Bowlen, attended practice Tuesday. Hall of Famers Floyd Little, Shannon Sharpe and Broncos executive vice president of football operations John Elway also are scheduled to attend. ... Harris, who was listed at 190 pounds last season, said he's up to 200 pounds now, "but I feel like I'm more explosive, way faster than I was last year."

Jeff Legwold, The Denver Post

LOAD-DATE: May 25, 2013



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The Philadelphia Inquirer

May 5, 2013 Sunday WEB
Edition

SECTION: SPORTS; Inq High School Sports; Pg. 00

LENGTH: 469 words

HEADLINE: Coatesville's Daquan Worley commits to Penn State

BYLINE: By Rick O'Brien; Inquirer Staff Writer

BODY:

Coatesville High junior Daquan Worley, a quick-footed running back and defensive back, orally committed Friday morning to play for Penn State.

The 5-foot-10, 185-pounder, who helped lead the Red Raiders to the PIAA Class AAAA state championship game last season, is projected to play cornerback for the Nittany Lions. He is the seventh player - and first defensive back - to commit for the Class of 2014.

"Deep down, he just really felt like he wanted to be part of the Penn State community," Coatesville head coach Matt Ortega said. "He liked the campus, the athletic part of it, and the academic piece."

Rutgers was the runner-up for the speedster's services. Scarlet Knights defensive coordinator Dave Cohen and defensive backs coach Darrell Wilson visited Coatesville on Thursday. "They made one last push," Ortega said. "It was close."

Of Penn State and Rutgers, Ortega said, "Both schools did a heck of a job recruiting him. Both made him feel like he was a priority. But at the end of the day, he was very clear in his gut about where he wanted to go."

Worley, an Inquirer first-team all-Southeastern Pennsylvania selection on defense last season, also had scholarship offers from Georgia Tech, Massachusetts, Old Dominion, and Pittsburgh. Georgia Tech, with its triple-option attack, considered him as a running back.

Worley took an unofficial visit to Penn State during spring practice. Nittany Lions linebackers coach Ron Vanderlinden was at Coatesville earlier this week. "He did a very thorough job," Ortega said of Vanderlinden.

In the recruitment of Worley, Vanderlinden had help from Penn State strength and conditioning coach Craig

Coatesville's Daquan Worley commits to Penn State The Philadelphia Inquirer May 5, 2013 Sunday

Fitzgerald and defensive backs coach John Butler. Both starred at La Salle High.

"Daquan is an absolute beast when it comes to working out," Ortega said. "He really gets after it. I think it will be a good relationship between him and Craig Fitzgerald."

Due to the child sex-abuse scandal, Penn State, by NCAA sanction, has to be at 65 scholarships or fewer by the start of the 2014 season. It cannot compete in any bowl games until 2016.

"Even with the sanctions, Daquan wanted to be at Penn State," Ortega said. "He wants to be part of what [coach] Bill O'Brien is building in State College."

With only 15 scholarships to offer because of the sanctions, O'Brien is actively seeking players who can compete at more than one position or can contribute on special teams.

At running back last season, Worley, who competes in sprints and the 4x100 relay in track and field, carried 228 times for 1,777 yards and 20 touchdowns.

Coatesville went 13-3 and reached the state final before losing to District 7's North Allegheny, 63-28, in Hershey.

Contact Rick O'Brien at robrien@phillynews.com. Follow @ozoneinq on Twitter. Read his blog, "The O'Zone," at www.inquirer.com/ozone

LOAD-DATE: May 5, 2013



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May 1, 2013 Wednesday
FINAL EDITION

SECTION: EDITORIAL; Pg. 18A

LENGTH: 770 words

HEADLINE: Breaking a barrier;
Our view: The coming out of an NBA player is groundbreaking but overdue

BYLINE: THE BALTIMORE SUN

BODY:

NBA center Jason Collins says he has gotten "incredible" support since revealing in Sports Illustrated that he is gay and thus becoming the first openly gay male athlete in one of the major team sports in this country. As that support includes congratulations from a current and former president and some of the biggest stars in his sport, perhaps that's even an understatement.

What Mr. Collins has done is significant, of course, and he deserves all the good will and public support he can get. Pro basketball, baseball, football and hockey seem to be the last bastions of the "don't ask, don't tell" approach to the sexuality of their employees, if not outright hostility toward gays. The consequences of his coming out are not entirely clear, as the 34-year-old journeyman player is not signed for a team next season.

In this era of more enlightened attitudes toward homosexuality and fast-growing acceptance of gays and lesbians as friends, relatives, neighbors, co-workers and even role models -- not to mention the spreading legalization of same-sex marriage, an unthinkable development a generation ago -- the reluctance of big-time male pro-athletes to join the 21st century has been striking. Was this the result of prejudice in the locker room, the stands, the owners' boxes, or all three?

As with any barrier-breaking, it takes one brave person to step forward, and Mr. Collins might seem an unlikely candidate, given his relative obscurity and age. This is not quite like a young, talent-laden Jackie Robinson breaking Major League Baseball's color barrier. For one thing, there are probably dozens of gay athletes already competing on these fields and courts -- just not openly. For another, the Dodgers and Robinson were on the leading edge of social change and the civil rights movement of their time.

In contrast, this week's announcement seems badly overdue -- like apologizing for Japanese internment camps five decades after the fact. Tennis star Martina Navratilova beat Mr. Collins to the punch -- by 32 years. She came out as a

Breaking a barrier; Our view: The coming out of an NBA player is groundbreaking but overdue The Baltimore Sun May 1,
2013 Wednesday

lesbian in 1981 and received no tweets of support (or even that era's non-digital equivalent) from the White House.

It's not hard to speculate on the factors that have helped cause sports to lag behind so much of the rest of society. Surely, it starts with the way these sports tout manliness and aggression. Star players are "monsters" or "beasts," while those who fail are seen as "soft" or feminine or mocked with anti-gay slurs. In football and baseball, there's a particularly strong evangelical influence. And in such highly competitive endeavors, some players are naturally reluctant to buck the tide (or give management a reason to cut them). Then there are the endorsement deals and public images to worry about (although that doesn't seem to stop many pro athletes from using drugs, driving drunk, getting into fights or engaging in generally boorish behavior).

The gay barrier of men's pro sports was much evident here in Baltimore as Ravens linebacker Brendon Ayanbadejo spoke out in support of same-sex marriage in Maryland. His choice to talk about equal rights for gay Americans as the team made its Super Bowl run was widely viewed as novel if not heroic. Although the Ravens stood by him (including refusing Del. Emmett C. Burns Jr.'s efforts to silence him at one point), the team's decision to release him several weeks ago prompted speculation over whether his outspokenness was too discomfiting for the NFL franchise, a suggestion the Ravens denied.

Still, as much as Mr. Collins deserves the praise from President Barack Obama and others -- and may yet have to endure some harassment at certain NBA venues before all is said and done -- it's not clear how noteworthy his announcement may prove to be. In a matter of months, if not weeks, other players are likely to step forward; such is the pace of change and such is the likelihood that others will be inspired by Mr. Collins' choice.

Perhaps pro sports will prove to be the last major barrier to public acceptance of gays. What an irony that the military, which has produced so many sports cliches -- from the aerial attack of football to the arm-cannons of baseball -- would prove itself more progressive than those who are essentially in the entertainment industry.

The day can't come too soon when allegations that NFL scouts are asking college players about their sexual orientation are part of the distant past instead of something that came up during a recent pre-draft football combine. A high-five to Mr. Collins, but a boo to any sports franchise, league or fan base that does not accept equality.

LOAD-DATE: May 2, 2013



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CNN

SHOW: The Lead with Jake Tapper 4:30 PM EST

April 22, 2013 Monday

TRANSCRIPT: 042202CN.V40

SECTION: NEWS; Domestic

LENGTH: 2824 words

HEADLINE: From A Boxer To A Terror Suspect; Boston Bombings: Big Brother Was Watching

BYLINE: Jake Tapper, Martin Savidge

GUESTS: Daniel Benjamin, Fhrad Manjoo

HIGHLIGHT:

Before he was a terror suspect, Tamerlan Tsarnaev was a monster in the boxing ring. The world knew of his brutality, the boxing community here in Boston took note of Tamerlan Tsarnaev. He fought in bouts all will over town and tournaments around the country, even competing in the 2009 Golden Gloves championships. Tamerlan Tsarnaev told one interviewer he aspired to box on the U.S. Olympic team, but that dream stalled after his petition for citizenship was denied. The Boston terrorism investigation reminds us big brother is watching. Surveillance cameras gave law enforcement some of their best clues in identifying the men they say were behind the attacks. And while grateful that the suspects were found, the issue raises serious questions about privacy.

BODY:

MARTIN SAVIDGE, CNN CORRESPONDENT: Like, say, you were searching back in time digging carefully layer by layer, slow methodical work. Some have said, well, what about reports of sloppy recordkeeping at that facility? Investigators say yes, they'll look at that, but right now they're focused on the evidence that could perish, anything washed away, rain, elements, things like that. They want to get that stuff first.

JAKE TAPPER, CNN HOST: Martin, we understand the blast did extensive damage to the city's infrastructure. Tell us about that.

EXHIBIT 1 PART 3 OF 5

From A Boxer To A Terror Suspect; Boston Bombings: Big Brother Was Watching CNN April 22, 2013 Monday

SAVIDGE: Right, it did. I mean, we've all heard that about 50, 75 buildings were severely damaged. But much of the town has suffered in other ways. It triggered that kind of earthquake and underground, apparently, there has been a lot of damage done to the infrastructure, especially the water system.

There are a number of homes, perhaps several hundred that are suffering without water or limited water. The entire city is under a boil order, and they say that's going to be a problem for a long time to come. Even here at city hall, there is no water, and there are Port-A-Pottys set up all over this community.

TAPPER: Martin, I wonder if there are people in Texas who are concerned with the fact that so much of the attention of the media has been focused here on Boston because of the terrorist attacks when actually there was much more loss of life in West, Texas. Are people upset about that, or are they just focused on recovering and they couldn't care less about media?

SAVIDGE: Well, they're not focused so much on measuring or comparing death tolls, but they have actually noticed what's been going on in Boston. There has been an empathy in this community. They're focused on their tragedy, but they realize their city went kind of through the same thing. Not the same way.

There were periods here of extreme fear. There were periods here of terror, and of course now, there are periods, just heading into it, for mourning. And the same thing was true in Boston. They realize whether it was a small town in Texas or a big city on the Eastern Seaboard, they kind of went through a terrible week, and in many ways they do feel a connection, if it's an emotional one.

TAPPER: Interesting. Thank you, Marty Savidge. Appreciate it. Another big story we're keeping an eye on during this hour. Make sure your phone has a full charge. Those deep federal spending cuts, the furloughed air traffic controllers have now kicked in. And while most airports are not reporting problems, some major hubs including LAX, where three fewer air traffic controllers were on the schedule, reported delays of up to three hours because of staffing issues. The FAA says with fewer eyeballs, controllers will space plans farther apart so they can better manage traffic. That's coming up next.

TAPPER: Welcome back to THE LEAD. I'm Jake Tapper live in Boston.

Despite word that the surviving bombing suspect is on a breathing ventilator and heavily sedated, he has been charged. A federal magistrate judge visited his hospital room earlier today. He's looking at one count of using and conspiring to use a weapon of mass destruction in the U.S. and in causing death. And also one count of malicious destruction of property by using an explosive device resulting in death. If convicted, it could - could mean the death penalty.

The White House also says he will not be tried as an enemy combatant. He's listed in serious but stable condition at a local Boston hospital, but that has not stopped authorities from charging him and pressing him for answers. (BEGIN VIDEOTAPE)

TAPPER: A bullet wound in his neck. Sources say that's what's keeping Dzhokhar Tsarnaev from voicing what could possibly have been going through his mind one week ago when he and his brother allegedly bombed the Boston Marathon.

But we do know he's regained at least some consciousness. Sources tell CNN that investigators have been questioning him since yesterday, and that Dzhokhar Tsarnaev is communicating, responding to questions about public safety by nodding his head. Though it's not clear what he has told authorities.

MARTHA COAKLEY, MASSACHUSETTS ATTORNEY GENERAL: People are focused on what he may be able to say, but there's also a lot of work going on by the federal authorities, and I'm sure what he is saying, if he is saying anything, is important. But it's not the only piece of the investigation.

From A Boxer To A Terror Suspect; Boston Bombings: Big Brother Was Watching CNN April 22, 2013 Monday

TAPPER: We're also not yet sure about how he received his wound. It could have been in Friday night's final shootout with police. Thermal imaging showing Dzhokhar Tsarnaev cowering in a trailered boat in a Watertown backyard. After 25 minutes of negotiating, police moved in and took him alive.

GOV. DEVAL PATRICK (D), MASSACHUSETTS: We have a million questions, and those questions need to be answered. TAPPER: Or Dzhokhar Tsarnaev could have been shot earlier in the violent showdown that police say he and his older brother, Tamerlan Tsarnaev had with officers early Friday morning in Watertown. Dzhokhar Tsarnaev may have even killed his older brother by running over him in his haste to escape the scene.

ED DAVIS, BOSTON POLICE COMMISSIONER: My understanding is his brother was run over, and the other brother was driving the car when that happened. I don't know what the cause of death was, and we won't know that until the medical examiner rules.

TAPPER: The brothers also allegedly shot and killed MIT officer Sean Collier. They're said to have been armed with handguns, at least one rifle and several explosives. Police now say neither brother was licensed to carry a gun in Massachusetts.

ROBERT HAAS, CAMBRIDGE PD COMMISSIONER: Neither one had a license. The younger brother by virtue of his age wouldn't be eligible to get a license and we have no record of them ever applying.

TAPPER: The Tsarnaevs threw explosives at officers, police say, and had in their possession another pressure cooker bomb, like the ones believed to have been used in the terrorist attacks on the marathon. Leading investigators to believe they were planning even more carnage.

DAVIS: I believe that the only reason that someone would have those in their possession would be to further attack people and cause more death and destruction.

TAPPER: But the two would never get their chance to stage another terrorist attack. Twenty-six-year-old Tamerlan Tsarnaev, lying dead, 19-year-old Dzhokhar Tsarnaev in custody, facing the prospect of the death penalty. And the people of Boston reclaiming their city.

STEPHANIE RILEY, MARATHON RUNNER: Now just about trying to move on and put the pieces together and get ready for next year.

TAPPER: Today many people in Boston went back to work for the first time since Dzhokhar Tsarnaev's capture and since the manhunt that paralyzed the city. Hundreds lined up to say good-bye this morning at funeral services for Krystle Campbell, one of the three people killed in the terrorist attacks. Later this evening, a memorial is planned for Lingzi Lu, the Boston University graduate student from China, also killed one week ago today.

But life is moving forward here again. Mayor Thomas Menino announced a plan to reopen Copley Square, the site of the bombings. And today, city buses flashed the unofficial slogan that has emerged from this nightmare -- Boston Strong.

(END VIDEOTAPE)

TAPPER: As investigators attempt to pull critical information from the surviving bomb suspect, some members of the FBI could be in for a grilling of their own. Senator Dianne Feinstein says FBI officials may be called in to testify before a special intelligence committee hearing as early as tomorrow. Lawmakers want to know why the FBI didn't keep an eye on the older suspect despite warnings from the Russian government as far back as 2011. The FBI got a tip then from Russia that Tamerlan was a follower of a radical Islamic group, and they questioned him that year. They interviewed him, but found, quote, "no signs of terrorism activity," unquote.

From A Boxer To A Terror Suspect; Boston Bombings: Big Brother Was Watching CNN April 22, 2013 Monday

But his social media history shows otherwise. Daniel Benjamin is a former coordinator for counterterrorism at the State Department. Daniel, thanks for joining us. One of the group's investigators say Tamerlan may -- may, have had an interest in the Caucasus Emirates CE. What can you tell us about this group?

DANIEL BENJAMIN, FORMER COUNTERTERRORISM COORDINATOR AT STATE DEPT: From the primary radical Chechen terrorist group since about 2007/2008. it's led by a man named Doku Marev (ph). It's been responsible for an enormous number of bombings and killings in Russia. It was designated under executive order 12334 when I was coordinator as a terrorist group, which means that we were eager to help the Russians go after its financing.

But, other than some harsh rhetoric, we have not seen it target the United States in the past. And frankly, I would be surprised if they were widening their aperture to go after the U.S. right now.

TAPPER: A common thread, Dan, that we've seen over the last decade is attacks or attempt at attacks being carried out by individuals who have recently moved to this country, taking out their frustrations on their adoptive countries. For example, the attempted Times Square bomber.

What kind of challenge do these type of terrorists present to counterterrorism officials as opposed to more traditional al Qaeda- type terrorists?

BENJAMIN: Well, not just in this country. You'll recall that in France just a couple of years ago, a man named Mohammed Merah killed a lot of people in and around Toulouse. There was also a case in Holland in 2004 where he killed a famous artist.

These are very, very difficult cases because if they're not maintaining connections with terrorist groups in other countries, then there are not a lot of leads to go on. Sometimes these people will say things that will get reported by members of their community or others, or they'll do postings that may cause some attention. But they're very, very hard to find, much like lone wolves in general. So, this is one of the real challenges that counterterrorism officials face today, especially in law enforcement.

TAPPER: And, Dan, the U.S. has historically -- the U.S. government -- not always been willing to buy the Russian line that Chechnya is a breeding ground for extremists. U.S. officials think they're just trying to drag us into their war. Do you think it's possible that that skepticism may have played a role in how the warning about Tamerlan was handled? He was interviewed in 2011, but it wasn't followed up in 2012. BENJAMIN: Well, we know that Chechnya is a breeding ground for extremists, but it's mostly been extremists who were targeting Russians. And I think that one of the issues here is the sort of historic relationship between the FSB, that's the successor of the KGB, and the FBI.

So, the FSB may give us a tip but doesn't give us much to go on. And I understand in this case that we did actually follow up with several inquiries to them asking for more information about this case. And this is not an unusual sequence of events. We have, overall, a pretty good relationship with the Russians on counterterrorism, certainly compared to our relationship on a number of other issues. But when you're dealing with these old Cold War foes, sometimes the relationships can be frosty. There's a lot of concern about what they're up to, what are the sources and methods, what are they trying to draw out of us.

So, often the exchange is not nearly as fruitful as it would be, say, between the United States and some of its Western European partners or other friendly countries around the world. So, I'm sure there will be an investigation of some kind. There will be questions to be answered. But it is not unusual to have this kind of exchange kind of come to a dead end with the Russians.

TAPPER: All right, Daniel Benjamin, thank you so much. We'll have you on again soon.

An animal in the ring. That's how one of the sources describes the terror suspect. We'll take you to the gym where he used to train. That's next.

From A Boxer To A Terror Suspect; Boston Bombings: Big Brother Was Watching CNN April 22, 2013 Monday

TAPPER: Welcome back to THE LEAD. Before he was a terror suspect, Tamerlan Tsarnaev was a monster in the boxing ring.

(BEGIN VIDEOTAPE)

TAPPER (voice-over): The world knew of his brutality, the boxing community here in Boston took note of Tamerlan Tsarnaev. He fought in bouts all over town and tournaments around the country, even competing in the 2009 Golden Gloves championships.

Tamerlan Tsarnaev told one interviewer he aspired to box on the U.S. Olympic team, but that dream stalled after his petition for citizenship was denied.

(on camera): This is the mixed martial arts gymnasium in Austin, Massachusetts, where Tamerlan Tsarnaev used to work out. He was said to not have a lot of respect for trainers at other gyms because their language was foul, they weren't supposed to be clean.

He would work out here a lot. He was regarded as one of if not the best boxer here, though his nose was broken a few years ago here. He disappeared for some time, but then reappeared a few weeks ago. He was walking around acting as if he owned the place, was asked to leave because he was being disrespectful to other people working out at the gym. In fact, just a few days ago, law enforcement came by and took the surveillance equipment from this gym in part of their investigation.

(voice-over): One fellow boxer with whom we spoke told us Tsarnaev struck an intimidating figure in the gym, calling him a premier athlete with a reputation as a beast, an animal in the ring. Trainer Eddie Bishop traveled with Tsarnaev to a national competition.

(on camera): You said you thought he was eccentric from the very moment you met him.

EDDIE BISHOP, BISHOP'S TRAINING AND FITNESS: Yes. He came into the fight and he had cowboy boots on and leather pants, and he had a special hat, funny hat.

TAPPER (voice-over): Bishop says Tsarnaev was strong, but not tenacious.

BISHOP: He had a really big punch. He knocked a lot of people out, but, you know, he lacked that fighter's heart, you know?

TAPPER: What do you mean?

BISHOP: You know, if he couldn't get you out of there, he quit. (END

VIDEOTAPE)

TAPPER: Up next, call it Big Brother. Call it the technology that helped catch two terror suspects, but are we really any safer in a world where our every move is on camera? That's ahead.

TAPPER: The Boston terrorism investigation reminds us big brother is watching. Surveillance cameras gave law enforcement some of their best clues in identifying the men they say were behind the attacks.

And while, of course, we're grateful that the suspects were found, the issue raises serious questions about privacy. Slate columnist, Farhad Manjoo, says, if anything, big cities need even more surveillance cameras because the benefits outweigh the risk.

He joins us now live from Los Angeles. Farhad, you argue cameras should be installed everywhere, but let's be

From A Boxer To A Terror Suspect; Boston Bombings: Big Brother Was Watching CNN April 22, 2013 Monday

honest. Cameras, they can't catch everything.

FARHAD MANJOO, SLATE COLUMNIST: Yes, they can't catch everything, but after something goes down, they're a really good way to figure out what happened, and they can also -- there's lots of evidence suggesting they can also prevent crime before it happens. We've seen this happen in a few major cities in a test in Baltimore that the police installed cameras everywhere, and they noticed that violent crime went down by a huge percentage. They've noticed this in places in Chicago.

So beyond terrorism, there's evidence that these cameras work to, you know, not only catch criminals but to prevent crime from happening in the first place.

TAPPER: But how do these cameras -- how can you work around serious civil liberties concerns about being watched at all time by government?

MANJOO: Yes. I mean, the first thing I'd say is that it's sort of too late in our society to go to a point where we aren't watched at all times. We already are watched not only by our government, but mostly by our fellow citizens with cell phone cameras and more.

If you're outside, you'll be on camera, maybe not the government's camera. It might be your friends' and neighbors' cameras. But we can have sensible rules about this stuff. We can have rules that say, you know, the government can't give you a ticket if you notice you jaywalking or you know, doing some other minor infraction.

But if you do something big, that there will be lots of people watching in a public place and they may notice you doing something really terrible and stop you before it happens.

TAPPER: All right, Farhad Manjoo, it's an issue we're going to talk about in the days to come. Thank you so much.

It was supposed to be the site of a celebration, but instead Boston's Boylston Street became a crime scene. But now the FBI is about to hand it back over to the city of Boston. We'll bring you that live when it happens, just a few minutes from now. Stay with us.

TAPPER: Welcome back to THE LEAD. I'm Jake Tapper. Now I'll leave you in the able hands of my colleague Wolf Blitzer. Wolf, big moment about to happen right now.

LOAD-DATE: April 23, 2013



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The Bismarck Tribune
April 19, 2013 Friday

SECTION: SPORTS

LENGTH: 292 words

BODY:

GRAND FORKS (AP) - While North Dakota boxer Virgil Hill trains for what he hopes is his farewell fight, the former world champion also is training one of his sons for his professional boxing debut.

Virgil Hill Jr., 23, excelled at baseball while growing up in California and was drafted by the St. Louis Cardinals as an outfielder in the sixth round of the 2009 Major League Baseball draft.

The Cardinals recently released him, however, and he is now focusing on a boxing career. He likely will fight in the super middleweight division, Virgil Hill Sr. said.

"He's a great kid and a really good athlete," Hill said. "He trains every day. He's a beast. I love training him. It's almost not fair because what I put him through is a lot different from what others go through. It's so hard."

The senior Hill, 49, is a five-time world champion and a 1984 Olympic silver medalist. He is being inducted into the International Boxing Hall of Fame in Canastota, N.Y., on June 9. He announced in February that he wanted one final fight in North Dakota.

"I want one more fight to say thank you and farewell," he said.

Hill hopes the bout can happen this fall. Locations being considered for the bout include Bismarck, Fargo or Grand Forks.

Grand Forks is where Hill Sr.'s professional boxing career started, and he said he wouldn't mind seeing his son launch his career there too.

Hill often fought in North Dakota early in his career, and the bouts were televised nationally. He has fought some of the biggest names in boxing, including Thomas Hearns and Roy Jones Jr., but he hasn't fought since 2007 and his last victory came in 2006.

If he does land a farewell fight, his attention afterward will be on his son's career.

When one door closes, another opens up," he said.

LOAD-DATE: April 19, 2013



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February 24, 2013 Sunday

SECTION: TNT/SOUNDLIFE; Pg. E003

LENGTH: 588 words

HEADLINE: Pocket reference offers cyclists a simple explanation of the rules of the road

BYLINE: CRAIG HILL; Staff writer

DATELINE: February 24 2013

BODY:

Time to empty the fitness mailbag:

What's the most polite way to tell a friend he's a dangerous cyclist?

The Bicycle Alliance of Washington is making it a little easier to have educated conversations about the rules of the road.

The organization recently released a free pocket reference that offers a brief overview of Washington's traffic laws that pertain to motorist and bicycle interactions. The reference folds up to about the size of a business card.

The size makes it easy to carry with you to hand out to motorists, cyclists and the legions of others who don't seem to understand the proper ways for bikes and automobiles to share the road.

The reference includes a website - bicyclealliance.org/rcw - that will take you to the complete text of the laws. To

request free copies of the pocket reference, send an email to info@bicyclealliance.org

What's a good way to get into running?

Fleet Feet Sports in Bonney Lake is launching its No Boundaries program Monday. The 10-week training program is designed for beginning runners who aspire to run their first 5- or 10-kilometer race.

The program concludes May 5 at the Tacoma City Marathon 5K.

Pocket reference offers cyclists a simple explanation of the rules of the road The News Tribune (Tacoma, Washington)
February 24, 2013 Sunday

No Boundaries' twice-weekly running/walking sessions are led by experienced coaches and include lessons on nutrition, gear and injury prevention.

The program costs \$130 and participants get a shirt and jacket.

How do I go Beast Mode when I work out?

There's only one person that can answer this question properly and his name is Marshawn Lynch, the Seattle Seahawks' Skittles-eating running back.

Lynch is one of several Seahawks supporting a new endurance competition called TruAthlete. The event is scheduled for 10 a.m.-8 p.m. on July 27 at Tukwila's Starfire Sports Complex. Organizers say Lynch will be on hand to present the trophy to the winner.

The all-day event includes competitions in flag football, volleyball and soccer. Teams of seven-10 people will compete in a tournament and will not know which sport they will play until just moments before their matchup.

Organizers say they're hoping to bring multisport competitions to those who aren't into traditional multisport events, such as triathlons.

"There are lots of individual endurance events for runners and cyclists, even some where competitors crawl through mud and jump over fire, but none for team sports," said Nathan Riley, the event's founder. "This is a whole new breed of triathlon, one that tests a wide range of skills. And judging from the support we've gotten already, it's going to be huge."

According to a statement released by event officials, a portion of the proceeds will be donated to America Scores, a nonprofit group that teaches soccer and poetry in urban schools.

Former Seahawks Mack Strong, Roy Lewis and Kerry Carter also will be involved in the event, Riley said.

Riley co-produced the independent movie "Matt's Chance," which starred Margot Kidder, Lee Majors, Gary Busey and Lynch.

Riley staged a test event in 2010 and says it went well, but he waited until now to launch Seattle TruAthlete to gauge how he'd best compete against events such as mud runs.

Organizers plan to add events in Los Angeles and San Francisco next year.

Registration is \$50 per person. For more information, contact Riley at rilo@thetruthathlete.com or Brian Abbey at Brian@thetruthathlete.com

Craig Hill's fitness column runs Sundays. Submit questions and comments via craig.hill@thenewstribune.com and twitter.com/AdventureGuys. Also, get more fitness coverage at blog.thenewstribune.com/adventure and thenewstribune.com/fitness.

LOAD-DATE: February 24, 2013



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February 21, 2013 Thursday
STATE EDITION

SECTION: SPORTS; C; Pg. 7

LENGTH: 484 words

HEADLINE: UTSA INSIDER;
McGregor has grown tired of sitting around

BYLINE: Jerry Briggs

BODY:

UTSA junior forward Edrico McGregor has come a long way from his days as a youth when he would sit off to the side during basketball games.

"Back home, I'd go watch the other guys, but I never played," said McGregor, a native of Nassau, Bahamas. "I just sat down and watched."

McGregor has been far from timid in his first season with the Roadrunners. He

practices and he plays with aggression.

But in his first year at the Division I level, sometimes such tenacity has led to trouble - foul trouble. "Really, really frustrating," McGregor said.

Fortunately for the Roadrunners, the frustration finally evolved into elation last weekend when he produced 10 points and nine rebounds in 21 minutes off the bench in a victory at Texas State.

Playing so well in UTSA's first victory in three weeks, it was clearly a breakthrough moment for McGregor.

"It's funny," UTSA coach Brooks Thompson said. "I ask him to go out there and be a beast. He's so strong and athletic. I tell him, 'Just be the beast that you are.'"

McGregor, who took up basketball only five years ago, is clearly still learning the game.

UTSA INSIDER; McGregor has grown tired of sitting around San Antonio Express-News February 21, 2013 Thursday

"Right now, he's adjusting to the way (referees are) calling the games in Division I," Thompson said. "That's making him feel more comfortable. I think that's why he's showing marked improvement."

McGregor grew up with eight siblings in a Nassau neighborhood that he described as "a ghetto."

Surprisingly, UTSA's first frontcourt player off the bench said he wasn't much of an athlete as a kid. He didn't so much as kick a soccer ball.

"My academics were strong," he said. "That's the only thing I had going."

Once McGregor took up basketball as a high school senior, his stock rose quickly and in turn received an invitation to join the 2008 Bahamas junior national team.

Subsequently, McGregor spent a couple of years at Meridian College (Miss.), then another at North Idaho before signing last spring with UTSA.

McGregor is averaging a modest 3.3 points and 4.3 rebounds for the Roadrunners.

The frustration of constantly getting whistled for fouls and spending time on the bench has been difficult. "It's just something you got to play through," he said with a shrug.

McGregor also is dealing with concerns back in Nassau. He says his father is ill, battling to regain his health after a heart attack that struck a few years ago. McGregor tries to keep in touch with family developments by frequent phone conversations with his mother.

"She just asks me about school and basketball," he said.

Mom, Clarissa McGregor, recently expressed her concern with the Roadrunners, who at one point had lost 18 of 20.

Laughing, Edrico says the victory over the Bobcats made her feel better.

He tells her not to worry.

"The season ain't over yet," he said. "That's how I always look at it. ... Like the coach says, 'We just have to stay together as a unit, make plays and try to win games.'"

jbriggs@express-news.net

Twitter: @JerryBriggs

LOAD-DATE: February 21, 2013



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The Herald-Sun (Durham, N.C.)

February 7, 2013 Thursday

SECTION: LOCAL SPORTS; B; Pg. 1

LENGTH: 783 words

HEADLINE: Tar Heel class focused on talent, intangibles

BYLINE: HAROLD GUTMANN hgutmann@heraldsun.com; 919-419-6668

BODY:

CHAPEL HILL - Faced with scholarship reductions, North Carolina coach Larry Fedora said he focused on speed, athleticism and versatility in putting together the 17-player recruiting class that was introduced Wednesday on signing day.

"Quality over quantity is the way I like to talk about it," Fedora said. "With the situation we are in with scholarships, we have a much smaller margin of error, so we have to do a tremendous job of evaluating these kids in a lot of different areas."

UNC has been docked 15 scholarships over a three-year period due to NCAA violations that were committed before Fedora came aboard.

Fedora was hired just two months before signing day last year, but his staff had 13 months to recruit the Class of 2013, which features nine players on offense and eight on defense. Fedora said they used the time to figuring out intangibles on each player like character, football IQ, family support and the will to succeed.

Recruiting coordinator Walt Bell said that the scholarship limits made the staff pickier.

"Really what it means is you can't have a big bust," Bell said. "Not every player has to be an all-American, but you can't have a player get sent home after two weeks."

Bell also said that versatility was key - for example, offensive lineman Brad Henson of Surf City, N.J. played tackle, guard and center in high school.

The signing class features one player from the Rivals 250 - No. 87 T.J. Logan, a running back from Greensboro. It also has five players who are listed in the ESPN 300 - defensive back Brian Walker from Charlotte (the highest-rated player at No. 118), defensive tackle Greg Webb from Erial, N.J., quarterback Mitch Trubisky from Mentor, Ohio, and

Tar Heel class focused on talent, intangibles The Herald-Sun (Durham, N.C.) February 7, 2013 Thursday

wide receivers Johnathan Howard from Rochelle, Ga. and Jordan Fieulleteau from Raleigh Wakefield.

"This group is going to be the basis for multiple championships here at the University of North Carolina," Fedora said. Five members of the signing class play on the defensive line. Fedora said Marquis Haynes of Jacksonville, Fla. and Dajaun Drennon of Clementon, N.J. bring speed and explosiveness on the edge to help with the pass rush, while the 6-2, 310-pound Webb provides the girth to make up for the loss of defensive tackle Sylvester Williams.

The class also features Hillside grad Khris Francis, a running back who one of four players who enrolled in school last month. Since star runner Giovanni Bernard declared for the NFL - leaving just two veterans in the backfield entering the 2013 season - Fedora said Logan and Francis could find themselves on the field as true freshmen.

Logan was the AP player of the year in North Carolina after rushing for 3,146 yards and 47 touchdowns as a senior for Northern Guilford, despite playing in the fourth quarter only twice because of lopsided scores.

Fedora said that Francis has already impressed head strength and conditioning coach Lou Hernandez with his **workouts** since he entered school early.

"Lou said Khris is a workout beast right now," Fedora said. "He's already doing things that the older kids are doing, he's already even with them. So that's pretty special, because he should be in high school right now. He should be worried what color his tux should be for the prom."

Francis was also the first player in the class to agree to come to UNC when he gave a verbal commitment on Feb. 8, 2012 before a UNC-Duke basketball game. Hillside teammate Korrin Wiggins also committed that night, but announced Wednesday morning he will go to Clemson instead.

"There's some kids that may get away, but I've learned this in recruiting - you don't worry about the ones that get away," Fedora said. "You better worry about the ones you got because you're going to have them for four years."

2013 UNC SIGNEES

Mikey Bart, de, 6-3, 245, Buford (Ga.) HS

Lucas Crowley, ol, 6-3, 270, Nease HS, Ponte Vedra, Fla.

Dajaun Drennon, de, 6-4, 230, Timber Creek HS, Clementon, N.J. Jordan

Fieulleteau, wr, 6-3, 200, Wakefield HS, Raleigh

Khris Francis, rb, 5-9, 195, Hillside HS, Durham

Marquis Haynes, bandit, 6-3, 220, University Christian HS, Jacksonville, Fla.

Brad Henson, ol, 6-5, 295, Monsignor Donovan HS, Surf City, N.J. Johnathan

Howard, wr, 6-4, 195, Wilcox County HS, Rochelle, Ga.

Nazair Jones, dl, 6-5, 250, Roanoke Rapids HS

Desmond Lawrence, db, 6-1, 175, Charlotte Christian HS, Charlotte

T.J. Logan, rb, 5-10, 180, Northern Guilford HS, Greensboro Donnie

Miles, db, 5-11, 200, North Gwinnet HS, Lawrenceville, Ga.

Tar Heel class focused on talent, intangibles The Herald-Sun (Durham, N.C.) February 7, 2013 Thursday

R.J. Prince, ol, 6-6, 300, Albemarle HS

Ryan Switzer, ath, 5-10, 175, George Washington HS, Charleston, W.Va.

Mitch Trubisky, qb, 6-3, 200, Mentor (Ohio) HS

Brian Walker, db, 5-11, 175, Mallard Creek HS, Charlotte Greg

Webb, dt, 6-2, 310, Timber Creek HS, Erial, N.J.

LOAD-DATE: February 8, 2013



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The Concordian: Concord College

January 30, 2013 Wednesday

SECTION: BLOGS; Pg. 1

LENGTH: 1224 words

HEADLINE: The Australian Open

BYLINE: Brian Olson

BODY:

"Federer Has Won a Lot but He's Winless Against Me"

People describe the Australian Open as the tournament with a lot of drama, hot weather and other extraordinary reasons that make it sound unique compared to any other professional tennis tournaments. This tournament is not unique in any way besides it is the only major in Australia and they have koala bears down there. It irks me when I hear a tournament has more drama than others because it is not true at all. Professional tennis IS drama.

You can't watch a tennis match without a player overreacting over something. Watch a Federer match and notice how cranky he gets if a ball boy doesn't grab a ball a split second earlier than expected. Those kids are there to make your job easier. Next, watch Serena Williams blow a match against a very beatable opponent and then blame it on an injury that popped out of no where. Need more drama? Watch Azarenka use a 10 minute break for an alleged "panic attack" as her opponent was serving even though she's been ranked number 1 for the past year with no previous experiences with panic attacks. Then there are distractions. Some of these tennis players are so sure that they can't play without noise that every time they make a mistake, they blame something on a phantom distraction. Let's get a 5th grand slam that allows fans to treat this like an NFL atmosphere. I want to see how players handle their mental game WITH distractions. I want all of it: flashing cameras, rabid drunk tennis hooligans, streakers, heckling during change-overs, other players can shout at their opponent right before the serve, etc. Then tennis needs some old fashioned, politically incorrect folks like John Gruden analyzing the game. People would actually want to start watching tennis again.

Aside from how common the Australian Open is like most Grand Slams, fans around the

The Australian Open The Concordian: Concord College January 30, 2013 Wednesday

world were giving tasty visual treats and reasons to be excited about the future of tennis. The women's field is wide open. I see it fit alongside professional golf because no one can predict who will win a major tournament. The women's field doesn't display the dominant four players that the men's side has. The men's side is comparable to my favorite dish at hu hot. There are 4 main components that create the zesty kick that provides a satisfying taste that no other restaurant can reproduce. My dish of perfection has beef, the kung pow yao sauce, the bbq sauce, and the jalapenos. These ingredients fuse together to electrify my taste buds and expose my eating partners to my sweating habits. The negative side to this dish is my expectancy of the meal. I'll constantly do this meal over and over again besides having the smorgasbord to choose from of vegetables, poultry, fish, and condiments that I want NOTHING to do with because healthier decisions are the worst. In actuality, the worst part of it all is the aftermath that leaves me feeling sorry for any toilet that will cross paths in the future 12 hour period.

Djokovic, Nadal, Murray, and Federer are these ingredients that lead to explosive play, "explosive" is the correct imagery for the last sentence, but all the other players in the field have absolutely no chance compared to the level these guys are playing at. Anyone outside the top 4 are the foods I always look at with curiosity but realize that there is no way this dish would be as good without my main four components. If we're expected to see these guys dominate for the next five years, will it lead us to wondering what we're missing from other players, ultimately leading to a bland sport that's predictable or will we salivate at how amazing

the play is from the elite players which leads us to want to keep watching it over and over again? I'll consistently choose the latter. What convinces me most about the quality of this sport is individuality and self-reliance each player has to commit. There are no teammates to hang a shoulder on or to help you pick yourself up. The wear and tear of this sport also leads to longevity issues that no other non-contact sport can compete with. Holy, do I become a LIVID RAGING INSANE CRAZY PSYCHO person when people say something idiotic like, "pssh, tennis?! What a flowery sport. All they do there is just stand around and hit a ball back and forth". Ignorant people like this deserve no complimentary things in life. NO FREE PARKING FOR YOU EVER AND NOW HERE IS A TAX FOR ALL THE WATER YOU DRINK.

Favorite Moments of 2013 Aussie Open

If you haven't heard yet, Djokovic was the winner of this year's Australian Open, making it three years in a row he's won this tournament and arguably putting him along the most celebrated tennis players of all time. He beat Britain's Andy Murray, who's FINALLY broken out of shell by winning gold in the Olympics, winning his first grand slam at Wimbledon last year, and gave the performance of the year against Federer in the quarterfinals. It was an exhausting match that led to his demise against the fresh Djokovic. Eighteen-year-old American Sloane Stephens upset the predicted favorite Serena Williams in the quarter finals. Now it's your responsibility as a reader to go watch the highlights of Serena Williams OBLITERATE her racket during the match. The Bryan brothers won their 13th doubles championship in a grand slam final which means they now have the record for most double titles in tennis Grand Slam history! This definitely wins the "coolest unheard story of the tournament" award. I'll end this list with one of my favorite beat downs of the tournament that happened early on the tourney. The 3rd round provided the woman's bracket with an untimely destruction of Venus Williams by Maria Sharapova. Sharapova was foaming at the mouth. I've never been more afraid in my life. There was absolutely no mercy to be seen anywhere.

Things the Aussie Open Missed

The Australian Open The Concordian: Concord College January 30, 2013 Wednesday

The tournament lost quite an edge without an appearance from Nadal and American player, and avid Viking's fan, Marty Fish. America's single play on the men's side is straight up awful. Thank God for the Bryan twins and the women's bracket. My girlfriend, Ana Ivanovic, lost in the 4th round to someone who isn't even cute. I had all bets placed on Maria Sharapova because she looked to be an unstoppable force early on in the tournament until her no-show against Li Nai, who placed 2nd in the tournament overall. Azarenka and Li Nai is almost a more boring matchup than the 49ers playing the Ravens in the super bowl. This year also marked the first Grand Slam without Andy Roddick. Excuse me as I pull up Roddick's 2003 grand slam victory at the US Open and cry like a baby at what was supposed to be America's hopeful future and his only final win. ESPN's coverage of doubles tennis is absolutely horrendous and needs to change immediately.

The Australian Open has proven that the level of competition is increasing. Federer is getting old but he looks like he's stroking the ball better than ever. **This means Djokovic and Murray are elevating their game and future athletes are going to have to do the same. These guys are going BEAST MODE.** The Aussie Open is just the first step in a string of greater Grand Slams so we're in for a hectic year of tennis.

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Contact Brian Olson at bolson1@cord.edu

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LOAD-DATE: October 14, 2013



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The Richmond Register (Kentucky)

December 26, 2012 Wednesday

SECTION: LOCAL NEWS

LENGTH: 1376 words

HEADLINE: Richmond man meets 400-pound weight loss goal after 31 months

BYLINE: Crystal Wylie, REGISTER NEWS WRITER

BODY:

RICHMOND -- When Neil "Bruiser" Burns, 45, posted "400lbs LOST!" on his Facebook page Dec. 8, more than 500 people "liked" his status. The post received numerous congratulations from friends and family, many of whom have been following his story from the beginning.

Dec. 19, he received a call from one of the producers of "The Dr. Oz Show" (on ABC), who told him they wanted to feature his "miracle weight-loss story" as a segment on one of the shows.

Burns sent in pictures and information about his fitness plan, including the parts about cleansing and eating nuts, which were ideas Burns got from watching Dr. Oz.

He is waiting on word about when the episode will air.

In May 2010, Burns was a 6-foot-4-inch, 680-pound backhoe operator who made a decision that would change his life and impact many others in the years to follow.

By December 2012, that former Madison Central High School football player who could barely walk to the bathroom and back is now helping others make their own miracle weight-loss stories.

For around six weeks, Burns has been working as a personal trainer at First Step Fitness in Richmond. Ranging from ages 9 to 56, Burns trains 11 individuals who have each been lovingly given a nickname.

"Woo," "Taz," "Crusher," "Sim Bot," "Li'l D," and "Chocolate Thunder," they like to call each other.

Then there is little "Bam Bam," a 230-pound 9-year-old who has been training with Burns for almost two weeks.

The boy's teacher had contacted Burns, who quickly discovered Bam Bam "does the best Popeye and Yogi Bear impersonations," he said.

Richmond man meets 400-pound weight loss goal after 31 months The Richmond Register (Kentucky) December 26,
2012 Wednesday

After the boy's first training, he couldn't stop talking about it at school the next day, his teacher reported. Taz's

Tale

Another incredible weight loss story is unfolding right here in Richmond with Theresa "Taz" Anderson, a 48-year-old who has been mostly confined to her wheelchair for the past three years.

On Dec. 17, Burns uploaded a video of Anderson walking 10 feet across the gym without the two canes she had been using.

When she sat down after crossing the room the first time, a smile spread across her face and she gave Burns the double thumbs-up.

After around the fourth trip they all just hugged and cried, said Maureen Graham, Burns' girlfriend.

The first time Anderson came to the gym, Graham said, they had to push her wheelchair in because she could not do it herself.

Anderson had contacted Burns about a year ago, shortly after the first Register story published. She avoided him time and again until one day "something just clicked, and I wanted to go ahead and start doing something," she said.

At her heaviest, Anderson weighed almost 400 pounds. She suffers from multiple weight-related conditions and takes four types of medication.

In four weeks, she has lost 45 pounds and 17 inches, she said, and has not drunk a soda in two months. The doctor reported her blood pressure is falling in line, and Anderson hopes to one day kick all the medication.

Losing weight had always been a New Year's resolution for Anderson, but she never stuck to it, she said. "But now when people ask me about my New Year's resolution, I tell them I'm already on it."

Burns has been her "crutch to lean on," she said. "I'm climbing that mountain right now; I want to get to the top. When I'm with Neil, I know I'm going to have a good workout. He gives you that lift." Woo's

News

Rick "Woo" Brewer, 44, powered through extra reps Friday during the Register interview and photo shoot, **but he's used to working out in "beast mode" by now.**

"Beast mode" is a state-of-mind -- an encouragement Burns shouted nearby while Brewer squeezed out one last shoulder shrug.

"Rick's a powerhouse. He's going to be way stronger than me; it kind of makes me jealous," said Burns, joking about his childhood friend and former football teammate.

As Burns' first client, Brewer is 39 pounds lighter than his starting weight of 385.2 pounds six weeks ago.

Brewer had been a "solid" first-grader at 100 pounds, and he wasn't necessarily overweight in high school, but he really started putting it on when he suffered from depression after a separation.

He had been in contact with Burns throughout his weight loss journey, but continued to eat junk food and feel worse physically. One day, he saw Burns working out.

"I don't even think he saw me -- but I made up my mind that I have to do something," Brewer said. "I figured Neil would know where I was coming from."

Richmond man meets 400-pound weight loss goal after 31 months The Richmond Register (Kentucky) December 26,
2012 Wednesday

After his first workout session with Burns, Brewer could barely move his arms, he said. "But you know, it felt good. Instead of feeling down, I started feeling happy about what I was doing."

One thing that separates his friend from other trainers, he said, is that "he truly cares about every single thing about you. He cares about you physically, emotionally -- he wants to see results in you."

Still in 'Beast Mode'

A few months before Burns began his weight-loss journey, he took his son to Gattitown in Lexington, an entertainment center with games and a pizza buffet.

While sitting in a chair, a little girl stood next to him and her dad started snapping photos.

"What are you doing?" Burns asked.

"I want a picture of my daughter with the biggest person we've ever seen," the dad replied. "I don't want my picture taken," Burns said angrily.

The dad snapped two more photos and took off with his daughter without another word.

"They knew I couldn't catch them," he recalled. "That kind of stuff sticks with you."

Burns is not trying to "play the victim," because it was nobody's fault but his, he said. "But stuff like that is what drives me now."

The Register first reported on Burns' weight loss in November 2011 when he lost a staggering 331 pounds in 18 months the "old-fashioned way." No pills. No surgery.

A follow-up story came in June 2012 when Burns was just 30 pounds short of his 400-pound weight-loss goal.

By that time, Burns had already made appearances on both local and national television ("Good Morning America"). As a living testament, he spoke about healthy lifestyles to children and adults from Florida to Ohio.

Burns still insists on a "cheat day," when he gets to eat what he wants.

His method has drawn criticism from those who think "cheat days" are counterproductive. But, Burns is in a position to throw up his hands and say: "Look at me now, down 400 pounds later."

He maintains the key to sticking to weight loss is to "get your emotions involved."

"Your body thrives on your emotions," he said. "When you get your head, your heart and your soul involved, your body will follow."

Even after all his success, Burns still sees a 680-pound man in the mirror.

He constantly reminds himself of a friend who once lost 400 pounds and gained 350 back.

"That could be me," he said. "I still have 'eating demons.' I still crave fast food. Maybe this is my way of not letting me go back to 680 pounds."

Beyond 400 pounds

It was a surreal moment when Burns realized he had lost the 400th pound because "it was such a long battle," he

Richmond man meets 400-pound weight loss goal after 31 months The Richmond Register (Kentucky) December 26,
said. 2012 Wednesday

He is not sure when he will ever get over that 680-pound image of himself, he said. But, he could be having the "worst day ever" until he sees "Taz" or "Woo" or "Chocolate Thunder" or "Bam Bam."

"When I start training people, all my worries go away," Burns said. Each of his trainees gets a key to First Step Fitness so they can work out any time.

He teaches dance-exercise "Beast mode aerobics" (6:30 p.m., Mondays and Thursday, starting in January). At the end of each class he picks a winner who takes home a gold-toned wrestling belt along with "beast mode champion" bragging rights.

He has a "secret" Facebook page for his trainees where "a lot of fun-loving, trash-talking goes on," Burns said. On his personal page, his more than 2,000 friends hold him accountable for his weight loss every day.

The 522 members in his "Living a Healthy Lifestyle" Facebook group engage in daily conversations, sharing fitness ideas and accomplishments.

So when Burns announced he had met his weight loss goal earlier this month, well-wishers left hundreds of congratulatory posts on his page.

A friend named Lewis wrote: "Beast mode is the real deal! I'm a believer!"


Crystal Wylie can be reached at cwylie@richmondregister.com or 623-1669, Ext. 6696.

Contact Neil Burns at 859-314-5469

GRAPHIC: Burns encourages Rick "Woo" Brewer to power through another set of dumbbell bench presses at First Step Fitness on Friday. Crystal Wylie/The Register Burns spots Rick "Woo" Brewer Friday at First Step Fitness in Richmond. "Woo" has lost 39 pounds since he started training with Burns six weeks ago. Crystal Wylie/The Register Burns demonstrates a core workout with his girlfriend Maureen Graham, who does a sit-up while tossing a medicine ball back and forth with Burns. Crystal Wylie/The Register Burns, right, encourages Rick "Woo" Brewer through one last shoulder shrug. Crystal Wylie/The Register

LOAD-DATE: December 27, 2012



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Fred Jackson: The Counterpunch To Marshawn Lynch's Beast Mode

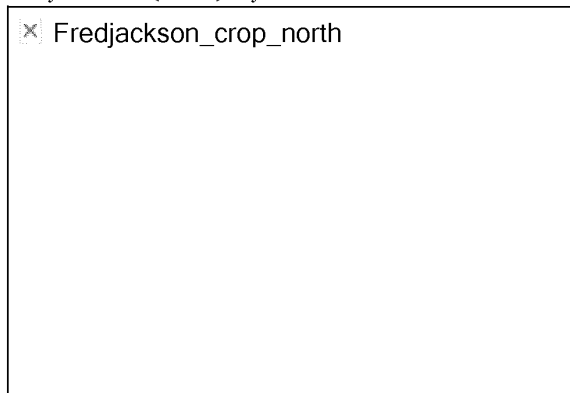
By
Jeremy Pike
(Correspondent) on September 30, 2008

242 reads



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When the Buffalo Bills drafted Marshawn Lynch back in 2007, the intention was for him to eventually be the main running back for the Bills rushing back. Along with him were Anthony Thomas, and a running back who graduated from Division III Coe College and spent time over in NFL Europa by the name of Fred Jackson. Fast forward to week 4 of the 2008 NFL season and we see that both Lynch and Jackson, fondly known as Beast Mode and Action Jackson respectively, are key cogs in Turk Schonert's offense.

They have similar strengths, both are quick runners with moves, willing to make contact, and can catch out of the backfield. They are interchangeable and inseparable. There have been times throughout this season where both are on the field at the same time. Schonert also does not have to change the way the offense plays dependent on whoever is the running back. Both backs can run the same plays and make it work.

Beast Mode and Action Jackson are both key to the Bills' success this year. Without one, the other will not be as effective. They spell each other and keep each other fresh for a potent rushing attack that continues through the entire game. If the Bills are going to win the AFC East, both Marshawn Lynch and Fred Jackson

have to be successful as a tag team both as rushers and receivers. Through four weeks, it appears that Turk Schonert has adopted this philosophy and is spreading the ball between them effectively.

It appears to be working as well, as both players appear to be running as well if not better late in the game which has helped the Bills to be so dominant and pull out three straight games where they were behind to start the fourth. Schonert has a great thing going with these two and he should not do anything to change it except to get the offensive line run blocking more effectively. When that occurs, both will benefit and be able to take over games.

In short, Marshawn Lynch and Fred Jackson are tag team partners who work together to help keep the 2008 edition of the Buffalo Bills running on all cylinders and allow Trent Edwards to attack defenses through the air.



Buffalo Bills: Like this team?

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Simms: Expect Rule Changes Regarding Low Hits Hint: you can use arrow keys to navigate through this channel.



MONDAY, DECEMBER 22, 2008

This Kid Is More BEAST MODE Than Marshawn Lynch

Marshawn Lynch hosted a contest on his [Yardbarker blog](#) asking kids to demonstrate their BEAST MODE. There were a lot of cute entries, but my favorite was from Tony, one of the winners Marshawn named today. Fifteen years from now this kid will have his own Nike commercial, mark my words.

THE ORIGINAL GOSSIP GIRL



KIM PLAINTIVE

ONE-L

[VIEW MY COMPLETE PROFILE](#)

BEAST MODE!!!! Lil Tony best expression



Beast Mode brought to you by AAAAHHHHHHHHH!

POSTED BY KIM PLAINTIVE AT 4:45 PM

LABELS: [BEAST MODE](#), [MARSHAWN LYNCH](#), [NFL](#)

[BARK IT UP](#) [YARDBARKER](#)

YARDBARKER VIDEOS WITH ALANA G

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ALANA G'S CRAIG SAGER MOMENTS

1 COMMENT:

 tameka said...

Thank you Alana for the love there is more where that came from BEAST MODE BABY!!!!

JANUARY 1, 2009 AT 8:34 PM

Alana G: This Kid Is More BEAST MODE Than Marshawn Lynch

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
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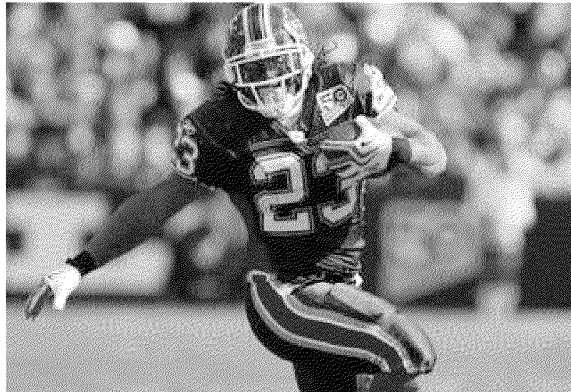
Getting Into "Beast Mode" With Marshawn Lynch

By
Robert Quinn
(Correspondent) on November 13, 2009

437 reads



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Rick Stewart/Getty Images

With enough game previews and Bills quarterback talk on the site already, I have decided to do a profile on one of my favorite Buffalo Bills, Marshawn Lynch.

Early Years

Marshawn Lynch was born on April 22, 1986, in Oakland, California, to a family of athletes. His uncle Lorenzo Lynch played 11 years in the NFL as a cornerback, and his cousin Josh Johnson was recently drafted as a quarterback by the Tampa Bay Buccaneers.

Marshawn was nicknamed "Money" while attending Oakland Technical High School, where he performed outstanding in not only football, but track, and basketball as well.

Marshawn excelled at football, not only exceeding as a running back, but as a quarterback, wide receiver, defensive back, and even returning kicks.

After rushing for 1,722 yards and 23 touchdowns in his senior year, he was named the San Francisco East Bay Player of the Year. Lynch also scored an astounding 10 touchdowns in the teams two postseason games.

Entering college, Lynch was ranked the No. 2 running back recruit, only behind Adrian Peterson.

College

Marshawn Lynch attended California, where he backed up J.J Arrington, and still managed 628 yards with eight touchdowns as a true freshman.

The highlight of his college career came at the 2005 Las Vegas Bowl, where Lynch single-handedly destroyed BYU, rushing for 194 yards, with three touchdowns. Lynch was named MVP, and didnt look back.

The following season, Lynch was named to the All Pac-10 Team, and was highly ranked in the Heisman Race.

NFL

After the 2006 season, Marshawn Lynch decided to skip his senior year, and enter the NFL Draft. At the combine, he ran a 4.4 in the 40-yard dash, ensuring his spot at the top of the draft.

He was drafted 12th overall by the Bills, signing a six year, \$18.9 million dollar contract, and quickly made an impact, rushing for 90 yards and a touchdown in his first game, in a 15-14 loss to the Denver Broncos.

Marshawn's breakout game however, happened on Nov. 4th against the Bengals, where he rushed for 153 yards, including a 56 yard sprint. He also threw a passing touchdown to Robert Royal.

As a rookie, he amassed over 1,000 yards, scoring seven touchdowns. In his following season, he rushed for 1,036 yards with eight touchdowns, and was selected to the Pro Bowl, after Tennessee Running Back Chris Johnson was injured.

Legal Issues

Three days following the Pro Bowl, Lynch was arrested for possession of a firearm, after a police officer reported smelling marijuana. NFL Commissioner suspended Marshawn for the first three games of the 2009 season. Lynch also pled guilty to a hit and run in 2008, after striking and injuring a woman in his Porsche Cayenne.

Breakdown

Marshawn performed well in his rookie and sophomore campaigns for the Buffalo Bills, but in the 2009 season he hasn't been able to make plays, only averaging about two to three yards per carry. He has recently been sharing carries with Fred Jackson, who led Buffalo to a hot start, while Lynch was serving his three game suspension.

Hopefully, Marshawn can live up to his nickname, and play like a beast on the field in upcoming games.

A.2



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Simms: Expect Rule Changes Regarding Low Hits Hint: you can use arrow keys to navigate through this channel.

Attachment 2

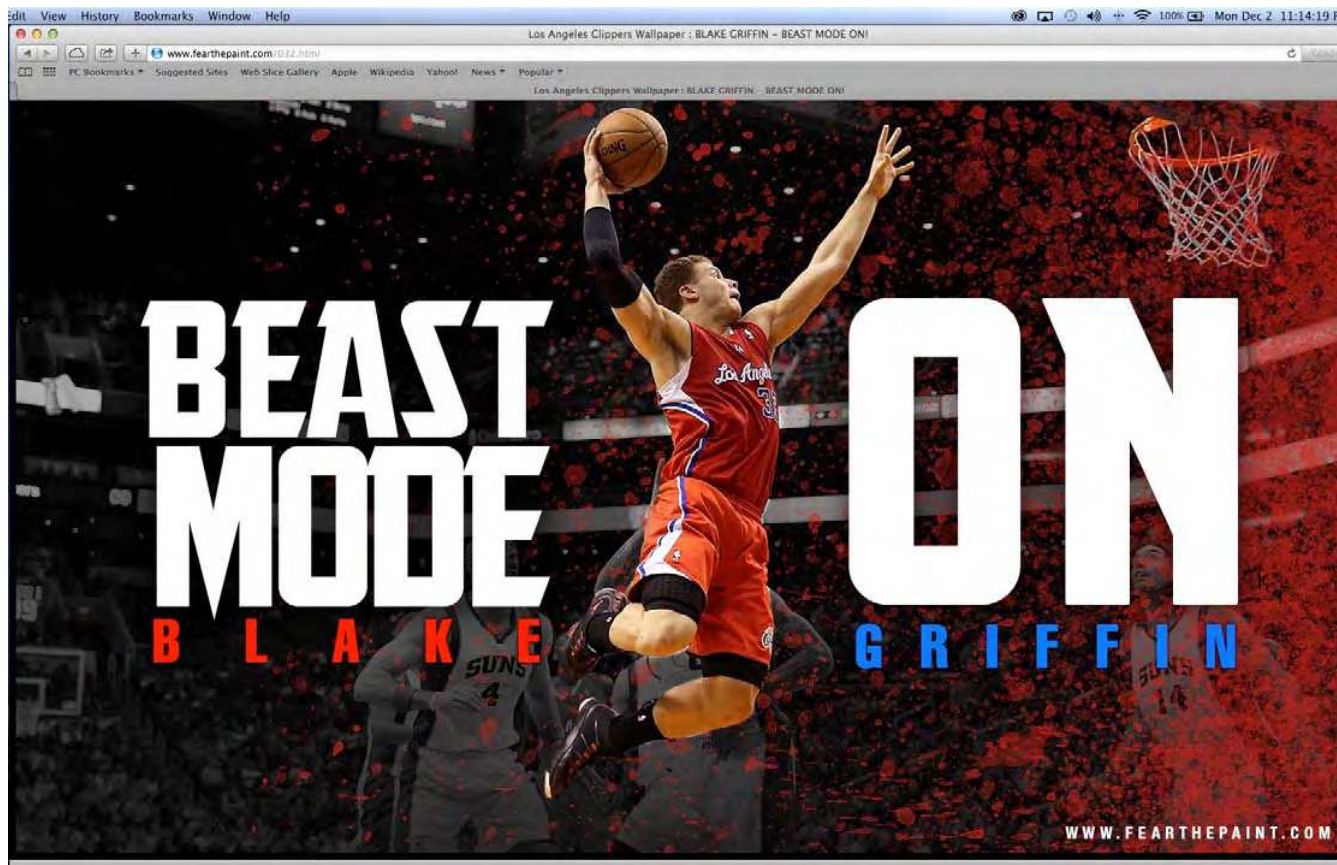
Listing of enclosed Referenced Documents

A.3 (a) thru A.3 (bb)

1/5/2013

12/12/2013

Attachment 2 - A.3 (a)



12/4/13

12/12/2013

A.3 (b)



12/4/13

12/12/2013

A.3 (c)



12/4/13

A.3 (d)

The screenshot shows a web browser window displaying the Twicsy website. The browser's address bar shows the URL: <http://t.co/7oxjXXVI>. The Twicsy logo is prominently displayed at the top left, with the tagline "The Twitter Pics Engine". A search bar is located next to the logo, with a search button and a "Sign in with Twitter" button. Below the search bar, there are navigation links for "Top Pics", "Trending Topics", "My Account", "Home", and "Daily News". A green banner at the top right of the page lists "Trends near you: Ed Hochull, Earl Thomas, Russell Wilson, Tom Daley, The Seahawks, #RAW".

The main content area features a tweet from "Fear the Paint's Twitter pic (@FearThePaint)". The tweet text reads: "Clipper Nation it is time #BEASTMODE ON! @blakegriffin @CP3 http://t.co/7oxjXXVI - 2012-05-13 07:28:59". The tweet includes a large image of two basketball players, one in a white jersey and one in a red jersey, with the text "BEASTMODE ON!" overlaid in large, bold, red letters. Below the image are social media sharing icons for Google+, Pinterest, Facebook, and Twitter, along with a "Share" button and a "Report Pic" button.

To the right of the tweet, there is a section titled "Twicsy is Twitter Pics" with the sub-heading "Browse & Search ALL Twitter Pics!". It states: "Search over 2,670,826,836 Twitter pics, about 5 million new pics posted to Twitter each day! View top picture trends, popular pictures, pics for any use, and more... Twicsy is THE Twitter pics engine." Below this text is a graphic for "QUICK-DRAW POKER" featuring a red background, two pistols, and a hand of cards (10, J, Q, K, A).

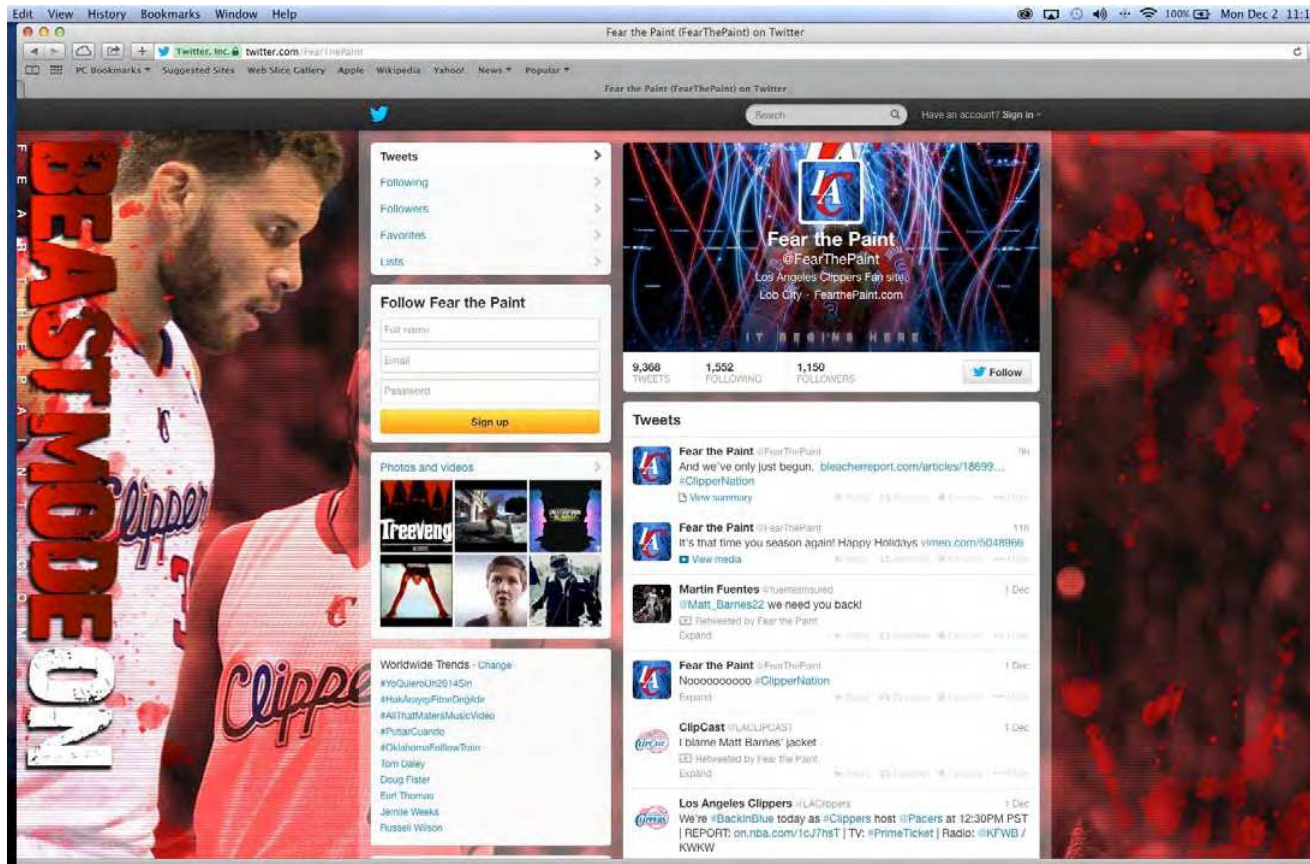
Below the tweet and the "QUICK-DRAW POKER" graphic, there is a "More (re)Tweets" section. It lists several retweets from users like lebiyoo, Lamont_TNB, RallyHaloMonkey, and Erendub, all mentioning the same tweet and including the same URL and date.

At the bottom of the tweet area, a yellow bar indicates "Tweet count: 5".

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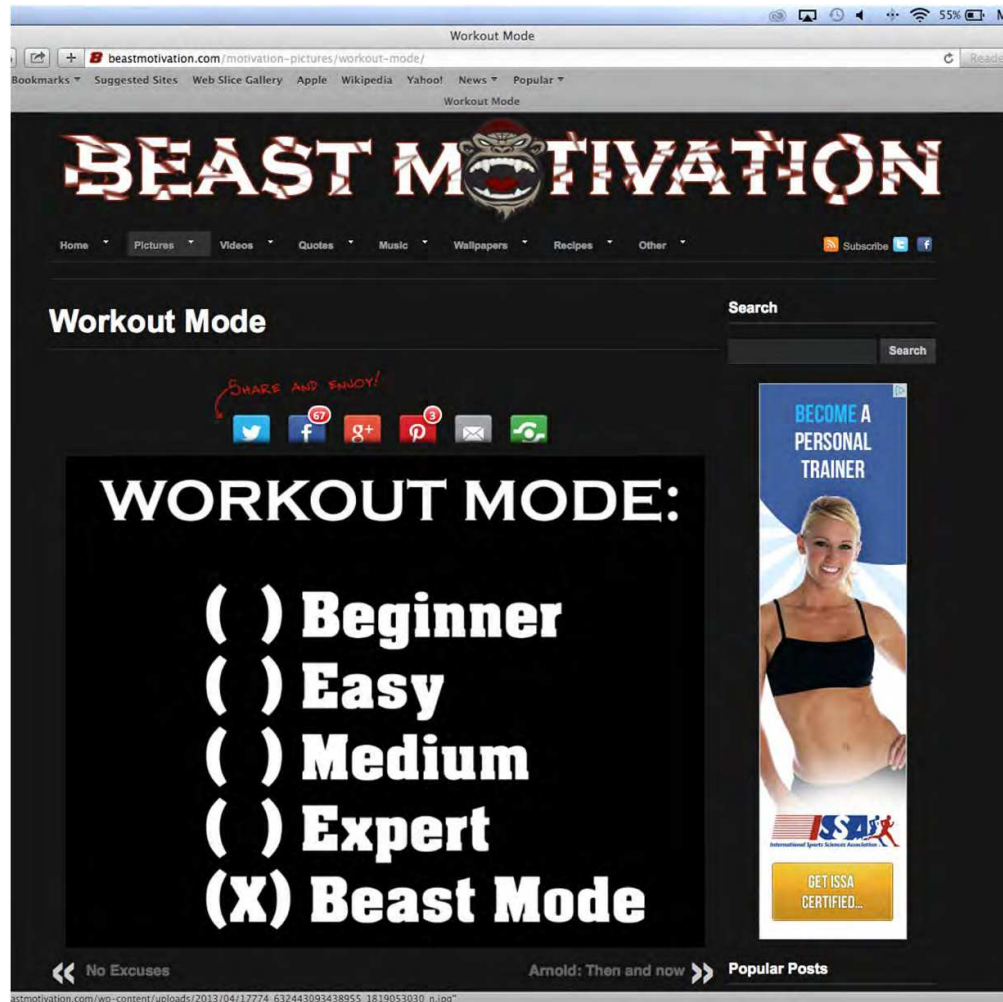
A.3 (e)



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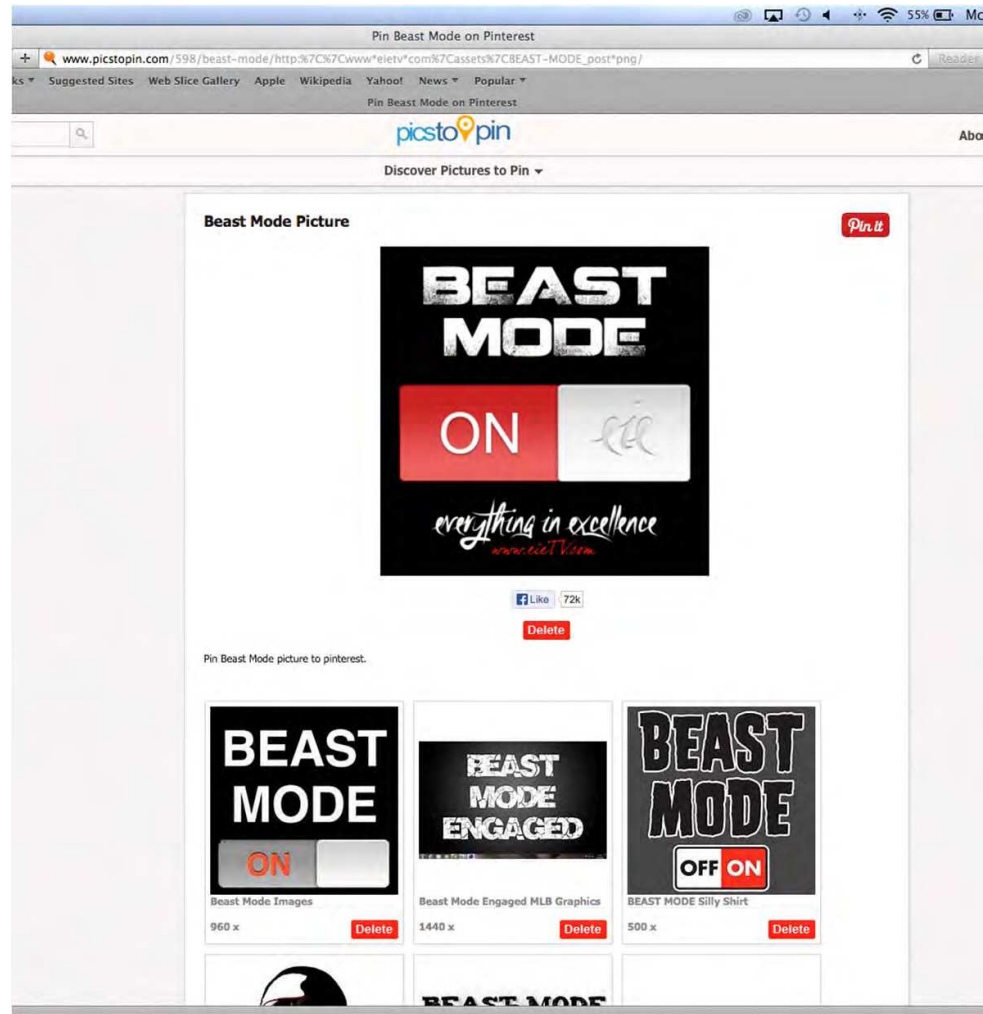
12/12/2013

A.3 (f)



12/4/13

A.3 (g)



12/4/13

12/12/2013

A.3 (h)



12/4/13

A.3 (i)

The screenshot shows a web browser window displaying a blog post. The browser's address bar shows the URL www.tssathletics.com/1/post/2012/05/beauty-the-beast.html. The page title is "Beauty & The Beast - The Strength Shop". The website header features the title "THE STRENGTH SHOP" in large, stylized red letters, with a logo of a gorilla in a circle to the right. A navigation menu includes links for HOME, BLOG, DIRTY 35, ARTICLES, TESTIMONIALS, STORE, EVENTS, CONTACT US, and MEMBERSHIP.

The main content area is titled "Beauty & The Beast" with a date of "05/17/2012" and "7 Comments". The text of the post begins with: "Every Garage Gorilla wants to be a beast, (apparently because its the most common adjective for any young athlete who performs such monumental tasks as double bodyweight deadlifts, a kettlebell snatch, or a circuit of battling ropes, burpees and kung-fu-ninja-chops) but nobody wants to put in the time and dedication to learn how to do things beautifully first. There is a time and a place for all types of training styles in your strength & conditioning program. But trying to be a "Beast" when you haven't yet learned shit about the basics of strength training will be as beneficial as a single square of toilet paper after an evening at the local sushi buffet during a wasabi sniffing contest."

Below the text is a photograph of a man in a gym setting, standing next to a barbell. To the right of the photo, the text continues: "In the beginning, your main priority is increasing your strength, mobility and stability. You want strong muscles and joints moving safely and pain free through a full range of motion. You want your muscles to keep your joints in a safe position while moving about freely, kind of like a grazing hippo. Although you'll most likely look more like a newborn deer after training a few sets of walking lunges. If you don't understand the grazing hippo, you're dumb. I know this is true, because I don't even understand it, and I wrote it."

The post continues with another paragraph: "One of the mistakes I see a lot with many new coaches is trying to put the cart before the horse. They want to see results so fast that they forget who they are working with and what their needs and goals actually are. They take no consideration that the room of 20 people all consist of 20 different needs and abilities. They conjure up all sorts of variations of simple exercises like kettlebell swings and have a room of people of varying abilities perform double banded kettlebell snatches with a donkey kick supersetted with reverse handstand chained med ball slams while performing a circumcision. "Of course for time, you idiot! Hell no, there's no rest, rest when you're dead, you PUSSY!" I know what you're saying right now, "That sounds like a sweet WOD, dude!" Yeah."

Next is a quote: "To quote Greg Glassman of CrossFit fame in his ever popular "Virtuosity" article..."

The final paragraph reads: "Rarely do trainers really nitpick the mechanics of fundamental movements. I understand how this occurs. It is natural to want to teach people advanced and fancy movements. The urge to quickly move away from the basics and toward advanced movements arises out of the natural desire to entertain your client and impress him with your skills and knowledge. But make no mistake: it is a sucker's move. Teaching a snatch where there is not yet an overhead squat, teaching an overhead squat where there is not yet an air squat, is a colossal mistake. This rush to advancement increases the chance of injury."

On the right side of the page, there is a sidebar with a "Select Language" dropdown menu, a "Powered by Google Translate" notice, and a link "Click HERE for The Consummate Athlete". Below this is a promotional section for a "FREE Bodyweight Training eBook!" with the text "Just subscribe to our mailing list". It includes a form with "Name:" and "Email:" fields, a "Submit" button, and a link "We respect your email privacy".

12/4/13

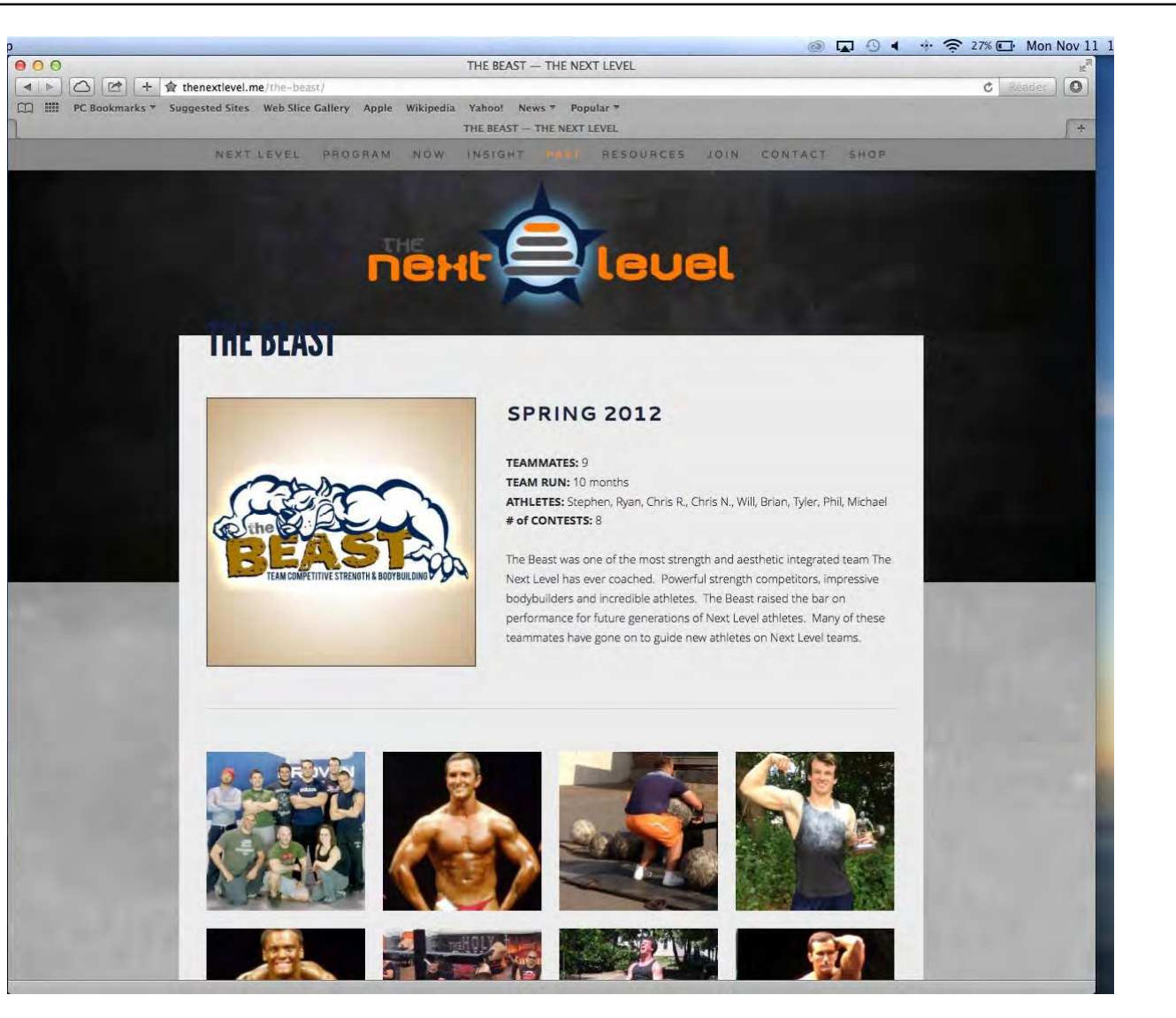
A.3 (j)

The screenshot shows a web browser window with the address bar displaying 'zacheven-esh.com/becoming-a-beast-with-bodyweight-workouts/'. The website header features the name 'ZACH EVEN-ESH' in large, bold letters, with a circular logo for 'THE UNDERGROUND' featuring a bear. Navigation links include 'START HERE', 'BLOG', 'STORE', 'GET CERTIFIED', and 'MY STORY'. A red 'INNER CIRCLE LOG-IN' button is also present. Below the header, the article title 'Becoming a BEAST with Bodyweight Workouts' is displayed in red. Social sharing options for Facebook (308 shares), Twitter (45 tweets), and Google+ (8+1) are shown, along with a '31 Comments' link. The article content includes a vintage illustration of a man performing a headstand while holding a barbell, with text describing the feat. The text discusses the 'old school' nature of bodyweight workouts and mentions 'The Underground' gym. A video player titled 'Bodyweight Workout at The Underground' is partially visible, with an Adobe Flash Player Settings dialog box overlaid on it. On the right side of the page, there is a 'Top Articles' section with a list of links and a 'Search The Archives' section with a search input field. At the bottom right, there are social media links for Facebook (7,852 likes) and Twitter (@ZEvenEsh, 13.2K followers), and a banner for 'ULTIMATE NUTRITIONAL INSURANCE'.

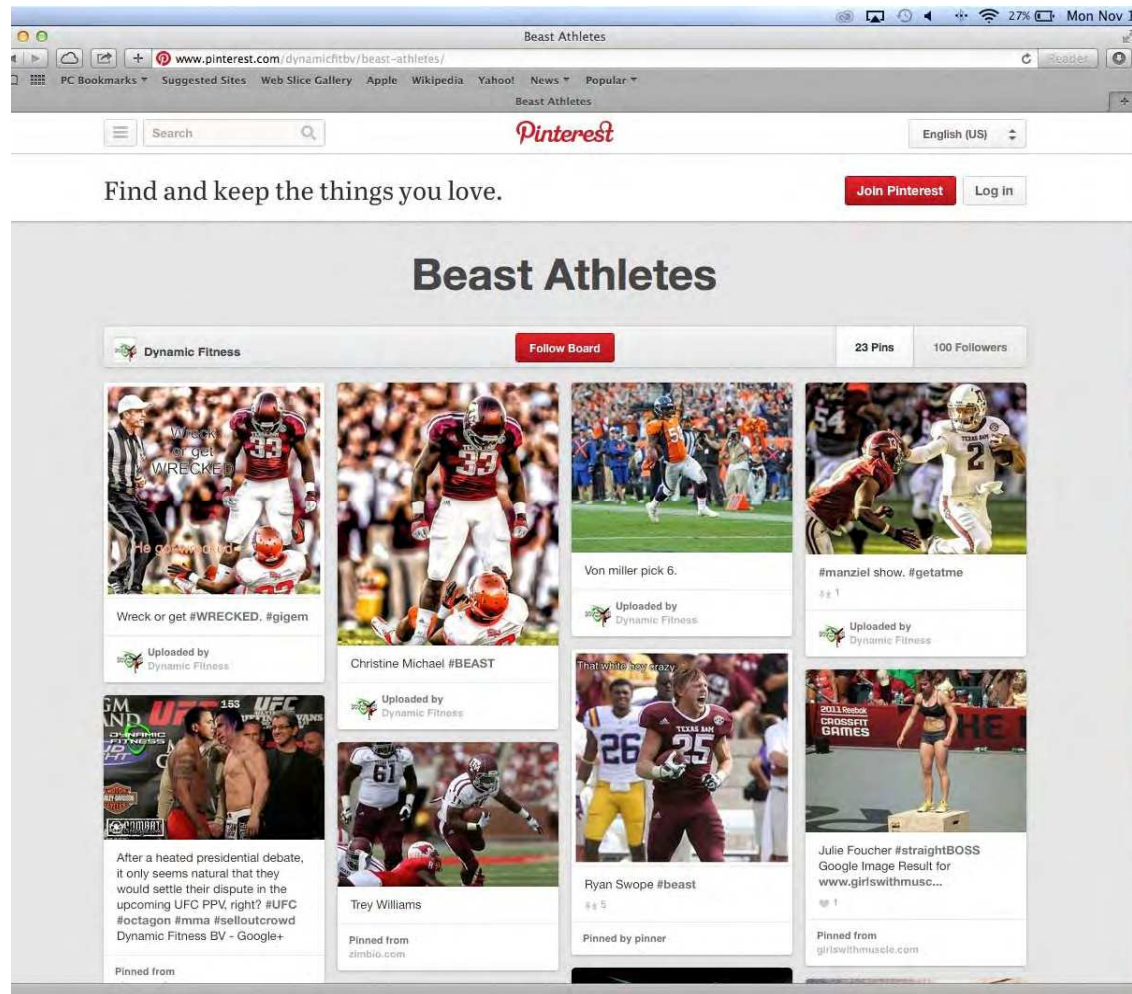
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A.3 (k)

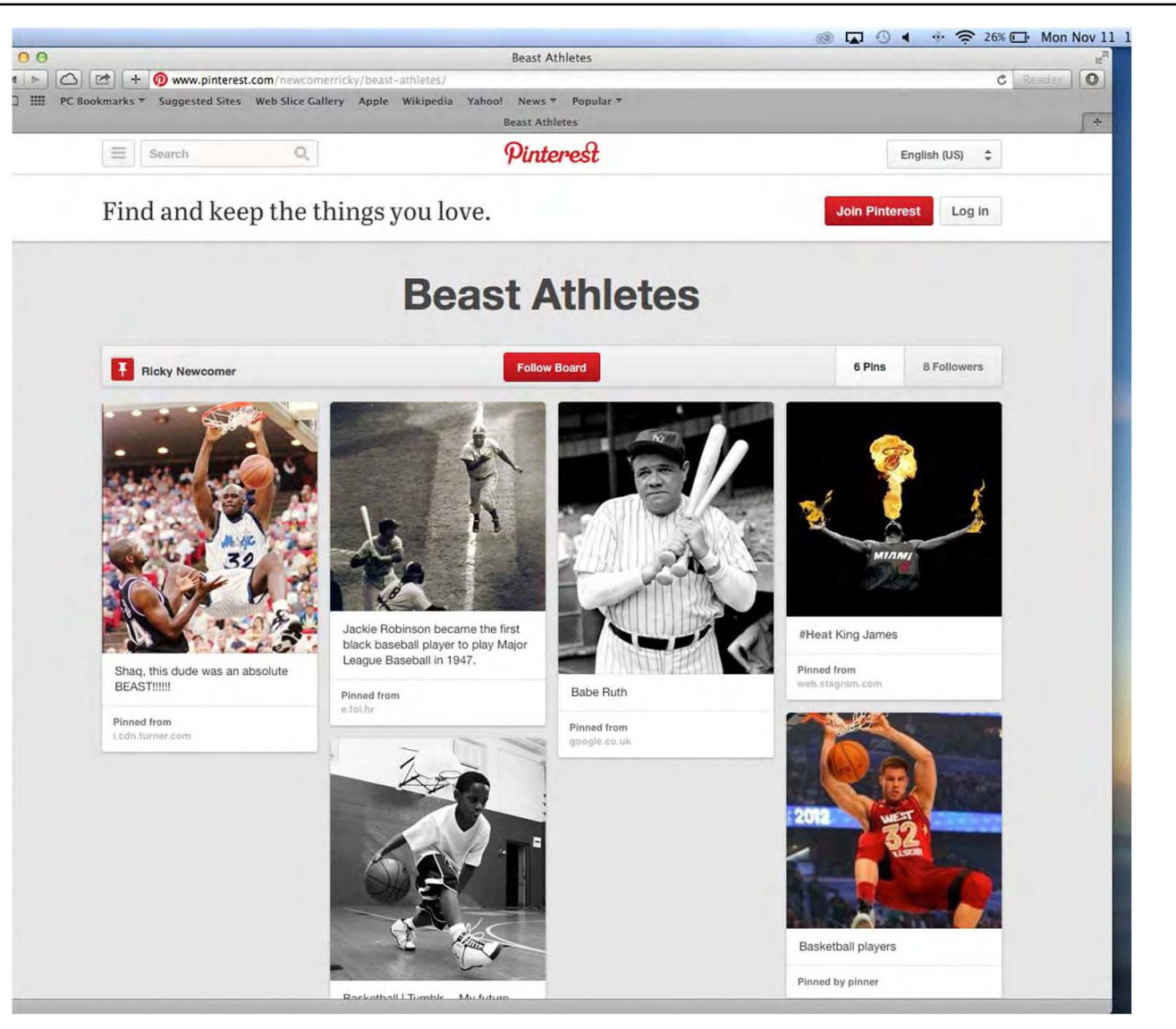


A.3 (I)



12/4/13

A.3 (m)



12/4/13

A.3 (n)

The screenshot shows a web browser window displaying a Blogger post. The browser's address bar shows the URL: adamnbeast.blogspot.com/2010/02/superior-athletes-and-dawgs-34-puzzle.html. The page title is "A DAMN BEAST!!! SUPERIOR ATHLETES AND THE DAWGS 34 PUZZLE".

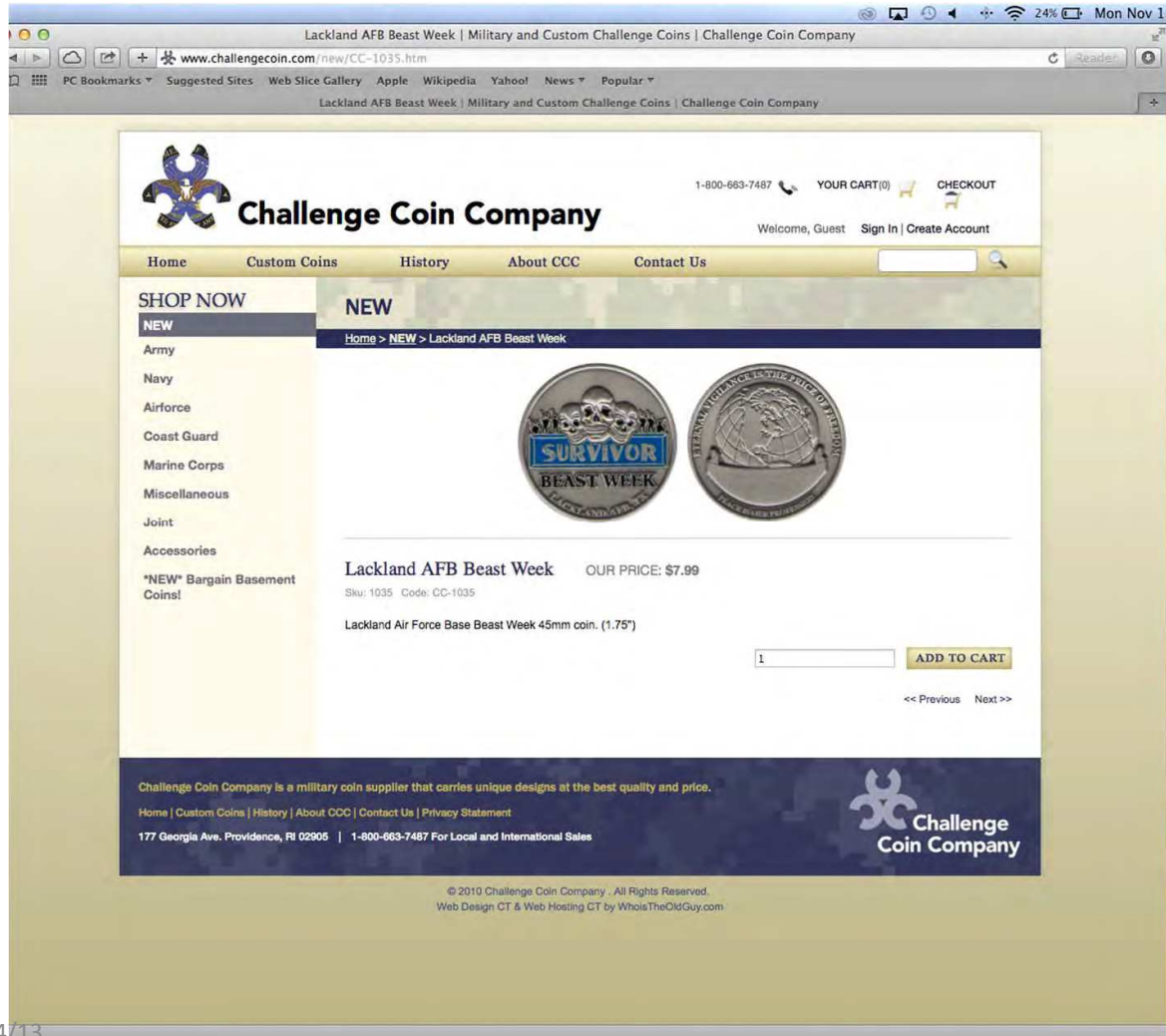
The main content of the post features a large image of a Georgia Bulldog logo on a football field. Above the image, the text reads: "A DAMN BEAST!!! ACKNOWLEDGING PLAYERS THAT ROCK THE GAME ONE DOMINANT PERFORMANCE AT A TIME. A GEORGIA BULLDAWG BLOG." Below the image, the date is "FRIDAY, FEBRUARY 5, 2010" and the title is "SUPERIOR ATHLETES AND THE DAWGS 34 PUZZLE".

The post body contains the following text: "One of the unforeseen highlights of Signing Day 2010 was the announcement that Richard Samuel will be moving from running back to linebacker this spring. This news has been received well by most DAWG fans. Whether that is because they are frustrated with the results Samuel produced as a running back or because they believe his skill set and robo-athlete measureables make him a lock for future All-SEC consideration...well, that you can decide for yourself." Below this text is a small image of a football player in a red jersey.

On the right side of the page, there is a profile section for "GENXDAWG" with a "VIEW MY COMPLETE PROFILE" link. Below that is a "REAL TIME WITH THE BEAST" section with a "TwitBEAST" link. At the bottom right, there is a "SUBSCRIBE TO A DAMN BEAS" section with dropdown menus for "Posts" and "Comments".

12/4/13

A.3 (o)



12/4/13

A.3 (p)

The screenshot shows a web browser displaying the Beast Fit website. The browser's address bar shows 'beastfitbody.com'. The website has a blue header with the 'BEAST FIT' logo and navigation links for HOME, ABOUT, TRAINERS, CALENDAR, and CONTACT US. There are social media icons for Facebook and Twitter. The main content is divided into three columns. The left column features a 'SERVICES' section with a 'BEAST FIT BODY BOOTCAMP' sub-section, which includes a photo of a group of people at a bootcamp and text describing the program. Below this is a 'PRIVATE EVENTS' section with a photo of an outdoor gym and text about corporate fitness events. The right column features a 'PERSONAL TRAINING' section with a photo of a woman's waist and text describing weight loss and muscle gain programs. The bottom of the page shows a partial photo of a woman's face.

BEAST FIT

HOME ABOUT TRAINERS CALENDAR CONTACT US

SERVICES

BEAST FIT BODY BOOTCAMP

Not your typical BootCamp! We will not waste your valuable time prancing around like a pony. Join a team of motivated people and get ready to reach your fitness goals with training that makes sense. All workouts and equipment can be scaled for any fitness level. Just bring a mat, a water bottle, your ambition and LETS GET BEAST!

(For rates and locations click [here](#))

PRIVATE EVENTS

Are you an employer and find that your employees are getting out of shape, have very low energy, lack team spirit and comrade? Do you have a group of friends that are ready for a lifestyle change, but do not feel motivated alone or feel uncomfortable working out in front of strangers? Inquire about our Small Group Training and Fitness Picnics and Parties. Have fun doing something new, healthy and fun! Call or email us to find out how we can set up a private fitness event and bring the gym to you!

BRIDAL BOOTCAMP AND COUPLES TRAINING

Time is ticking! Don't want to look back at your Wedding pictures and not feel completely satisfied with the way

PERSONAL TRAINING

→ Fast Track To Weight Loss.

Purpose: Cut down body fat and build muscle tone fast.

Type of Program: 1 on 1 or small group up to 4 people

Level: All fitness levels.

Program Length: 4-8 week program

→ Hard Gainer

Purpose: Gain lean muscle mass

Type of Program: 1 on 1 or small group up to 4 people

Level: All fitness levels

Program Length: 4-8 week program

12/4/13

A.3 (q)

indow Help Train like a Beast - The Back | Muscle Building | Articles
liftforlife.com/content/Muscle-Building/beast-back.html
PC Bookmarks Suggested Sites Web Slice Gallery Apple Wikipedia Yahoo! News Popular
Train like a Beast - The Back | Muscle Building | Articles
Open Panel
TUESDAY NOVEMBER 12, 2013

Lift for Life.com
Body - Mind - Nature - Balance

HOME ARTICLES FITNESS CALCULATORS RECIPES ATHLETES FORUM EVENTS USER MENU

1 Weird Trick For Gaining Muscle Faster?
See how this unusual trick for guys packs-on lean muscle mass faster.
TheBack@acommon.com

0 0 0 14 0 0
Tweet Share Email Share Pinterest Share Like

TRAIN LIKE A BEAST - THE BACK
Written by Derek Charlebois

Train Like A Beast - Muscle Specific Hypertrophy Workouts
By: Derek Charlebois B.S. CPT
Specialized Back Hypertrophy Program

5 Foods For Gaining Muscle Faster
Free Video: Check out which surprising foods pack-on lean

PLEASE LIKE US, WE'RE NEW TO FACEBOOK
Find us on Facebook
Lift for Life
775 people like Lift for Life.
Facebook social plugin

12/4/13

A.3 (r)

The screenshot shows a web browser window displaying a news article on PennLive.com. The browser's address bar shows the URL: www.pennlive.com/sports/index.ssf/2013/07/good_morning_sports_fans_senat_2.html. The page header includes navigation links for 'IN YOUR COMMUNITY' (JOBS, AUTOS, REAL ESTATE, RENTALS, CLASSIFIEDS, OBITUARIES, FIND&SAVE, LOCAL BUSINESSES) and a 'PLACE AN AD' button. The main header features the 'Central PA' logo, powered by 'The Patriot-News', with a search bar and social media links. Below the header are navigation tabs for 'NEWS', 'OPINION', 'SPORTS', 'H.S. SPORTS', 'ENTERTAINMENT', and 'LIVING'. A sub-navigation bar lists categories like 'High School', 'PSU Football', 'Senators', 'Recruiting', 'Hershey Bears', 'PSU Sports', 'Motorsports', 'Outdoors', 'Forums', 'For the Participant', and 'More Sports'. The main article title is 'Good morning, sports fans: Senators run into pitching beast, Penn State will face RB beast vs. OSU', with a '0 comments' icon. The article image shows a baseball pitcher in a black uniform (Senators) in mid-throw, and a batter in a white uniform (Bowie Baysox) sliding into a base. Below the image is a video player with a caption: 'The Harrisburg Senators lose 6-2 to the Bowie Baysox at Metro Bank Park in Harrisburg, Paul Chaplin |'. To the right of the article is an advertisement for 'jointsteps' and 'CELEBREX' (celecoxib capsules), with the text: 'Step into a more active role in managing arthritis symptoms.' The ad includes icons for a person, a pill, and a person with a cane, and a section for 'Important Safety Information'.

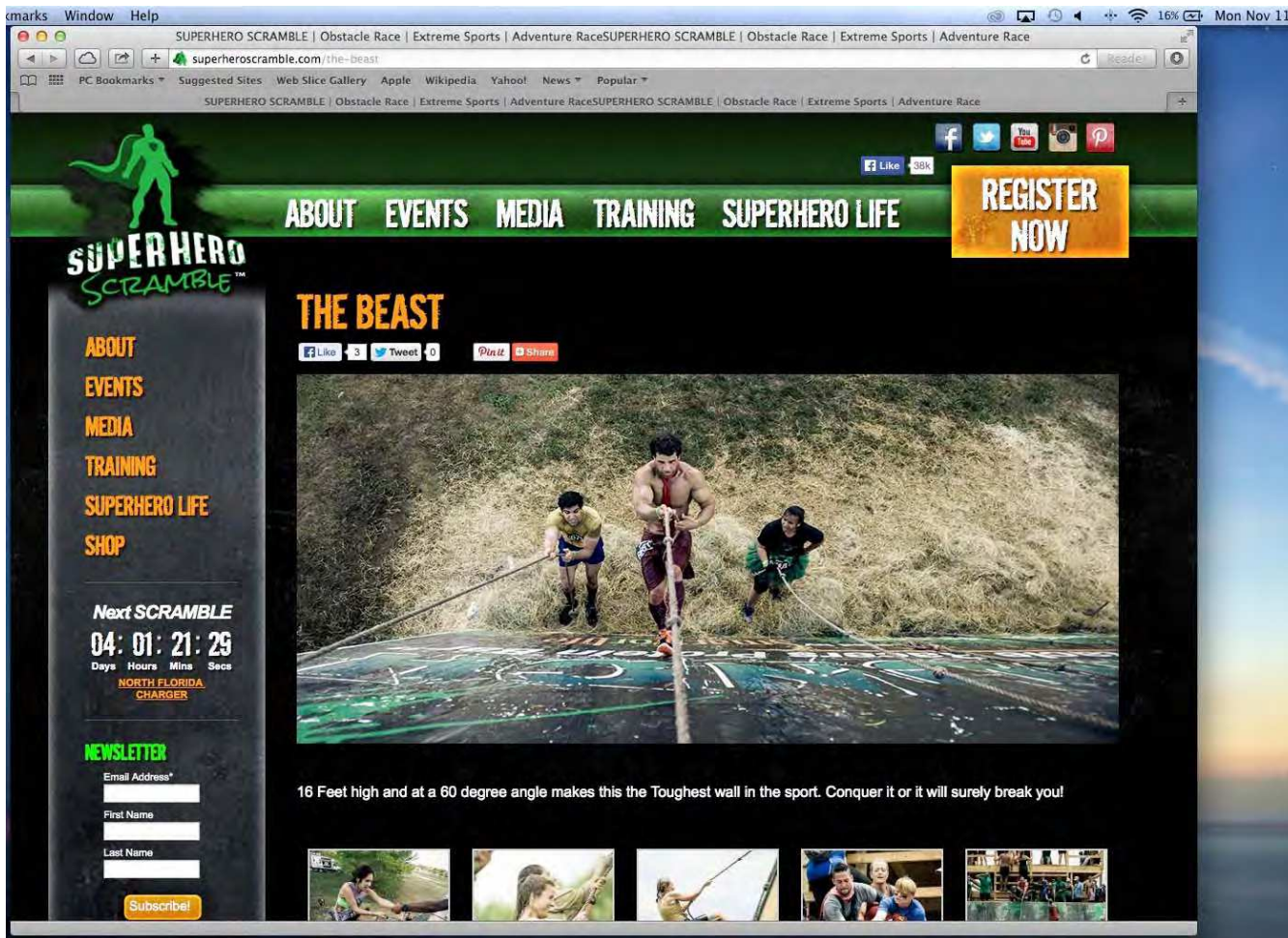
12/4/13

A.3 (s)

The screenshot shows a web browser window with the URL ftw.usatoday.com/2013/11/marshawn-lynch-beast-mode/. The page is from the 'USA TODAY SPORTS' section. At the top, there is a banner for 'RETIRED PLAYERS COLLECTION' featuring jerseys for Rice, Elway, and Martin, with a 'SHOP NOW' button. Below this is the 'FORTHWIN' logo and navigation links for various sports leagues. The main article is titled 'Photographic proof of Beast Mode' and is by Chris Chase, dated November 10, 2013. The article text reads: 'Marshawn Lynch delivered a vicious stiff-arm. When historians look back on the age of Beast Mode, this photograph, taken by USA TODAY Sports Images photographer Dale Zanine, will define Marshawn Lynch's alter ego.' A large photograph shows Marshawn Lynch in a red Atlanta Falcons uniform being tackled by a Seattle Seahawks player. To the right of the article is a sidebar with a 'FOLLOW FTW' section, a subscription form, and a 'Network and Find Jobs' section listing several job openings such as 'Data Analyst', 'Senior Accountant', 'WebSphere Administrator', and 'Calibration Technician IV'. At the bottom of the sidebar is a 'MOST SHARED' section with two items: one about the IOC spokesman and another about Shannon Sharpe.

12/4/13

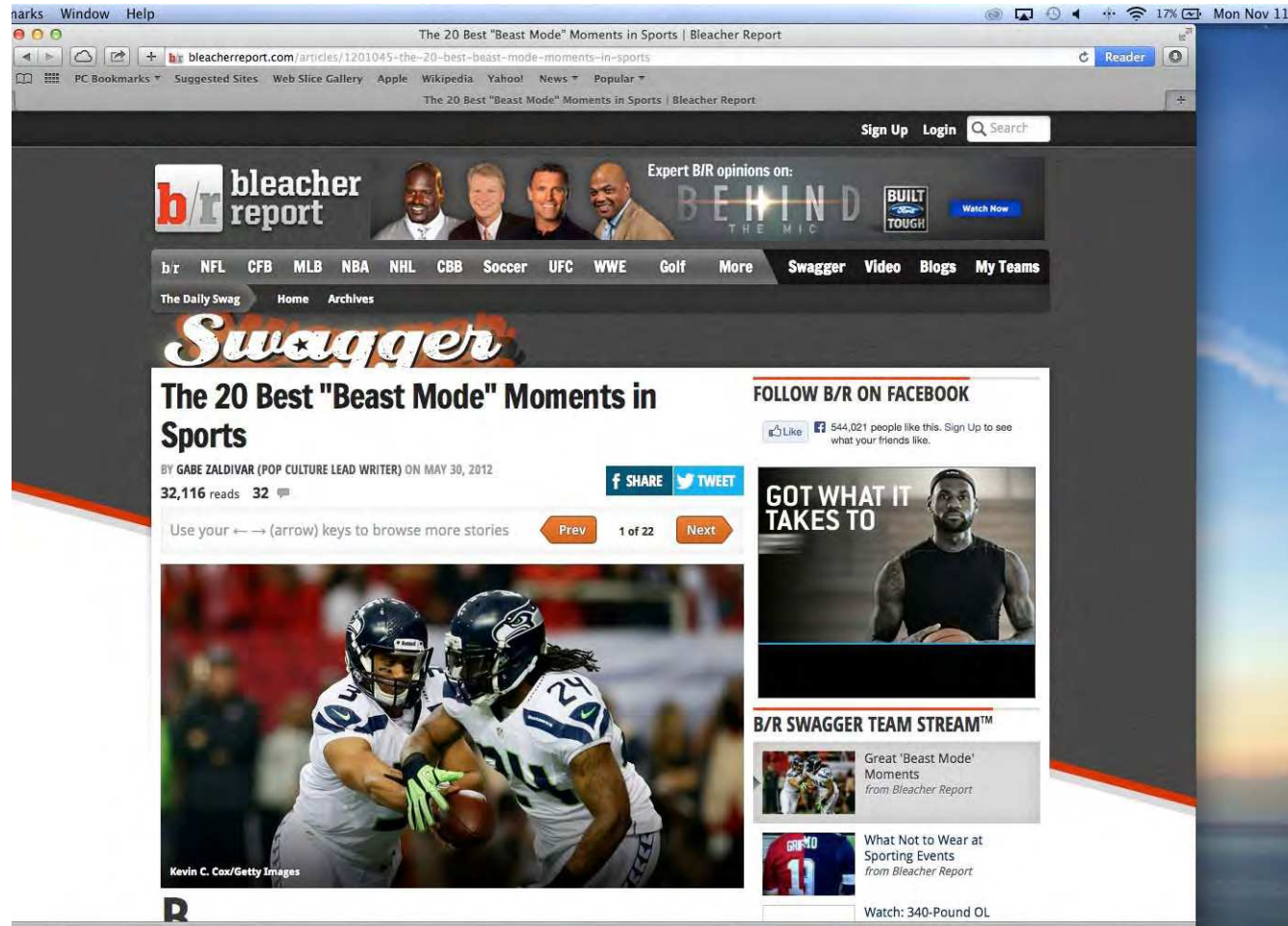
A.3 (t)



12/4/13

12/12/2013

A.3 (u)



12/4/13

A.3 (u-1)

The screenshot shows a web browser window displaying an article on Bleacher Report. The browser's address bar shows the URL: bleacherreport.com/articles/1201045-the-20-best-beast-mode-moments-in-sports. The article title is "The 20 Best 'Beast Mode' Moments in Sports | Bleacher Report". Below the title, there is a navigation bar with "Prev" and "Next" buttons, and a counter "1 of 22".

The main content area features a large image of two football players in action, with the caption "Kevin C. Cox/Getty Images". Below the image, the text reads:

Beast Mode is the act of defying everything we know about human dynamics and the laws of physics, and here are the best of those moments.

Ever since Marshawn Lynch dispatched Saints players like they were Skittles, we have been referring to amazing feats of strength as going "Beast Mode".

It's high time we collect them all in one place and see if the Internet melts from the awesome.

Of course, this is an ever-growing debate. I am giddy to see what grand moments lay ahead for us sports enthusiasts.

If we managed to exclude some of your favorite moments, include them below. Anytime an athlete goes Beast Mode, it must be noted and shared with the masses. These moments are just too awesome to remain hidden.

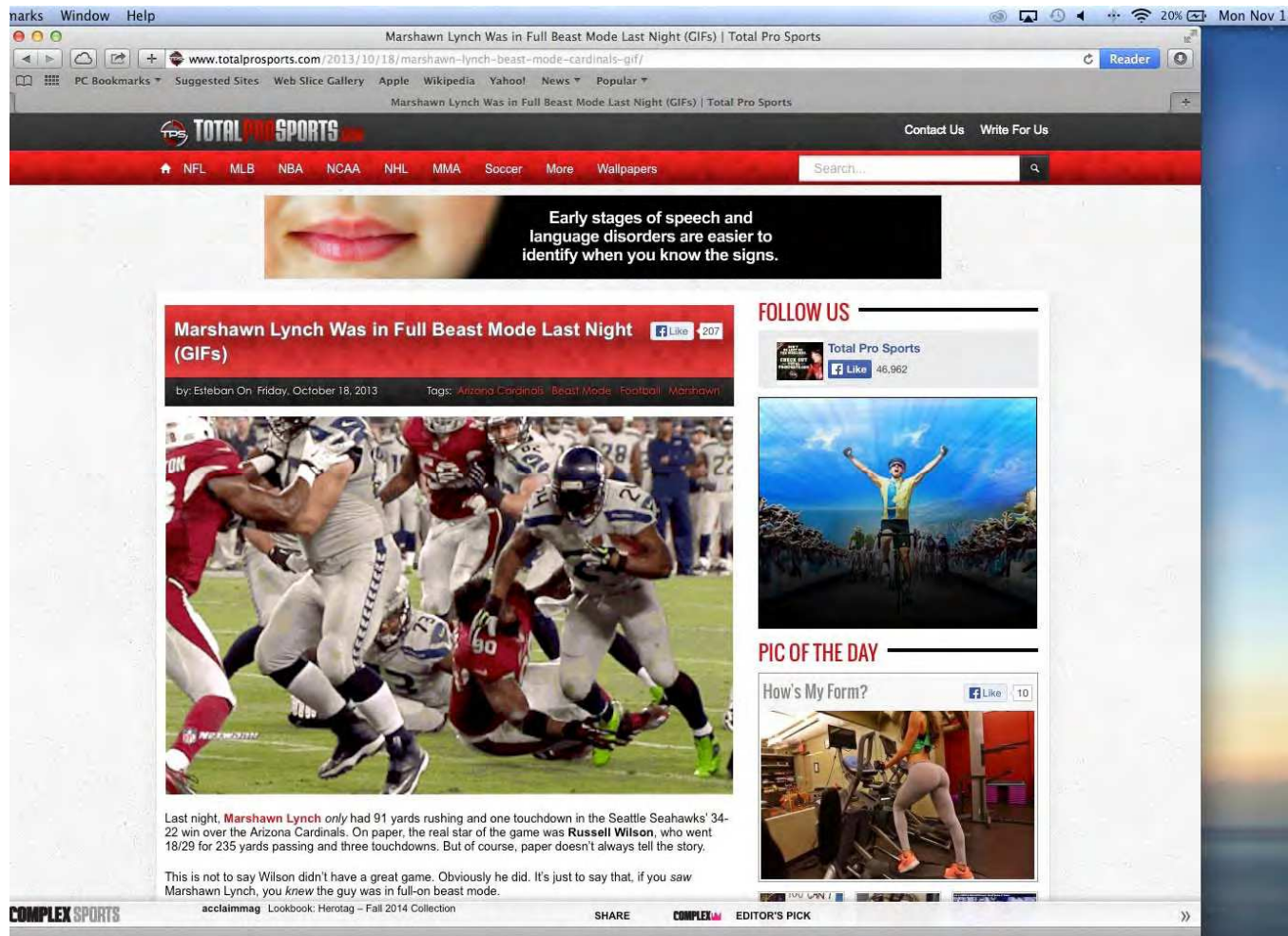
At the bottom of the article, there is a red button that says "BEGIN SLIDESHOW".

On the right side of the article, there is a sidebar titled "B/R SWAGGER TEAM STREAM™" containing several smaller article thumbnails and titles:

- Great 'Beast Mode' Moments from Bleacher Report
- What Not to Wear at Sporting Events from Bleacher Report
- Watch: 340-Pound OL Catches TD, Dunks to Celebrate from Bleacher Report
- Athlete-Celebrity Power Couples from TotalProSports.com
- Video: Globetrotter Has Basket Collapse on Him After Dunk from Bleacher Report
- Sports Facts That Will Make You Feel Old from TheChive.com
- Struggle Faces as Bad as Eli Manning's from Bleacher Report
- Worst. Stadiums. Ever. from Cracked.com

12/4/13

A.3 (v)



12/4/13

A.3 (w)

marks Window Help
Cobb In Beast Mode, Rays Down Orioles 5-1 | Sports Talk Florida
www.sportstalkflorida.com/cobb-in-beast-mode-rays-down-orioles-5-1/

SPORTS TALK FLORIDA THE WIRE: NFL CFB MLB NBA NHL SOCCER SHOP MARIOTTI SHOW

Updated: September 21, 2013, 16:57 PM

Reddit 0 Share 2 Tweet 7 +1 0 Share 10

Cobb In Beast Mode, Rays Down Orioles 5-1

By Steve Kinsella

Follow @steve_kinsella1

The Tampa Bay Rays defeated the Baltimore Orioles in a timely 2 hours and 51 minutes. **Alex Cobb** picked up the victory to improve to 10-3 with a 2.70 ERA. **Miguel Gonzalez** took the loss for the Orioles to fall to 10-8 with a 3.94 ERA. With the victory the Rays will maintain at least a 0.5 game lead over the Cleveland Indians for the top wild card spot and a 1 game lead over the Texas Rangers. The Indians take on the Houston Astros in Cleveland while the Rangers are in Kansas City to take on the Royals.

Heading into today's start against the Orioles Alex Cobb had made 3 career starts and compiled a 2-0 record with a 2.04 ERA (17.2 IP/4 ER). He has allowed 2 ER or less in each of his 3 starts.

His most recent start against the Orioles came on August 20th in Baltimore. He earned the win in the 7-4 Rays victory by going 6 innings allowing 2R/1ER on 3 hits striking out 5 and walking 4.

Cobb was in beast mode providing the Rays pitching staff exactly what it needed after using 11 pitchers threw 301 pitches in last night 18 inning affair.

He pitched into the 9th inning going 8.1 innings allowing 1R/ER on 5 hits striking out 12 and walking 2. He lost his opportunity for a complete game shut out when **David DeJesus** lost a **Chris Davis** fly ball which landed for a triple and **Adam Jones** followed with a single. With his pitch count at 117 and the heart of the Orioles order due up **Joe Maddon** went to his bullpen and summoned **Fernando Rodney** who retired the final two hitters to end the game.

Miguel Gonzalez started for the Orioles. In seven career starts versus the Rays he is 2-2 with a 3.86 ERA (39.2IP/17ER) and 4 quality starts. In his three starts at Tropicana Field he is 2-0 with a 0.92 ERA (19.2IP/2ER) and has held the Rays to a .141 average against. Last season he held the Rays scoreless in two starts in Tampa and on April 4th he allowed only 2 earned runs in 6.1

MORE FROM STEVE KINSELLA

Wil Myers Wins AL Rookie Of The Year

Wil Myers Wins AL Rookie Of The Year Award After joining the Tampa Bay Rays on June 18th Wil Myers posted a slash line of .293/.354/.478 with 13 home runs and 53 RBI. He had a OPS+ of 131, a wOBA of .357, and a wRC+ of 1

- Lightning End Motor City Misery, Defeat Red Wings 3-2 In Overtime
- 1st Intermission: Lightning and Red Wings Tied At 1-1

READ MORE →

SPORTS Talk Florida NFL PICK 'EM CHALLENGE
Hungry Howies
FLAVORED CRUST PIZZA
WEEKLY PRIZES REGISTER TODAY

Fantastic Sams HAIR SALON

12/4/13

A.3 (x)

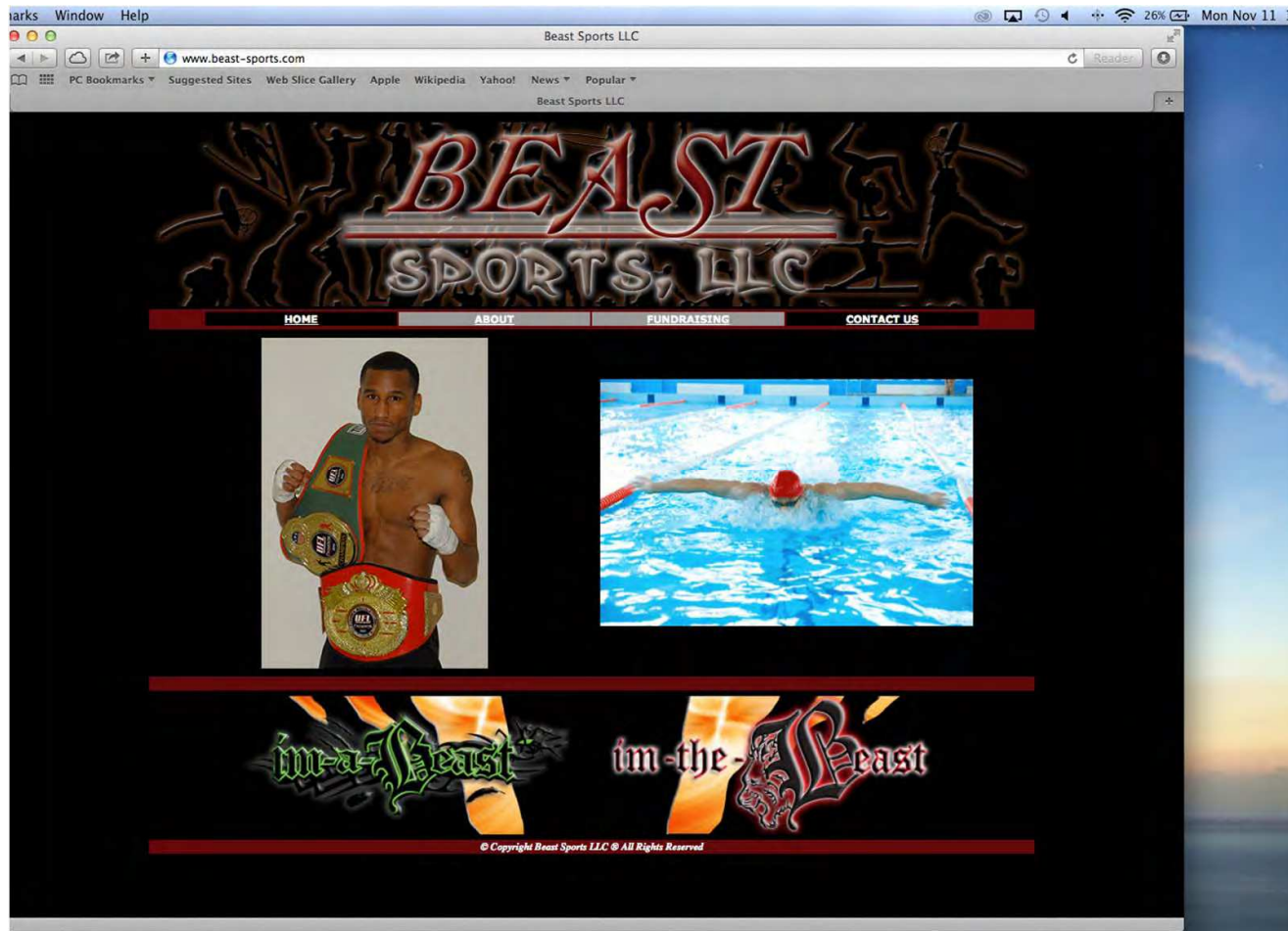
The screenshot shows a web browser window with the following elements:

- Address Bar:** The URL is jamaica-gleaner.com/gleaner/20130226/sports/sports1.html.
- Page Title:** The Beast 'ready to invade' - Gibson Relays performance leaves Blake bubbling with anticipation - Sports - Jamaica Gleaner - Tuesday | February 26, 2013
- Website Header:** The Gleaner logo with the tagline "Established 1834". Navigation links include Home, Lead Stories, News, Sports, Entertainment, Business, Letters, Commentary, Flair, and Health. A secondary navigation bar includes World News, Lifestyle, In Focus, Auto, Social, Outlook, Food, Art & Leisure, Classifieds, ePaper, Photos, and Videos.
- Article Content:**
 - Title:** The Beast 'Ready To Invade' - Gibson Relays Performance Leaves Blake Bubbling With Anticipation
 - Published:** Tuesday | February 26, 2013
 - Image:** A photograph of Yohan Blake (background) and Edino Steele during a race at the National Stadium.
 - Caption:** Yohan Blake (background) grits his teeth as he digs deep in an unsuccessful effort to catch his Racers clubmate Edino Steele, during the Clubs and Institutions' mens' 4x400 metres at Gibson Relays, at the National Stadium last Saturday. - Ian Allen/Photographer
- Right-Side Elements:**
 - HP Advertisement:** ". RELIABLE . USER-FRIENDLY . AFFORDABLE "
 - Calendar:** A small calendar for the month of February 2013 with various events listed.
 - Sam Ous Advertisement:** "THURSDAY NIGHTS ALL-STAR" with a prize of \$1,000,000.
 - IN THE BLOGS:** A section with a "Latest" filter and one blog entry: "Motor Sports | cmunroe" with the title "Skunk Nation's slide show in Mobyay!" and 0 comments.
- Footer:** A long URL for Google Leads: http://googleads.g.doubleclick.net/clk?sa=l&ai=C2v3p9e8BUvOMlax2IqMmeCADj75racEAAAQASD11_UBUNjY0CYM_u2D8cU4cN9Xec0Sp6g&client=ca-pub-4993191856924332&adurl=http://go-jamaica.com/biz/allstar/&nm=1

12/4/13

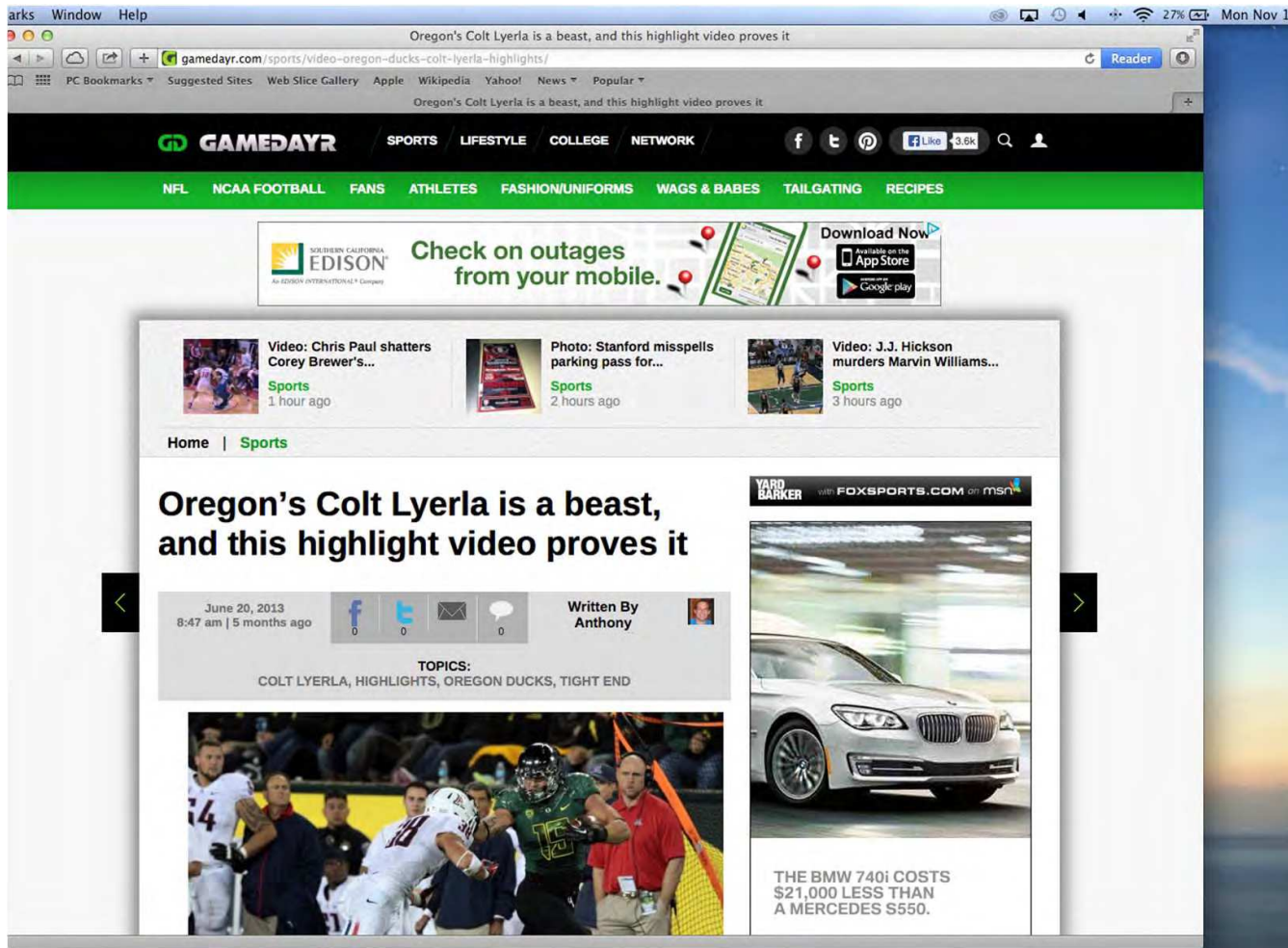
12/12/2013

A.3 (y)



12/4/13

A.3 (z)



12/4/13

A.3 (aa)

The screenshot shows a web browser window with the address bar displaying "blacksportsonline.com/home/2013/08/espn-unveils-jadeveon-clowney-the-beast-promo-video/". The page header includes the "BSO BLACKSPORTSONLINE" logo and navigation links such as "Why Site is Called BlackSportsOnline", "Groupie Tales", "Photo Gallery", "Sports", "Police Report", "Pretty Ladies", and "Send Us Tips".

The main article is titled "College Football / News / Videos" and "ESPN Unveils Jadeveon Clowney 'The Beast' Promo (Video)" by Glenn Erby, dated August 23rd, 2013. It features a photograph of Jadeveon Clowney in a red Carolina football uniform. The text below the photo reads: "ESPN is changing things up a bit now that Fox Sports 1 is on the scene. ESPN created this 'The Beast' promo featuring Jadeveon Clowney, and piggy backed off of his comments during SEC Media Day in which he proclaimed all SEC quarterbacks and Clemson's Tajh Boyd scared of him. In the promo, actors portray Florida's Jeff Driskel, Clemson's Boyd, and Georgia's Aaron Murray. The promo is hot, but no word on whether or not Clowney, who is an amateur, got paid for his work."

On the right side of the page, there are several advertisements: "HELP KIDS STAY IN SCHOOL BE A READER, TUTOR, OR MENTOR. TAKE THE PLEDGE", "LIVE UNITED United Way", "Ad Council", "UnitedHealth Use our tool Get reward", and "TAKE TIME TO BE A DAD TODAY".

12/4/13

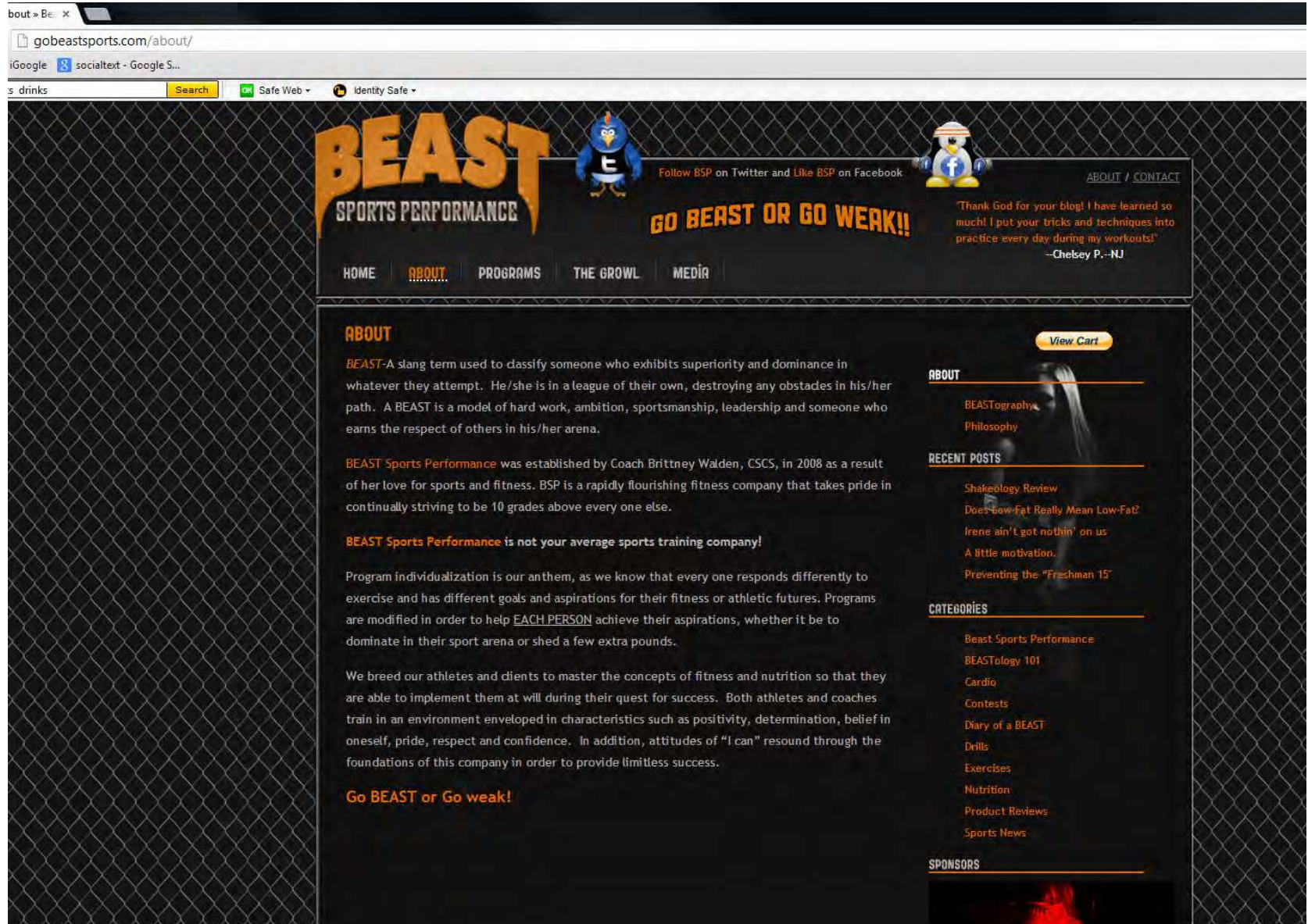
Attachment 3

Listing of enclosed Referenced Documents

B.1 (a) thru B.1 (m)

1/3/2013

B.1 (a)



1/3/2013

B.1 (b)

Milwaukee's Best: The Best

www.angelfire.com/me4/geeze32/

the best beer

BUILD A FREE WEBSITE OF YOUR OWN ON

Angelfire

5 FOODS NEVER TO EAT NEVER EAT BEYOND diet

Milwaukee's Best: The Beast

Seize Today's Top Bargains

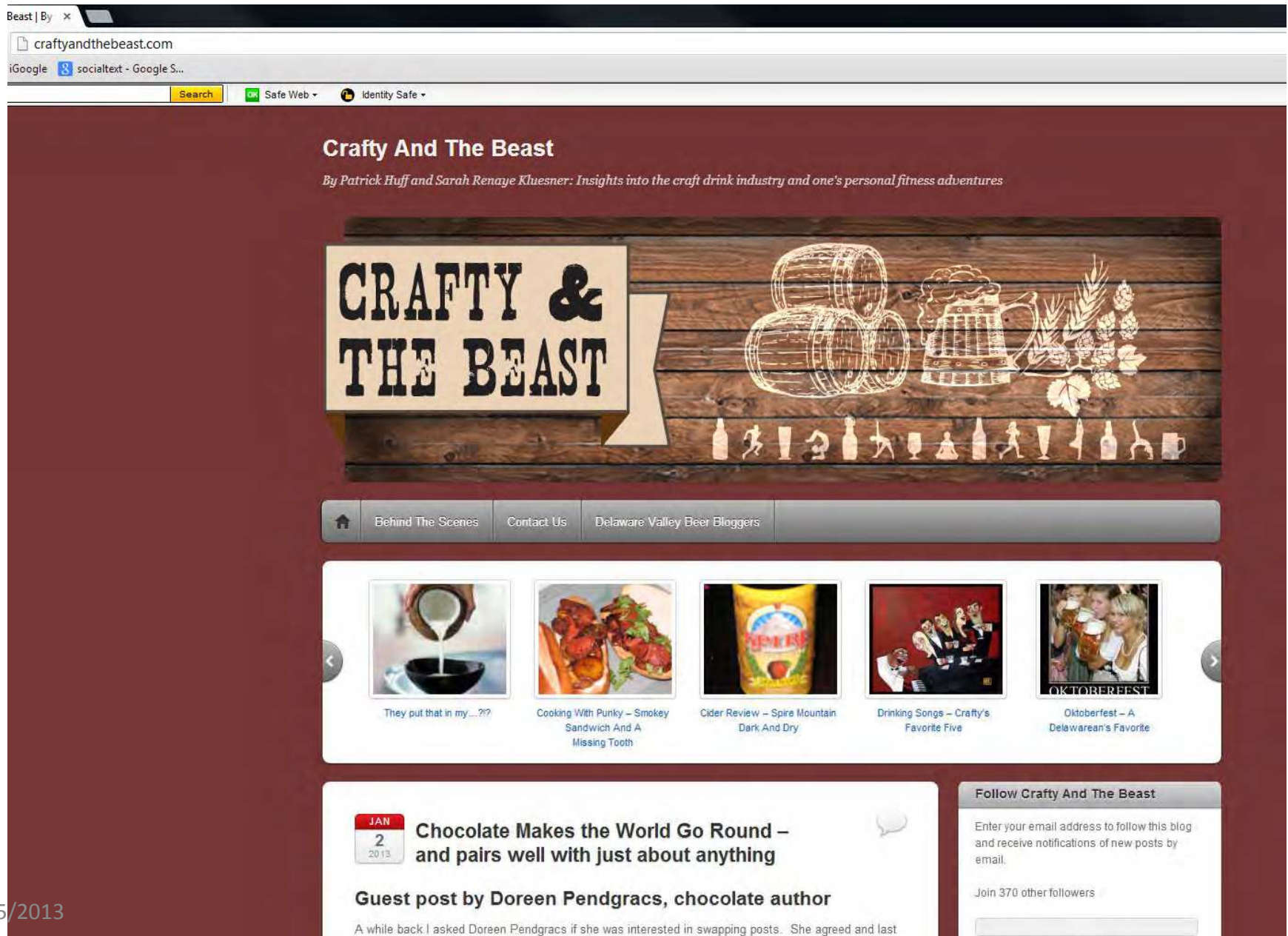
Samsung UN60ES7150	Samsung 55 Class 1080p	Samsung Class-3D
\$1,995.99*	\$1,497.99*	\$1,799.99*
1 seller	2 sellers	2 sellers

XO Nextlog © 2011, Nextlog, Inc. *Price and availability subject to change.

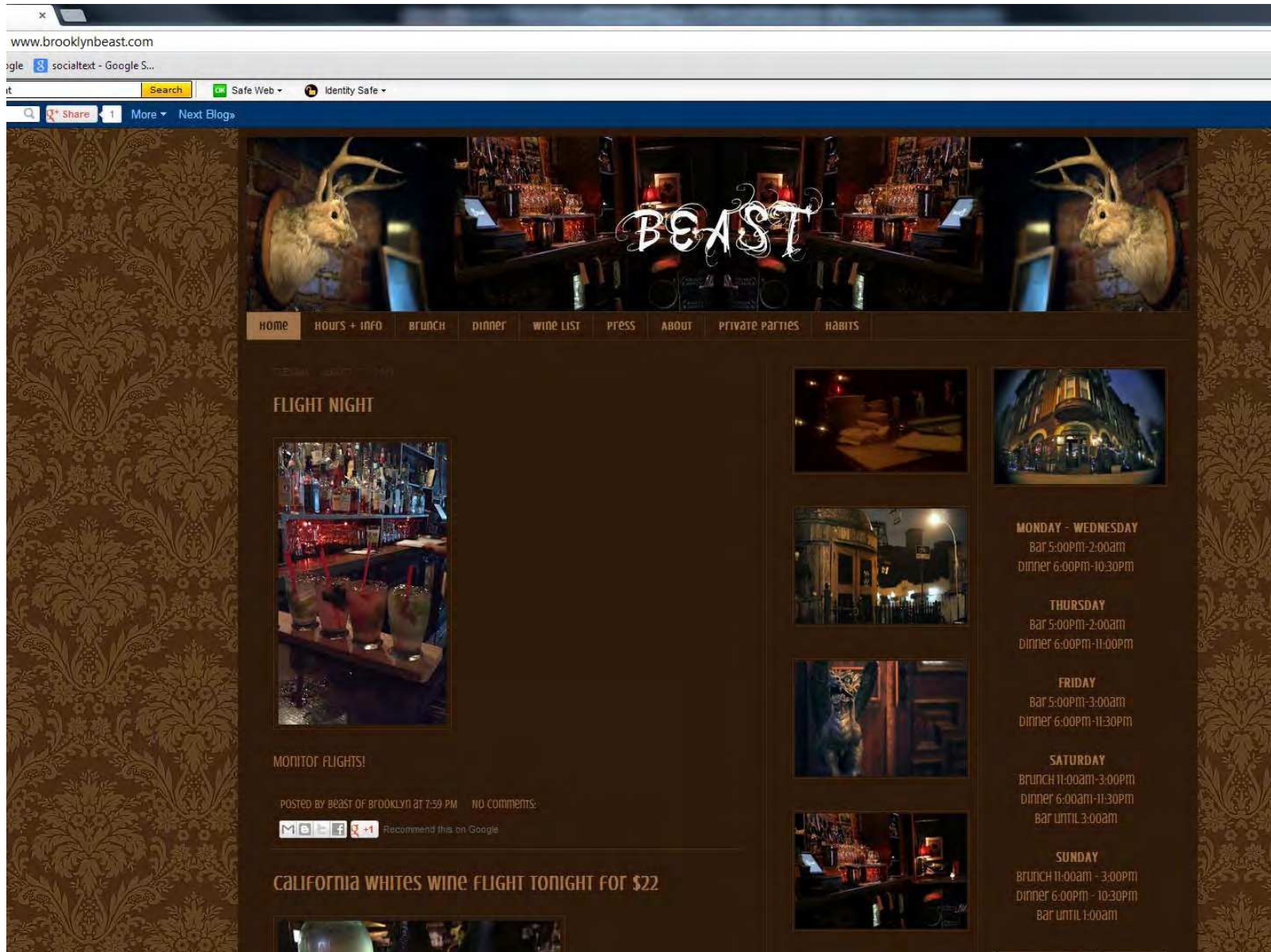
elcome to my Milwaukee's Best appreciation page. This page is here to inform you of the probably the best tasting beer on the planet. There are 3 different kinds of beer. First, Milwaukee's Best Light is the lightest beer and it tastes great. Next we have Milwaukee's Best Premium which has the middle pote and tastes probably the best out of the three. Last, but definitely not least we have Milwaukee's Best Ice. This beer has the richest taste and can liven your night up pretty quickly. To all you newcomers to Milwaukee's Best beer it has a nickname which is THE BEAST. Scroll down and click on the Busch link f

1/3/2013

B.1 (c)



B.1 (d)



1/5/2013

B.1 (e)

Year in B x

burgerbeast.com/2012/12/31/2012-review-the-year-in-burger/

Google socialtext - Google S...

Search Safe Web Identity Safe

BURGER BEAST
* EST. 2008 *
www.BURGERBEAST.COM
OVER 10,000 CONSUMED

IN BEAST WE TRUST

B-N-B CALENDAR BB APPROVED THE GRINDER BURGERS FRITAS BB EVENTS RESTOS BURGIE AWARDS FOOD TRUCKS BEST OF LIST ABOUT SWAG

PINCHO FACTORY
PINCHOS BURGERS & HOTDOGS WOOD-FIRED & PERKY CLICK HERE

DEC 31

2012 Review, the Year in Burger: Burger & Beer Joint merging with CG Burger?
By Burger Beast

Search for: Search

Subscribe to the BB Mailing List

email address

Subscribe

BURGER BEAST
* EST. 2008 *
www.BURGERBEAST.COM

2012 Review, the Year in Burger:

- 8 oz. Burger opens up 2nd location in North Miami and then quickly removes the "Burger" from its name.
- BurgerFI is opening up shops all over South Florida: Aventura, Coral Springs, Hallandale Beach & Sunrise
- Michael Symon wins his 3rd consecutive SoBe Burger Bash.
- Butcher & the Burger is still not open.
- The Grind Event goes up in smoke.
- Shake Shake opens up its 2nd South Florida location in Coral Gables and announces an upcoming 3rd location in Boca Raton.
- 8 oz. Burger SoBe becomes American Burger after some partner dispute. It ends up closing its doors a few weeks later.

2012 WEB Awards
New Times New Times
Burger Beast
Best Food Blog

VOTE

1/5/2013

EXHIBIT 1 PART 4 OF 5

B.1 (f)

The screenshot shows a web browser window with the address bar displaying `andrewsullivan.thedailybeast.com/2012/07/the-gatorade-hype.html`. The browser's address bar also shows `iGoogle` and `socialtext - Google S...`. Below the address bar, there are search and security icons for `Search`, `Safe Web`, and `Identity Safe`.

The main content area features a **QuickBooks** advertisement with the text **Stay Productive on the go.** and a list of features: `Easy Invoicing`, `Track Expenses`, and `Generate Reports`. Below the ad, there are social media links for `FACEBOOK`, `TWITTER`, and `TUMBLR`, along with a `Like` button showing `230k` likes.

The **THE DAILY BEAST** logo is prominently displayed on the left. A navigation menu includes `HOME`, `POLITICS`, `BUSINESS`, `VIDEO`, `ENTERTAINMENT`, `FASHION`, `BOOKS`, `ART`, `WOMEN IN THE WORLD`, `NEWSWEEK`, and `NEWSWEEK`. A `SUBSCRIBE` button is also visible. Below the navigation menu, the text `Featured: ELECTION • INNOVATION • ANDREW SULLIVAN • HOWARD KURTZ • DAVID FRUM` is shown.

The main article is titled **ANDREW SULLIVAN THE DISH BIASED & BALANCED**. The article title is **The Gatorade Hype**. The text of the article reads: `The British Medical Journal recently investigated the sports drink industry. Lindsay Abram explains why the beverages might not work as advertised:`

The European Food Safety Authority upheld the claims that sports drinks hydrate better than water and help maintain performance during endurance exercise -- but added that this did not apply to the ordinary, light exerciser. Says Tim Noakes, Discovery health chair of exercise and sports science at Cape Town University, "They are never going to study a person who trains for two hours per week, who walks most of the marathon -- which form the majority of users of sports drinks," and the majority of people at whom sports drinks marketing is aimed.

Below the article text, there is a navigation bar with `← MENTAL HEALTH BREAK | MAIN | EXCLUDED FROM SPACE →`.

On the right side of the page, there is a sidebar titled **FROM THE DAILY BEAST**. It features three images with captions: `Obama Wins Showdown`, `Hillary Angst`, and `18 Shows to Watch This`.

1/5/2013

B.1 (g)

msbeer.org/archives/tag/smoke-stack

via [Smoke Stack's Facebook Page](#)

Share this: [Like](#) 0 [Send](#) [Tweet](#) 1 [+1](#) 0

0 Comments [Leave A Response](#)

Tagged with: [Lazy Magnolia](#) [Northeast MS](#) [Red Brick](#) [Smoke Stack](#) [West Point](#)

Lazy Magnolia's Timber Beast makes it's way to Starkville and West Point (Tupelo Next?).

On July 10, 2012, in [New Products, Stores](#), by [Wesley Clark](#)

[Read Later](#)

Lazy Magnolia's Timber Beast has been spotted in Corky's Party Shop in Starkville and Smoke Stack in West Point. I've also heard it should arrive at Papa V's tomorrow.

I would assume that Brewski's and Corky's in Starkville will get it as well.

Get yours now, because quantities will be limited for some time.

Share this: [Like](#) 0 [Send](#) [Tweet](#) 1 [+1](#) 0

0 Comments [Leave A Response](#)

Tagged with: [Brewski's](#) [Corky's](#) [Lazy Magnolia](#) [Northeast MS](#) [Papa V's](#) [Smoke Stack](#) [Starkville](#) [Tupelo](#) [West Point](#)

1/5/2013

B.1 (g-2)



B.1 (h)

ery Brewing x
averybrewing.com/our-ales/the-beast/
iGoogle socialtext - Google S...
beer Search Safe Web Identity Safe
Wednesday, 02 January 2013 CONTACT US | MEDIA | PRIVACY STATEMENT | SITE MAP


AVERY BREWING
A
AUGLER, CO

Home
Our Beers


- India Pale Ale
- White Rascal
- Ellie's Brown Ale
- Out of Bounds Stout
- Joe's Premium American Pilsner
- New World Porter
- Karma
- Old Jubilation Ale
- Hog Heaven
- The Reverend
- Salvation
- The Maharaja
- The Kaiser
- The Czar
- Sanael's
- The Beast
- Mephistopheles'
- Barrel-Aged Series
- Uncle Jacob's Stout
- Rumpkin
- Collaboration not Litigation Ale
- Anniversary Edition
- duganA
- Ale to the Chief

Tap Room & Tours
Brewery
C... ..

The Beast



Beer Style: Grand Cru
Hop Variety: Bravo, Bullion, Sterling, Hersbrucker, Columbus, Styrian Goldings
Malt Variety: Two-row barley, Honey malt, Dark Aromatic, Pale wheat, Roasted wheat, Special B
Sugars: Dates, Molasses, Dark Belgian Candy Sugar, Colorado Honey, Raisins, Turbinado
OG: 1.135 **ABV:** 15-17% **IBUs:** 63 **Color:** Burgundy




The Beast is a seducer – accommodating, complicated, powerful, dark and created to last the ages. With a deep burgundy color and aromas of honey, nutmeg, mandarin orange and pineapple, this massive and challenging brew has flavors akin to a beautiful Caribbean rum. Dates, plums, raisins and molasses are dominant in a rich vinous texture. Cellarable for 10+ years.

The Beast is the first installment of “The Demons of Ale” series.

Food pairing: Pineapple upside down cake pairs nicely with the sweet, rum-like flavors found in our Beast Grand Cru.

Availability: Releases in August. 12oz single bottles. Extremely limited.



01:57 vimeo

1/5/2013

B.1 (h-2)



B.1 (i)

The screenshot shows a web browser window displaying the Northwest Wine website. The address bar shows the URL: northwest-wine.com/Buty-Wildebeest-red-wine.html. The website header features the text "Be First to Know!" with a sign-up prompt for NW Wine News emails, a "Join" button, and an email address input field. The main header includes the site name "Avalon Wine & Northwest-Wine", the phone number "541-752-7418", and a search bar with a "Go" button and a link to "Advanced Search/Wine Finder". A navigation menu contains links for Home, Wineries, Oregon, Wash., White, Top Rated, New, We Love, Bargains, Clubs, Blogs, and Gifts.

The main content area is titled "Buty Wines and Winery Info" and "Buty Winery Wildebeest Red Wine 2010". It includes a "Review:" section with the following text:
First, a hit of sweet, perfumed black cherry Syrah. Next, the big, dark, meaty notes of Malbec - leather, earth, tar, dried black currant. Cabernet Sauvignon adds earth, truffle, dark chocolate, and polish. From Buty's own Phinny Hill Vineyard. - Jean
The "Beast" wines, made by Buty Winery, are wines that don't fit their standard lineup - new varietals, new vineyards, or an intriguing new blend.

Below the review is a section titled "From the winery -" with the following text:
We tracked Wildebeest into the heart of the vines, enamored by his sleek form, and plucked him from the field. Wildebeest is an over-delivering wine from Phinny Hill Vineyard's best vintage yet. Its dark purple color is a sign of its oncoming power. The impressive and driving vineyard character of Phinny Hill comes through in this energetic blend of cabernet sauvignon, syrah and malbec. Prized for tremendous substance, Wildebeest is a stunning catch.

The product image shows three bottles of "BEAST" wine. To the right of the image is a purchase section with the following details:
Retail \$22.45
\$20.20 in any 12 bottle order
Qty. 1
Add to Cart
Cart

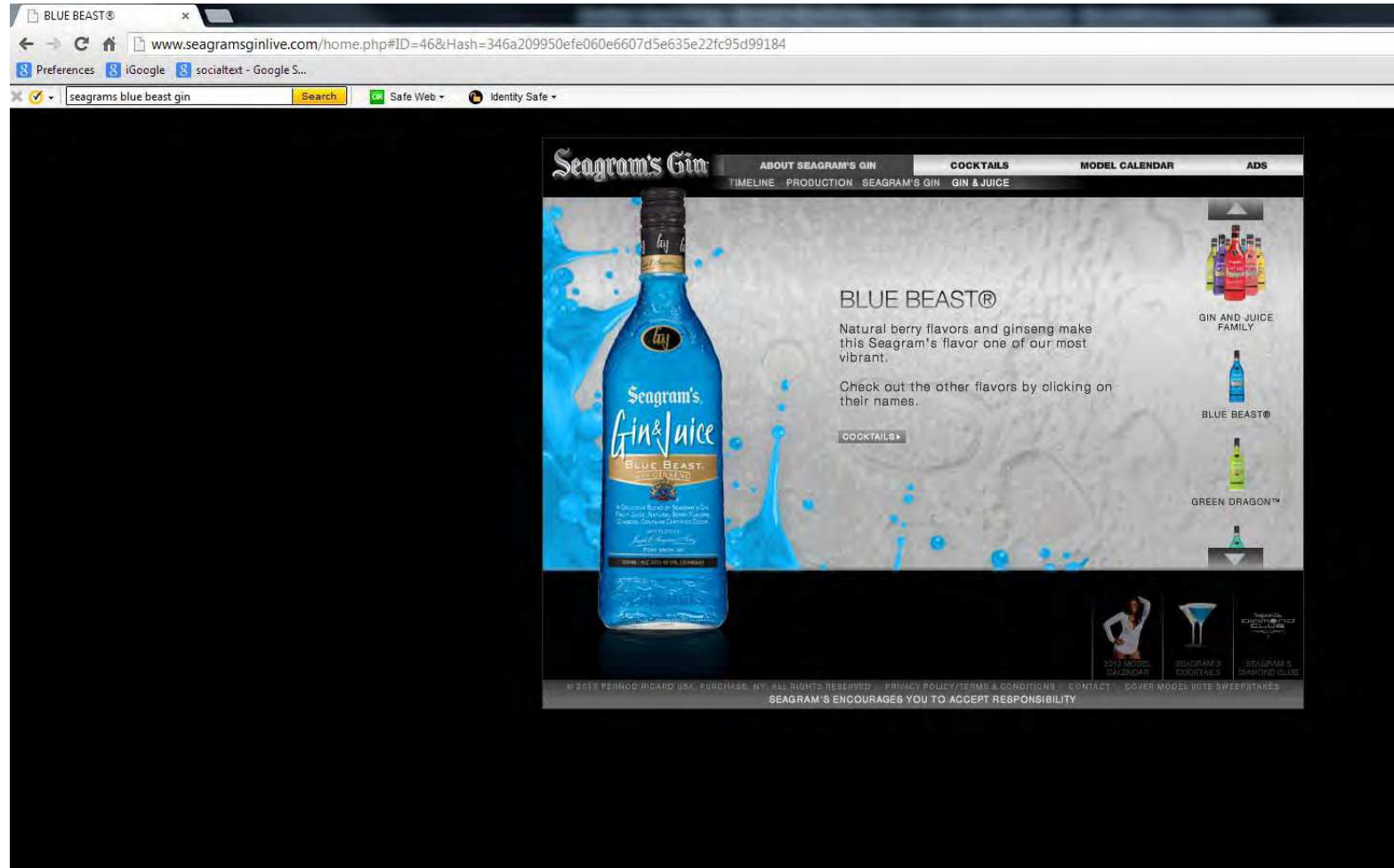
Below the purchase section is a promotional banner for "Celebrating Our 25th Anniversary" and another promotion: "Save on shipping plus 10% case discount Build a Case" with an image of a wine case.

1/5/2013

B.1 (i-2)



B.1 (j)



1/5/2013

B.1 (j-2)



B.1 (k)

The screenshot shows a web browser window displaying the website www.hotsauce.com/The-Beast-Hot-Sauce-p/1937tb.htm. The browser's address bar shows "iGoogle" and "socialtext - Google S...". The website has a fiery, orange and red theme. At the top, there are navigation links: "< HOME", "ASK LIVE! Click here to chat", "1.877.M.V.SAUCE", "THE ORIGINAL HOT SAUCE™ EMPORIUM SINCE 1995!", and a shopping cart icon. Below these are "HOT SAUCE REVIEWS!" with a YouTube icon, "LOGIN / TRACK | SERVICE", and "ABOUT | CONTACT | HELP". A secondary navigation bar says "SHOP BY: CATEGORY | BRANDS | PEPPERS | COUNTRY | HEAT(SHU) | PRICE".

The main content area features a search bar with a "Go" button and a message: "(Your Hot Sauce cart is empty)". Below this is a breadcrumb trail: "Home > Costa Rica > The Beast Hot Sauce, Hottest This Side Of Hell, 5oz.". The product is displayed as a bottle of "The Beast Hot Sauce". To the right of the bottle, the "HEAT SCALE" is shown as four fire icons, with a "Click to view SHU scale" link. Pricing information includes: "List Price: \$7.00", "Sale Price: \$5.95", and "You save \$1.05!". A "FREE FedEx" shipping offer is also present, with the text "shipping on all orders over \$75! Ground Within the lower 48 US states." Availability information states: "Availability: Typically Ships within 24 to 48 Hours from time we receive your order." Below the product image are "Add To Cart" and "Add To Wish List" buttons, a quantity selector set to "1", and a "View Quantity Discounts" button. Social media sharing options for Twitter, Facebook, and LinkedIn are visible.

On the left side of the page, there is a "SHOP SAUCES:" menu with various categories like "DEAL OF THE DAY!", "GIFT CERTIFICATES", "NEW PRODUCTS", "HOT GIFTS & GIFT SETS", "FIERY SNACKS", "HOTTEST HOT SAUCES", "TOP 50 SAUCES", "COLLECTOR'S CORNER", "FIERY BOOKS", "PEPPERS ALFRESCO", "VINTAGE TABASCO", "OVERSTOCK & SALES", and "IN THE NEWS". Below this menu are several dropdown menus for filtering products by "Sauces By Category", "Sauces By Brands", "Sauces By Pepper", "Sauces By Heat (SHU)", "Sauces By Country", and "Sauces By Price". At the bottom left, there is a "THE GALLERY:" section with links for "Private Label Sauces", "Hot Sauce Reviews", and "Submit New Products".

The bottom of the page features a "Description" and "Scoville & Chili Awards" section. The description reads: "The Beast Hot Sauce (5 FL.OZ. / 148 ml): This sauce has lurked for millennium in nightmares. Long has it waited it's moment, but it's time is here. It's time to possess, to destroy, to unleash it's fiery fury on the taste buds of all mortal men. As its storm of fiery particles swarm in your mouth and your endorphins rush wildly in a frenzy, it may cause you to scream or mutter strange, unintelligible incantations or make grotesque faces as the heat streaks like a shiver of lightning throughout your body".

1/5/2013

B.1 (k-2)



B.1 (I)

hotsauce.com x

www.beasthotsauce.com

iGoogle socialtext - Google S...

ast hot sauce Search Safe Web Identity Safe

Unlock the... Beast


About The Beast
Beast Recipes
Contact Beastman

Unlock the Beast Hot Sauce; the hot sauce with a sweet bite!

Chunky, thick and hearty and made with all natural ingredients; Guava, Cider Vinegar, Carrots, Onions, Sugar, Habenero Pepper, Lime Juice, Garlic, Cilantro and Salt. Most hot sauces on the market today are watered down and are made with limited ingredients.

Unlock The Beast Hot Sauce got its name due to the sweet start it has at first taste, then with a gradual rise, the beast is Unlocked and you taste the delicious combination of lime, habaneras and guava fruit. Enjoy the beast on egg sandwiches, shrimp, scallops, ribs, burgers, fish and in soups and sauces.

From 2004-2006, Unlock the Beast was bottled locally in New Haven, CT. In 2007 Unlock the Beast outgrew its New Haven supplier and has since identified & initiated the commercial scale production services of a company in Phoenix Arizona.




Order the Beast
Prices include shipping.

Quantity

1 Bottle \$14.95 USD

Buy Now

VISA M/C DISCOVER AMEX



The Beast Man
Rick "Ricky Cheese" Holroyd

About The Beast **Beast Recipes** **Contact Beastman** **Home**

©2001-2009 Rick Holroyd

1/5/2013

B.1 (I-2)



B.1 (m)

www.bottleyourbrand.com/funny-beer-labels-beast-mode-220841

HOLIDAY SHIPPING AND DELIVERY SCHEDULE - Learn More!

byb bottle your brand

My Account Help Me Cart (0)

LABELS & STICKERS INVITATIONS BOTTLED WATER MAKE YOUR OWN INSTANT QUOTE

Home > Personalized Beer Labels > Funny > **Beast Mode**

Beast Mode

For the hard core home brewer.
Designed by: Custom Stickers (06/14/2012)

Product Ratings: 0.0 Write a Review

Share It: Email this to a friend, Bookmark + share

Personalized Beer Labels

*As low as 0.13 each

- Product Features**
 - SHAPE: Rectangle
 - MATERIAL: White Plastic-Semi Gloss
 - SIZE: 3.5"H x 4"W
- Choose Quantity**

Order the quantity you want - as few as 10!

10 Labels	(\$0.99 ea.)	\$9.90
50 Labels	(\$0.89 ea.)	\$44.50
100 Labels	(\$0.79 ea.)	\$79.00
- Personalize It**

All photo or text boxes are editable when you personalize this design.

Personalize It

Recently Viewed Items

Beast Mode -Personalized Beer Labels
*As low as 0.13 each

Description Shipping Customer Reviews

Personalized Beer Labels
Beer Bottle Labels - High quality, low cost, waterproof, self-adhesive and durable. Full color custom beer labels easy to use and perfect for all home brewers and beer lovers! Our beer bottle labels are great for your next batch of home brew or for birthdays, bachelor parties or holiday gifts. It's easy to make your own custom beer labels online. To view designed beer labels scroll down the page or 'Select an Occasion'. After you choose a label, the next step is to enter your quantity. You'll proceed to the Design Online screen where you can edit the sample text with your words and upload a photo or image right from your computer. The tools to upload, add text, choose a font and add color are right on your screen. You can save the personalized beer label you created for free. The design possibilities for your label are unlimited. If you don't see a label that's just right choose MAKE YOUR OWN from the header above and make your own beer label from scratch. These labels

1/5/2013

B.1 (m-2)



Attachment 4

Listing of enclosed Referenced Documents

C.1 (a) thru C.1 (o)

1/5/2013

C.1 (a)

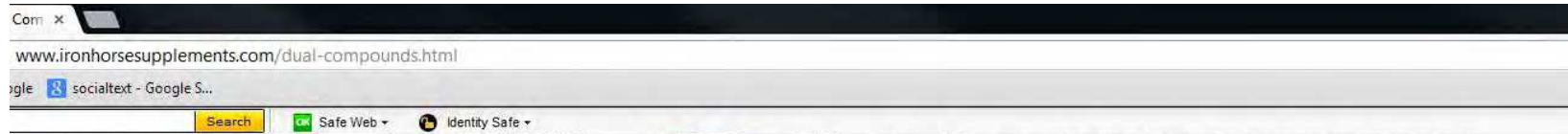
The screenshot shows a web browser window with the URL www.flexfitnessproducts.com/Products.html. The browser's address bar also shows "iGoogle" and "socialtext - Google S...". The website header includes a search bar, "Safe Web" status, and "Identity Safe" status. The main banner features three bottles of Flex Fitness Products: Wolverine, Beast, and Rascal. The banner text reads: "Explosive Strength Gains. Rapid Decrease in Body Fat. Hard Cut, Lean Muscle Gains. Increase in Endurance & Recovery. Little to No Side Effects. FREE SHIPPING on your whole order! THE NEW 19-Norandrostenediol". Below the banner is the heading "FLEX FITNESS PRODUCTS". On the left side, there is a navigation menu with links: Home, Stacks, Products, Dealers-BUY, and Contact Us. The main content area is titled "Products:" and contains the following text: "Our pro hormones contain the maximum safe dose per capsule with 90 capsules per bottle, not 60. This assures that you get the maximum gains and most bang for your buck." Below this text are two product listings. The first listing is for "Beast", which contains 19-Norandrostenediol 30mg, Max-LMG 20mg, and Cyanostane 15mg, with 90 capsules per bottle. It is described as "Cut Bulker" New 2012 Tren and includes a link to "See Stacks for more info". The second listing is for "Wolverine-New Formula", which contains 19-Norandrostenediol 50mg and 6-Bromo 20mg, with 90 capsules per bottle. It is described as "Cut Bulker" New 2011 Tren, Best used after Beast, and includes a link to "See Stacks for more info".

1/5/2013

C.1 (a-2)



C.1 (b)



there products. So you do not need to buy it separately!

\$58.99

Add to Cart

B.E.A.S.T Supa-Halo



What is BEAST?

It is a acronym for Body Enhancing Athletic Sports Technology. It is the newest brand on the market. This is a great stack for Bulking. M1-4AD and Halodrol stacked. You can't go wrong with that. UNLEASH THE BEAST!

\$56.99

Add to Cart

Powerlab Nutrition HaloTren Platinum



HALOTREN PLATINUM – Powerlab Nutrition has designed HALOTREN PLATINUM with exotic, performance enhancing ingredients other companies only wish they had access to. HALOTREN PLATINUM has been further enhanced with a stimulant blend that will assist you in your quest for the ultimate physique. Don't forget about Powerlab Nutrition's state of the art ABSORBTECH delivery system that will maximize your workouts. HALOTREN PLATINUM is your remedy for a LEGAL bodybuilding supplement that produces the RESULTS you have been looking for!



\$59.99

1/5/2013

C.1 (b-2)



C.1 (c)

The screenshot shows a web browser window with the address bar displaying www.ironhorsesupplements.com/beast.html. The browser's address bar also shows a search for "socialtext - Google S...". The page features a "Select Language" dropdown menu and a "Powered by Google Translate" notice. A PayPal logo is prominently displayed, along with logos for MasterCard, VISA, American Express, DISCOVER, and BANK. The main content area is divided into two sections:

B.E.A.S.T EPI-18 Epistane

What is BEAST?
It is a acronym for Body Enhancing Athletic Sports Technology. It is the newest brand on the market. This is a great compound for Strength and muscle hardening. Also Epistane is proven to break down gyno. You will experience Lean muscle gains with the highest dosage per pill of epistane on the market. What are you waiting for? UNLEASH THE BEAST!

Supplement Facts:
90 capsules
2a, 3a-epithio17a methyl-17b-hydroxy-5a-androstane 18mg
Milk Thistle 100mg
NAC 100mg
Tongkat Ali 100mg

\$69.99
[Add to Cart](#)

B.E.A.S.T Supa-Halo

What is BEAST?
It is a acronym for Body Enhancing Athletic Sports Technology. It is the newest brand on the market. This is a great stack for Bulking. M1-4ADD and Halodrol stacked. You can't go wrong with that. UNLEASH THE BEAST!

\$56.99
[Add to Cart](#)

The product images show a black bottle of B.E.A.S.T EPI-18 Epistane and a box of B.E.A.S.T Supa-Halo. The box features a green and black design with the text "BEAST SUPA-HALO" and "BODY ENHANCING ATHLETIC SPORTS TECHNOLOGY".

1/5/2013

C.1 (c-2)



C.1 (d)

The screenshot shows a web browser window displaying the ROKHARDBODY.COM website. The browser's address bar shows the URL: `rokhardbody.com/index.php?id_product=18&controller=product`. The website's header includes navigation links for Home, Specials, Delivery, and Contact, along with user account information and currency settings. A prominent banner for 'FREE SHIPPING' is visible, along with the ROKHARDBODY.COM logo and a 24/7 customer support claim. The main navigation menu includes Home, Protein, Weight Loss, and Pre workout energy. The product page for 'Beast Mode' is displayed, featuring a large image of the product container, a price of \$39.99, and a quantity selector set to 1. A red 'ADD TO CART' button is present. The product description highlights it as 'The most intense pre-workout supplement in the industry!' and lists various benefits. A 'CART' sidebar on the right shows 'No products' and a total of \$0.00. The page also includes social media sharing options and a 'MORE DETAILS' button.

1/5/2013

C.1 (d-2)

The screenshot shows a web browser window displaying the ROK HARD BODY website. The URL is rokhardbody.com/index.php?id_product=18&controller=product. The page features a navigation menu with 'Home', 'Protein', 'Weight Loss', and 'Pre workout energy'. The 'Pre workout energy' section is active, showing the 'Beast Mode' product. The product price is \$39.99, and it is marked as 'ON SALE!'. The product description states: 'The most intense pre-workout supplement in the industry! BEAST MODE is the meanest, strongest and most intense pre-workout supplement on the market. We had this formula tested in our labs and we made sure we cooked up the most vicious blend of raging energy inducing strength, blood volume expanding, pump activating, extreme focus enhancing, fat detonating and muscle building compounds imaginable.' The 'Supplement Facts' table is also visible, listing ingredients like L-Arginine AKG, Creatine Monohydrate, Beta Alanine, and Caffeine. A shopping cart icon shows 'CART: (empty)'. The date '1/5/2013' is visible in the bottom left corner.

Supplement Facts

Amount Per Serving	%DV
Strength and Endurance Matrix 4,500 mg *	
L-Arginine AKG, Creatine Monohydrate, Beta Alanine	
Energy and Focus Matrix 221 mg *	
Caffeine, 1,3-Dimethylamylamine, Yohimbine HCl	

* Daily Value Not Established

Other Ingredients: Dietary Fiber, Natural and Artificial Flavoring, Citric Acid, Silica, Sucralose, [Fruit Punch Only - Red Dye 40], [Grape Only - Red Dye 40, Blue 1], [Lemon Lime Only - Blue 1, Yellow 5].

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Beast Mode

\$39.99

Quantity: 1

ADD TO CART

ON SALE!

Flavor: Green Candy App

The most intense pre-workout supplement in the industry! BEAST MODE is the meanest, strongest and most intense pre-workout supplement on the market. We had this formula tested in our labs and we made sure we cooked up the most vicious blend of raging energy inducing strength, blood volume expanding, pump activating, extreme focus enhancing, fat detonating and muscle building compounds imaginable.

MORE DETAILS

Average grade: ★★★★★

Read user reviews (1)

Write your review

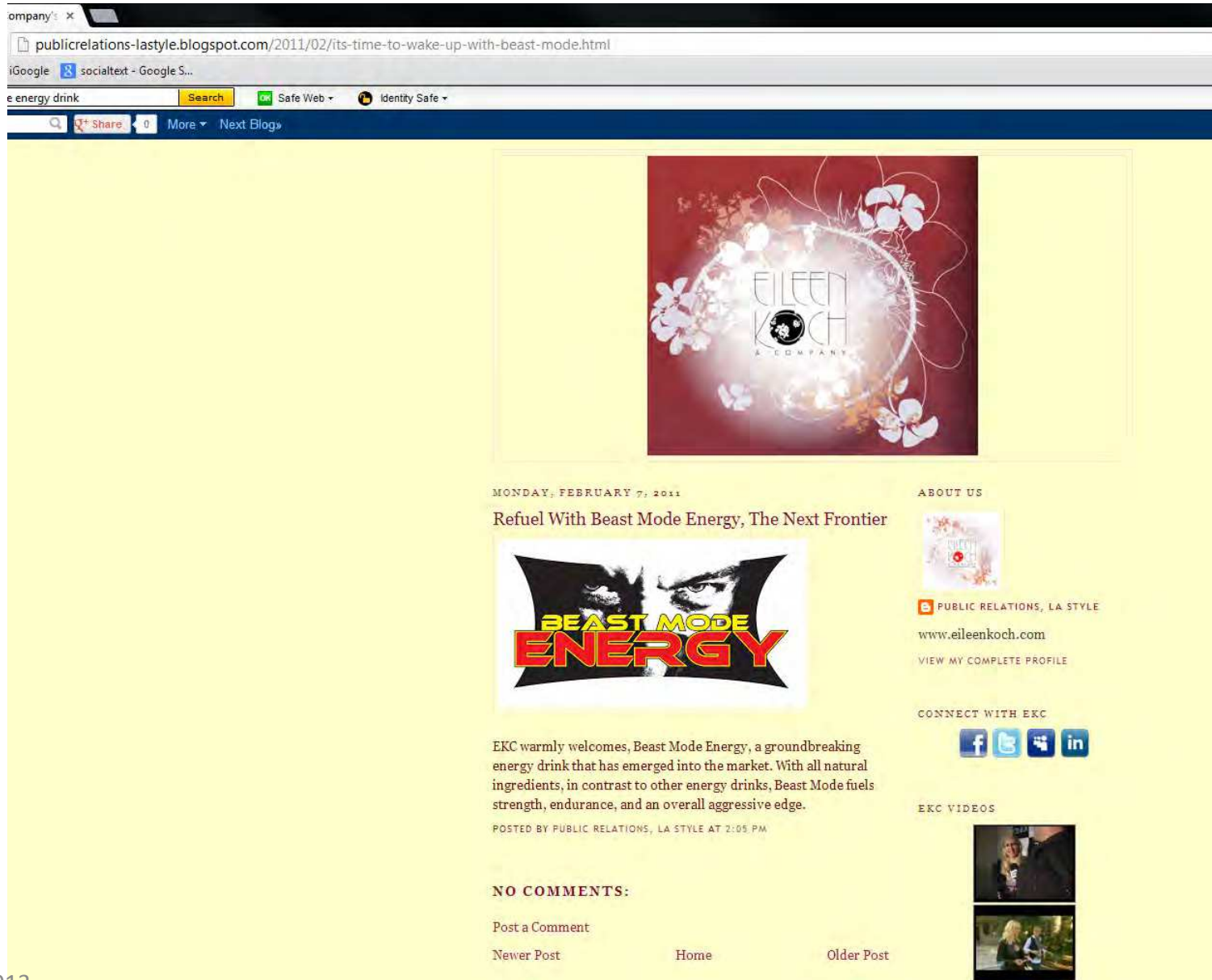
Like 0 Tweet 0 +1 0 Share

1/5/2013

C.1 (d-3)

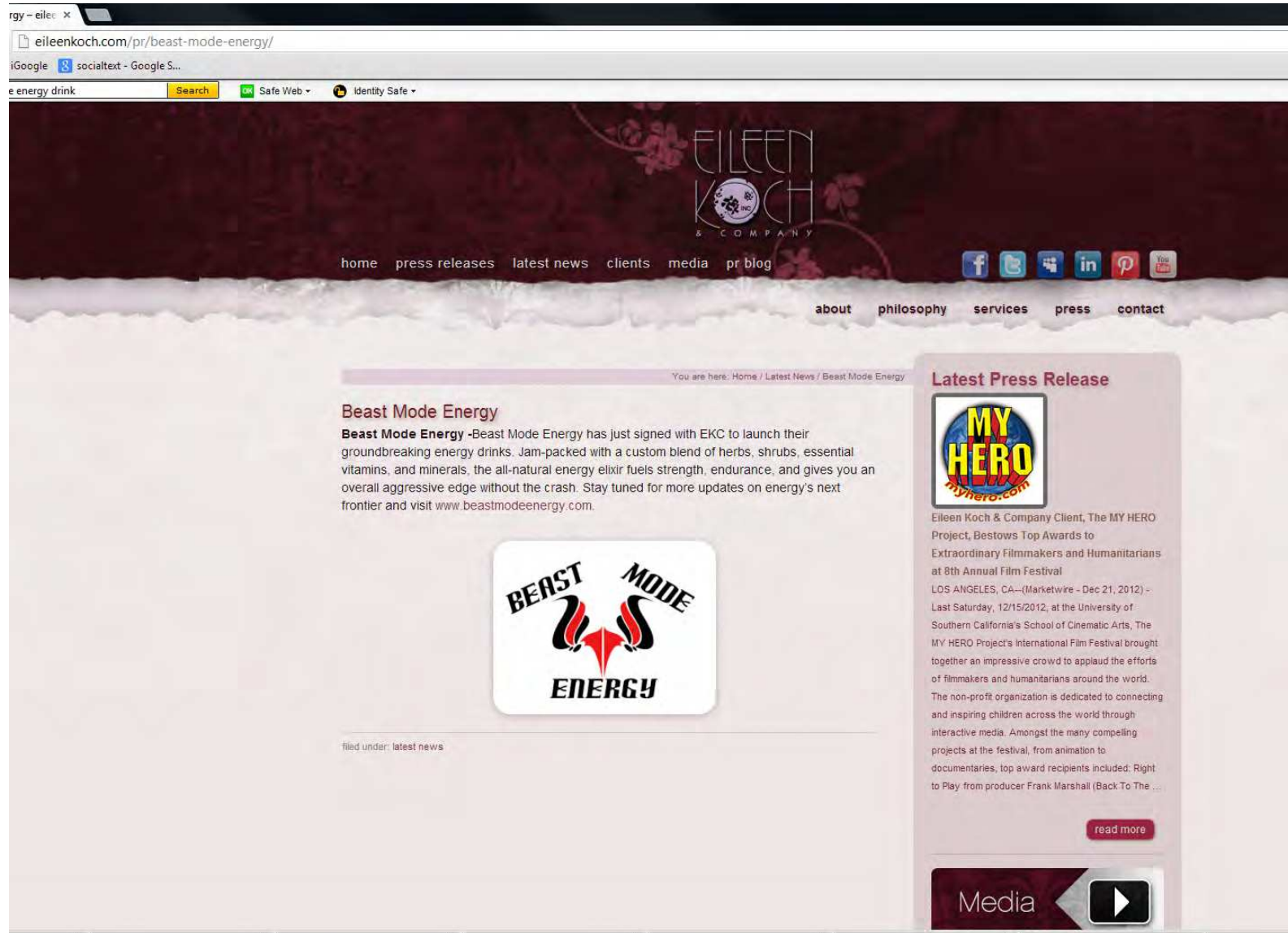


C.1 (e)



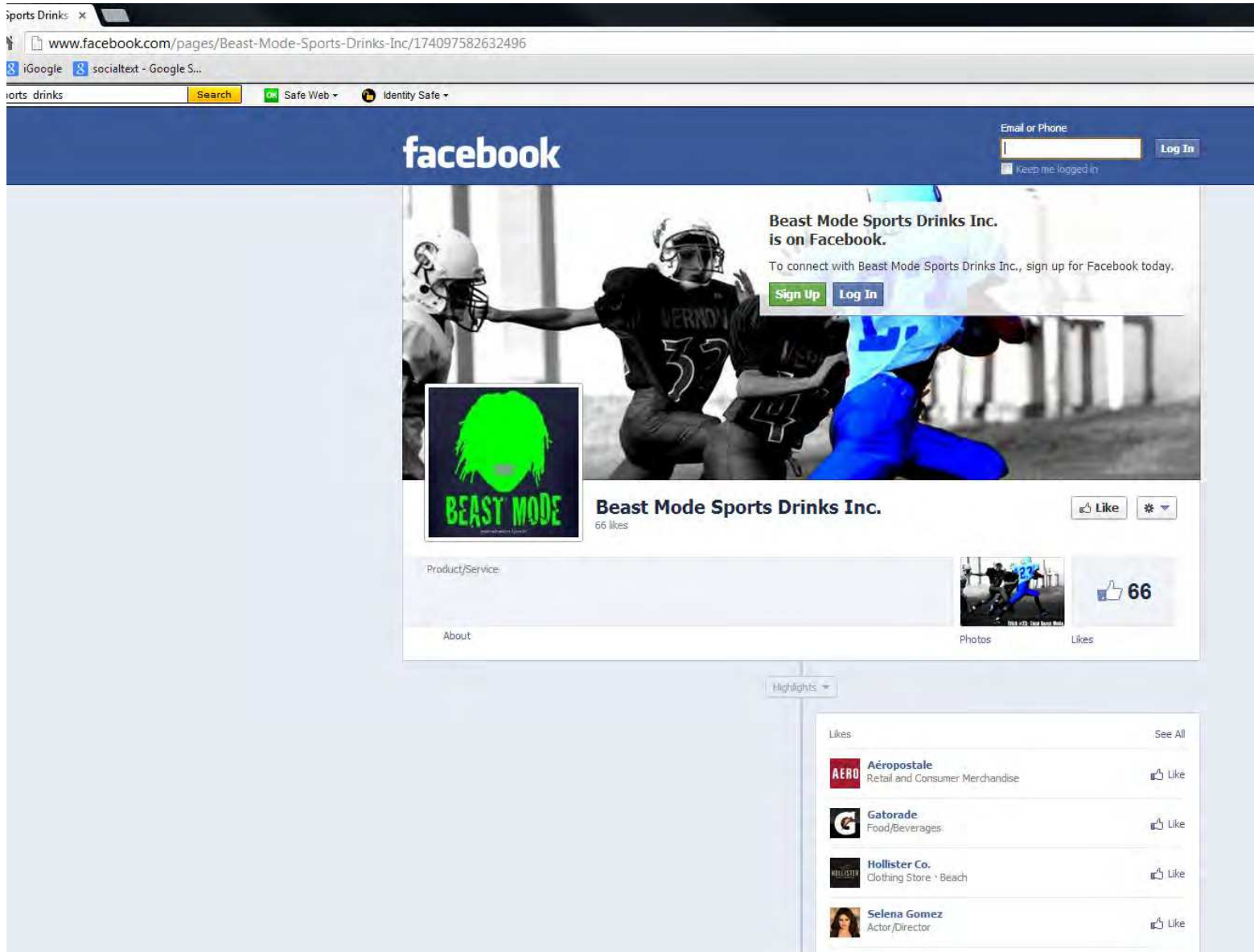
1/5/2013

C.1 (f)



1/5/2013

C.1 (g)



1/5/2013

C.1 (h)

The screenshot shows a web browser window with the URL www.discountofficeitems.com/cleaning-breakroom/breakroom-supplies/foods-beverages/sodas-juice-drink-mixes/products-beast-energy-drink/p28004.html?ref=thefind&source=thefind&utm_medium=shopping_engine8. The browser's address bar shows the URL, and the search bar contains the text "search over 90,000 office products". The website header includes a search bar, a shopping cart icon showing "0 ITEMS \$0.00", and a navigation menu with categories like "OFFICE SUPPLIES", "FURNITURE", "TECHNOLOGY", "CLEANING & BREAKROOM", "PAPER", "INK & TONER", and "ORDER BY ITEM #". A banner below the navigation menu states "Orders over \$75 receive FREE SHIPPING. All other orders ONLY \$6.99." The main content area displays the product "Products for You The Beast Energy Drink" with a product number "PFY00027" and a status of "Out of Stock". A sidebar on the right contains a "NEED HELP? CUSTOMER SERVICE" section with the phone number "1.866.302.5397" and a "OR YOU CAN CLICK TO CONTACT US VIA EMAIL" section. The product image shows a can of the energy drink with the "The Beast" logo.

1/5/2013

C.1 (i)

ign Archive x

www.packagingdesignarchive.org/archive/pack_details/1707-beast-eye-energy-drink

iGoogle socialtext - Google S...

Search Safe Web Identity Safe

ARCHIVE NEWS MY ARCHIVE ABOUT


packaging design ARCHIVE

POLITECNICO DI MILANO, INDACO DEPARTMENT, COMMUNICATION DESIGN RESEARCH AND TEACHING UNIT (UDRD D.COM)

SEARCH

SEARCH Advanced search

BEAST EYE ENERGY DRINK



reported by: Packaging Design Archive
on: 02.03.10

end-user packaging
single product
new product
sport and energy drinks
can and tin
metals
transgressive
contemporary
illustrated character
identity by illustration

SIMILAR CASES

CREDITS

Country: Japan
Year: 2008
Agency: I+PLUS DESIGN

Award: Pentawards Gold Award "Beverages: Functional Drinks", 2009

Reference:
<http://www.iplusdesign.jp> <http://www.beasteye.com>

ADD TO MY ARCHIVE DOWNLOAD PDF FILE REPORT AN ERROR

1/5/2013

C.1 (i-2)



C.1 (j)

rgy Drink - H x

tryhardenergy.blinkweb.com/index.html

iGoogle socialtext - Google S...

Search Safe Web Identity Safe

Home Try Hard Energy Drink Beast Energy Bar Staff

Try Hard Energy
Site slogan
Drink

Try Hard Energy Drink
Welcome to the Official website of Try Hard Energy Drink and Beast Energy Bars The Fuel for Gamers. Our product is designed for those gamers who cant stop playing the game and need something to keep them going with full energy. One full serving of either product will give you enough energy to last through those long boring clan matches.

PRODUCT COMING SOON!

TRY HARD ENERGY
ZERO GRFX

BEAST ENERGY BAR
FUEL FOR GAMERS

If you would like to know more about our products please feel free to contact any of our staff members.

Your name: (required)

Your email: (required)

Message: (required)

1/5/2013

C.1 (k)

MP MUSCLEPHARM

ONLINE STORE

PRODUCT CERTIFICATIONS

SPORTS AND SCIENCE CENTER

MUSCLEPHARM PARTNERS

FUELING ATHLETES SAFELY

SPORTS SCIENCE CENTER RESEARCH INSTITUTE

OFFICIAL NUTRITIONAL SUPPLEMENT PROVIDER OF THE UFC ULTIMATE FIGHTING CHAMPIONSHIP

STORE

TRAINER

ARTICLES

ATHLETES

MEDIA

COMPANY

INVESTORS

CONTACT US

SUPPLEMENT FACTS | **INFO** | **FAQ'S** | **SCIENCE** | **TESTIMONIALS** | **BUY NOW - CART**

TRAIN LIKE AN UNCHAINED BEAST™

- ENHANCE FOCUS
- BUILD LEAN MUSCLE MASS
- FUEL POWER FOR LONG-LASTING ENERGY

ASSAULT

PERFORMANCE AMPLIFIER

32 Servings
 Serving Size 23 g (1/2 Scoop)
 Servings Per Container 32

Amount Per Serving	% DV†	
Calories	40	
Total Carbohydrates	9 g	3%
Sugars	0 g	*
Vitamin B-6 (Pyridoxine HCL)	14 mg	700%
Vitamin B-12 (Methylcobalamin)	85 mcg	1416.67%

1/5/2013

C.1 (k-2)



Exhibit 1 Page 223 of 253

C.1 (I)

The screenshot shows a web browser window displaying the Shoxx Fitness Products website. The browser's address bar shows the URL "shoxxfitness.com/beast". The website's header features the "SHOXX FITNESS PRODUCTS" logo and a search bar. The navigation menu includes links for Home, ProHormones, PCT Care, For Her, Pre-Workout, Weight Loss, Shoxx Athletes, Clothing, and Cart. The main content area displays a product page for "Shoxx BEAST". The product image is a black bottle with a yellow label. The price is listed as \$79.99 (Tax Exempt), and the weight is 0.5lb. The quantity is set to 1, and there is an "Add to Basket" button. The product description states: "Shoxx BEAST is the ultimate compound for lean & dry rock hard gains without added estrogen conversion; users notice increased stamina and strength in the gym along with increased libido and performance out of the gym. Shoxx BEAST should be stacked with Shoxx PCT, the hottest post cycle therapy supplement on the market today and great for use after your shoxx Beast; or any cycle for that matter! Also, use Organ Armour during and after your Beast cycle to promote a healthy liver and keep your system in balance to produce the best and cleanest gains possible! The active compound in Shoxx Beast brought to you by Elite Fitness Supplements is 19-Norandrostenediol. It is legal because it is a progestin, and before anyone thinks 'birth-control', remember that trenbolone, nandrolone, and other prohormones are not." The "Product Categories" list includes: Pre-Workout, For Her, Weight Loss, PCT (Post Cycle Therapy), Categories, Prohormones, PCT, Prohormone Stacks, Clothing, Workout/Gym Wear - T-Shirts, and Tank-Tops/Racer Backs. The "New Products" section features BlueStinger, Titan, and CrossFuse.

12/4/13

C.1 (I-2)



C.1 (m)

Monday, August 11, 2008

Happy trails from Venom Energy Drink... until we meet again

Well monster hunters, it's been a pretty memorable ride here at the Capture the Beast blog. Ultimately no one caught a Montauk Monster, though many tried, and for that, we admire your bravery, fearlessness, and other synonyms of bravery.

What was the Montauk beakmonster? *Maybe it was a sleestak. Maybe it was a turtle. Maybe it really was a hideous monster from the darkest depths of the ocean. We might never know.*

But you do know this: Venom is the piercing energy drink that strikes back. And rest assured, monster hunters: we will strike back, too, the next time there's a mysterious monster that needs catching.

It's not exactly a bat-signal, but when you need us, [use this](#).

Posted by Venom Monster Squad at 5:00 PM 46 comments:

Sunday, August 3, 2008

Reminder: bounty still up for grabs

Keep in mind people: Venom Energy Drink is still prepared to deliver a lifetime supply of Venom to the intrepid individual who can bring in a Montauk monster

Email us
capturethebeast@gmail.com

[Click here to read the official press release](#)

Dispatches from the Front
Posts
All Comments

Beaklopedia

12/4/13

C.1 (n)

The screenshot shows a web browser window displaying the SupplementSource.ca website. The browser's address bar shows the URL: www.supplementsource.ca/Blowouts_p/blue-beast-preworkout-blowout.htm. The website's header includes the logo for SupplementSource.ca, a navigation menu with links for Home, My account, View cart, and Contact us, and a search bar. Below the header, there are navigation tabs for 'Shop By Brand', 'Shop By Category', 'Sale', 'Fat Loss', and 'Blowout'. The main content area features a promotional banner for 'Blue Beast PRE-WORKOUT (30 Servings), 240g' with a 'BEST BEFORE OCT 2014' notice. The product image shows a jar of Blue Beast Labs Pre-Workout. To the right of the product image, the pricing is displayed: 'Supplement Source Price \$49.95', 'BLOWOUT SALE PRICE \$20.00', and 'You save \$29.95!'. There is a quantity selector set to '1' and an 'add to cart' button, along with an 'Add to WishList' option. On the left side of the product page, there is a 'HAVE A QUESTION?' section with a 'WE'RE OFFLINE LIVE CHAT' button, a 'GIVEAWAYS' section with an 'ENTER NOW!' button, and a 'Description' tab. The bottom right corner of the product page features a section titled 'OTHERS BUY WITH THIS' with a recommendation for 'MuscleTech NeuroCore' at a 'BLOWOUT SALE PRICE \$30.00'.

12/4/13

Attachment 5

Listing of enclosed Referenced Documents

D.1 (a) thru D.1 (w)

1/5/2013

D.1 (a)

The screenshot shows a web browser window with the address bar displaying www.crossfitreign.com/crossfit-blog/detail/beast-mode/. The browser's address bar also shows "iGoogle" and "socialtext - Google S...". The page features a navigation menu with links for HOME, ABOUT, SERVICES, FACILITY, CLASS SCHEDULE AND PRICING, BLOG, and CONTACT. The main content area displays the title "Beast Mode" and a sub-header "Beast Mode". Below the title, it says "Posted by Admin in Thu, 10 Nov 2011". There are social media sharing options for Like, Send, and a Facebook link that says "2 people like this. Sign Up to see what your friends like." Below the text is a large image of a muscular man in a yellow shirt and black cap, with the words "BEAST MODE" and "ACTIVATE" overlaid. The right sidebar contains "Categories" and "Archives" sections.

CATEGORIES

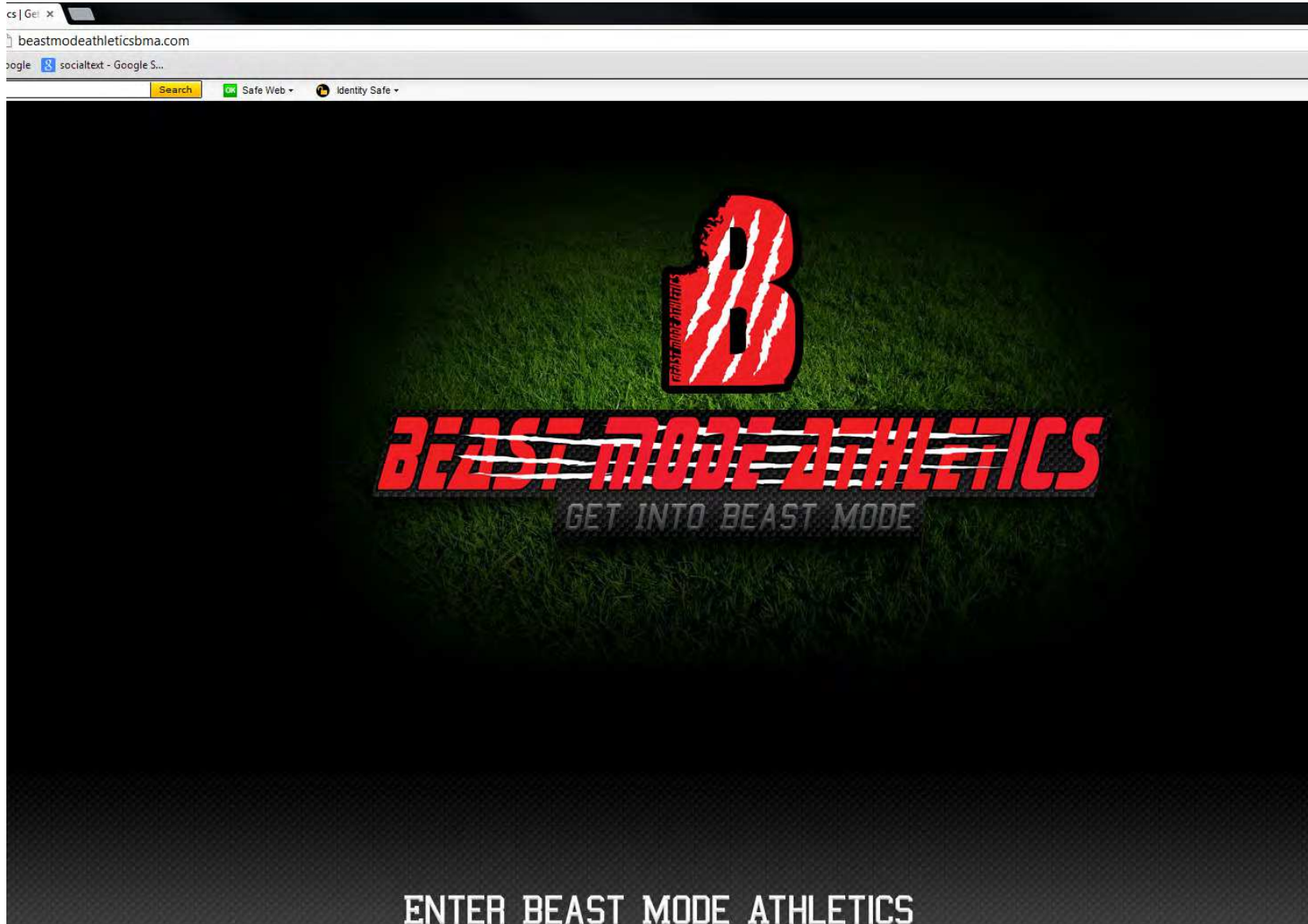
- ▶ Athlete of the Month
- ▶ CrossFit WODs
- ▶ Named WODs
- ▶ Nutrition
- ▶ Paleo Diet
- ▶ Uncategorized

ARCHIVES

- ▶ All
- ▶ January, 2013
- ▶ December, 2012
- ▶ November, 2012
- ▶ October, 2012
- ▶ September, 2012
- ▶ August, 2012
- ▶ July, 2012
- ▶ June, 2012
- ▶ May, 2012
- ▶ April, 2012
- ▶ March, 2012
- ▶ February, 2012

1/5/2013

D.1 (b)



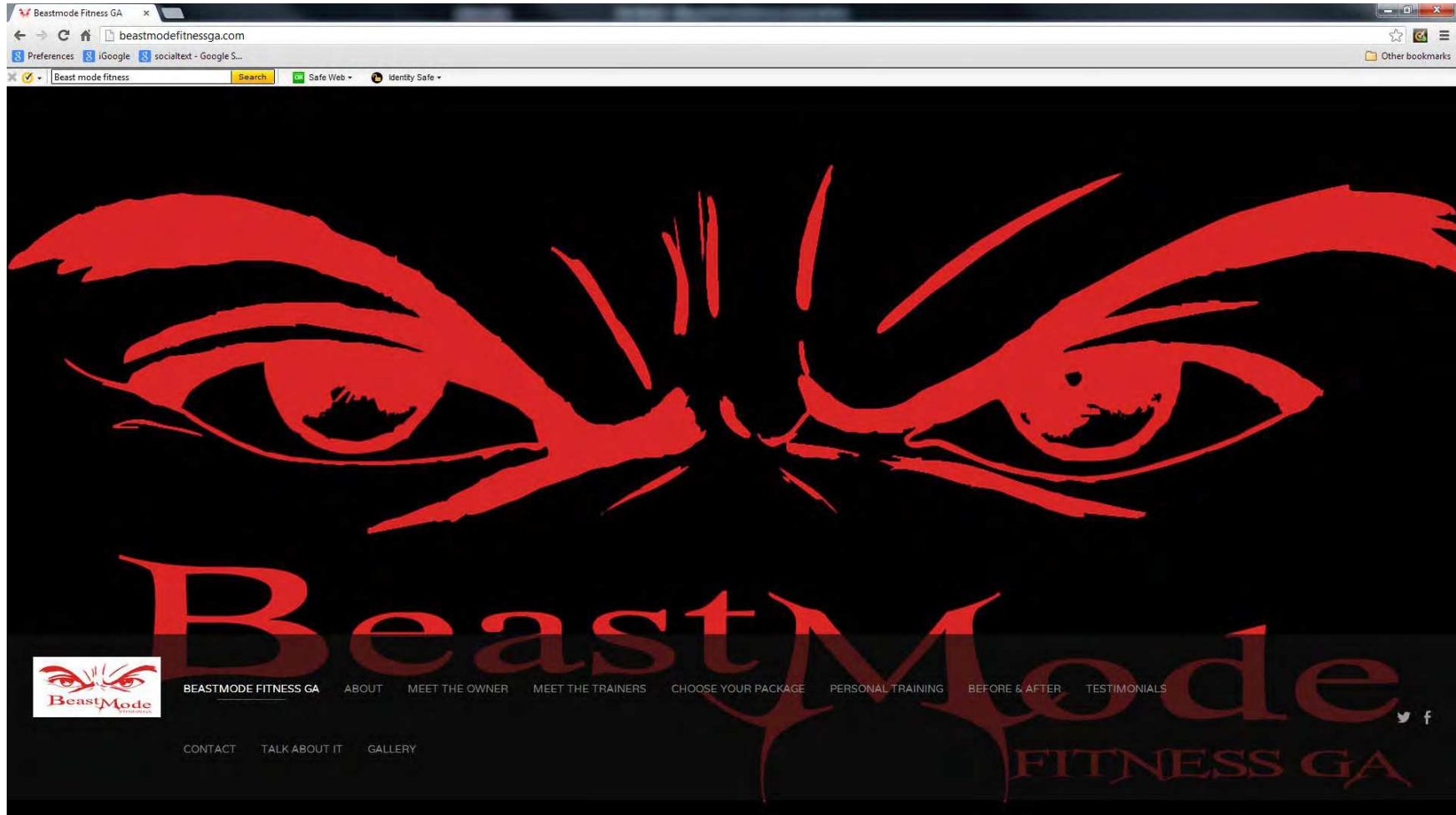
1/5/2013

D.1 (b-2)



1/5/2013

D.1 (c)



1/5/2013

D.1 (d)

anthonymychal.com/2012/09/origins-of-beast-mode-fitness-systems/

BEAST MODE FITNESS SYSTEMS
BY ANTHONY MYCHAL
SEND SALUTATIONS TO SKINNY-FAT AND AWAKEN THE ATHLETIC ANIMAL WITHIN

HOME ABOUT START HERE RESOURCES

JOIN THE BROHIRRIM
GET FREE STUFF,
UPDATES

7 MISTAKES KEEPING YOU SKINNY-FAT, THE MYTH H.I.I.T (EBOOK),
AND OTHER ATHLETIC GOODNESS WRAPPED IN A 5 DAY COURSE

Enter your email **LET'S DO THIS**

*THERE MAY OR MAY NOT BE A DRAGONBALL Z REFERENCE INSIDE

I take your privacy seriously.

AS SEEN IN
T NATION
MAY READ
METHODS
STACK
Greatist
elitefts
MODERATOR MEMBER

ORIGINS OF BEAST MODE FITNESS SYSTEMS

September 25, 2012 by Anthony - 26 Comments

I have something new to say about fitness, health, and athleticism.

It's the sum of my experiences thus far in a fitness journey that isn't exactly easily explicable.

It's not the stuff you're apt to find in the latest research paper. It's not necessarily ground breaking either. Or fancy. Or even complex for that matter.

I simply synthesized all of my experiences and motivations into a new method. **My method.**

This method fits into a system I now like to call Beast Mode Fitness Systems. So welcome. Let me show you around.

THE BEGINNING OF THE BEAST

CATEGORIES

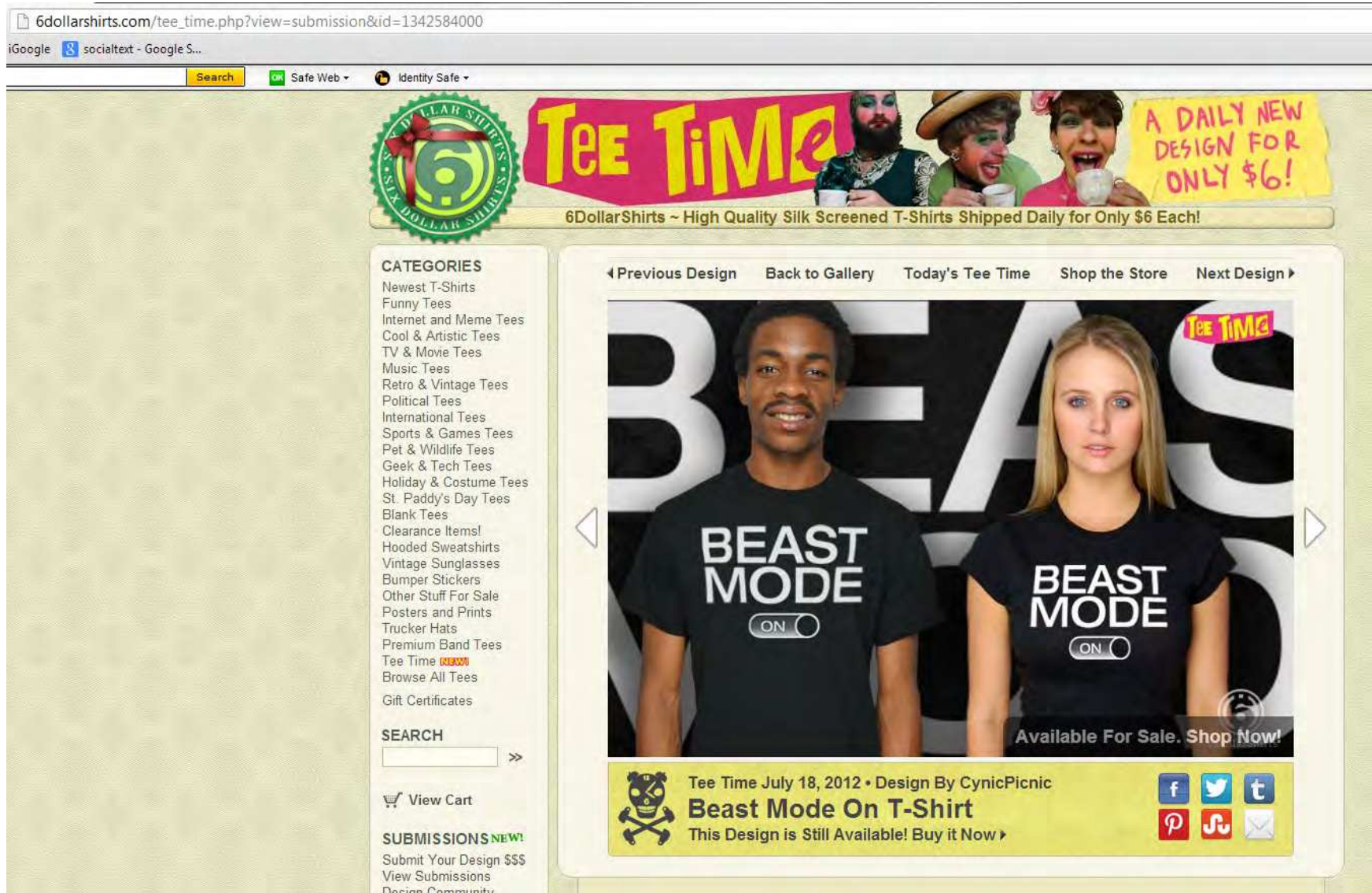
- [Athletic](#)
- [Athletics and Training](#)
- [Bodyweight Training](#)
- [Fitness](#)
- [Getting Jacked](#)
- [Injuries](#)
- [Motivation](#)
- [Music](#)
- [Nutrition](#)
- [Physique](#)
- [Self Development](#)
- [Skinny Fat Ectomorph](#)
- [Spoof](#)
- [Strength](#)
- [Tricking](#)
- [Uncategorized](#)
- [Video Interview](#)

TOP POSTS & PAGES

- [9 Things You Should Know Before Intermittent Fasting](#)

1/5/2013

D.1 (e)



1/5/2013

D.1 (f)

east Mode x

tonypsd.bigcartel.com/product/beast-mode

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Beast Mode

\$25.00

First orders ship Monday, Dec. 10th.

The seventh of 10 new designs for the months of September - December.

"Beast Mode" is back! When this first dropped, I never did a reprint and it sold out within the first week of it's release. No sports color ways this time, this drops strictly for the gamers, the way it was meant to be paying tribute to a special Sega Genesis classic with a similar type case.

These mens pre-shrunk "AllStyle" branded, screen printed designs are available only through Tony.psd

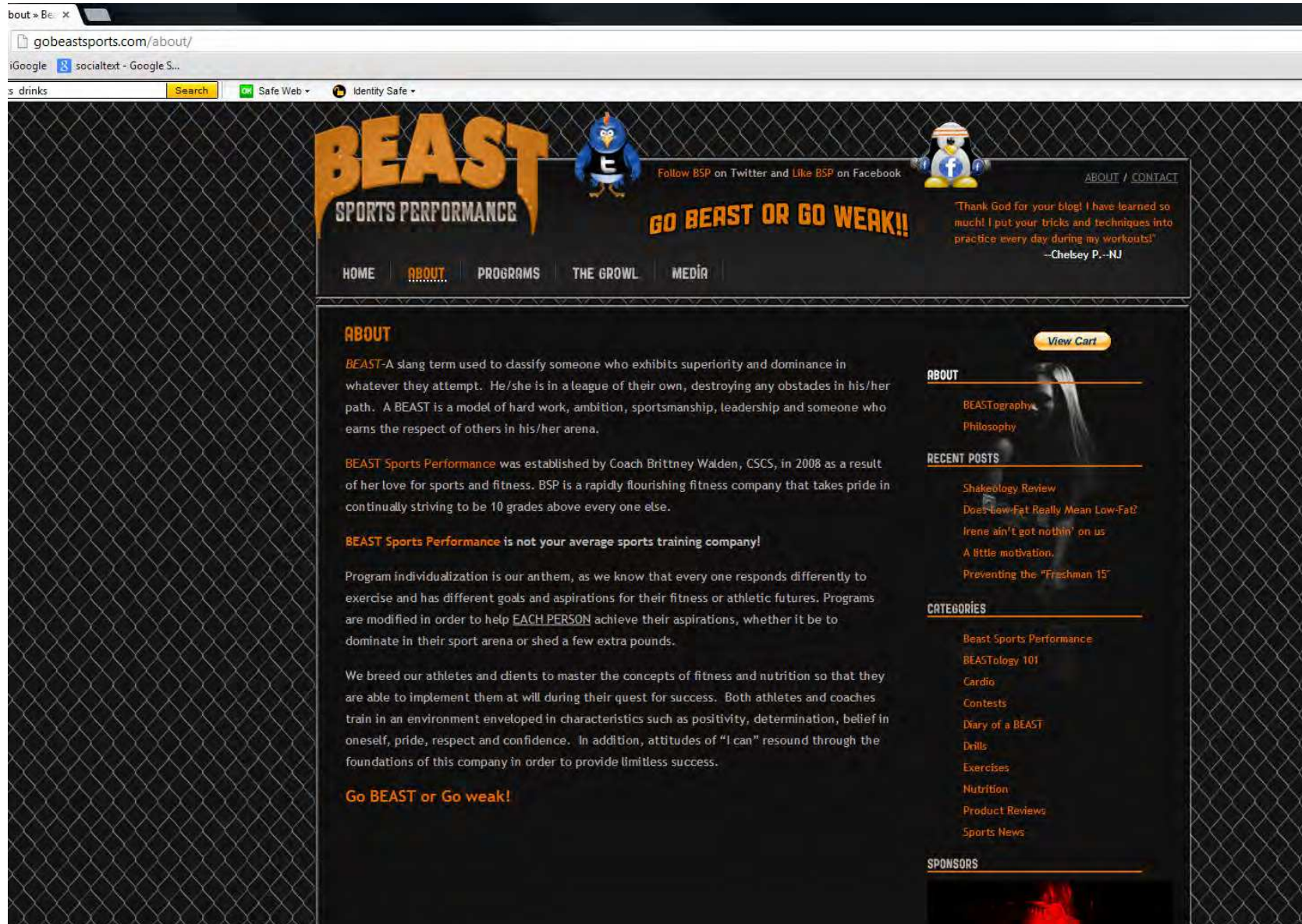
Availability

Small

1/5/2013

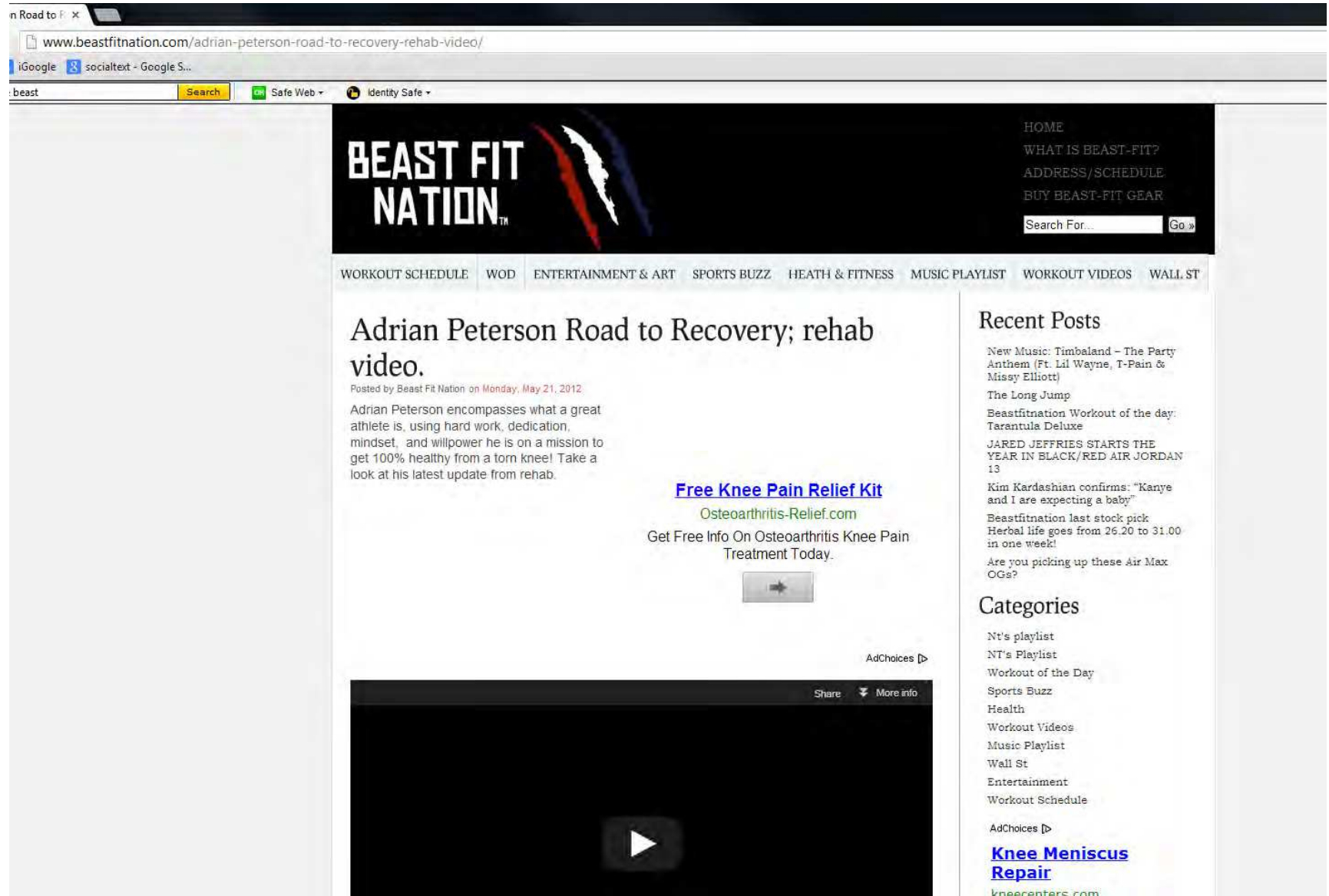
EXHIBIT 1 PART 5 OF 5

D.1 (g-2)



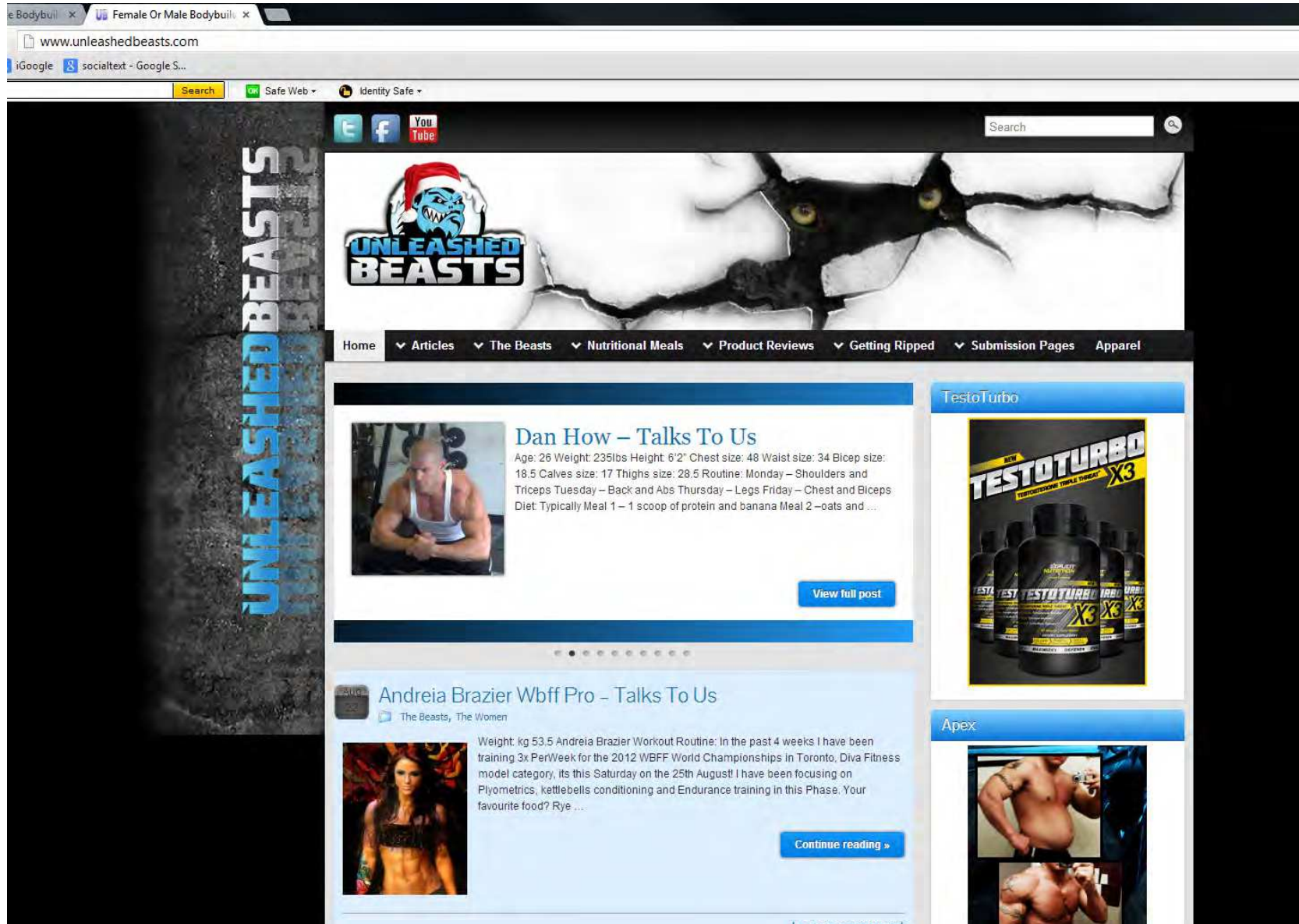
1/5/2013

D.1 (h)



1/5/2013

D.1 (i)



1/5/2013

D.1 (j)

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BODY BEAST WORKOUT

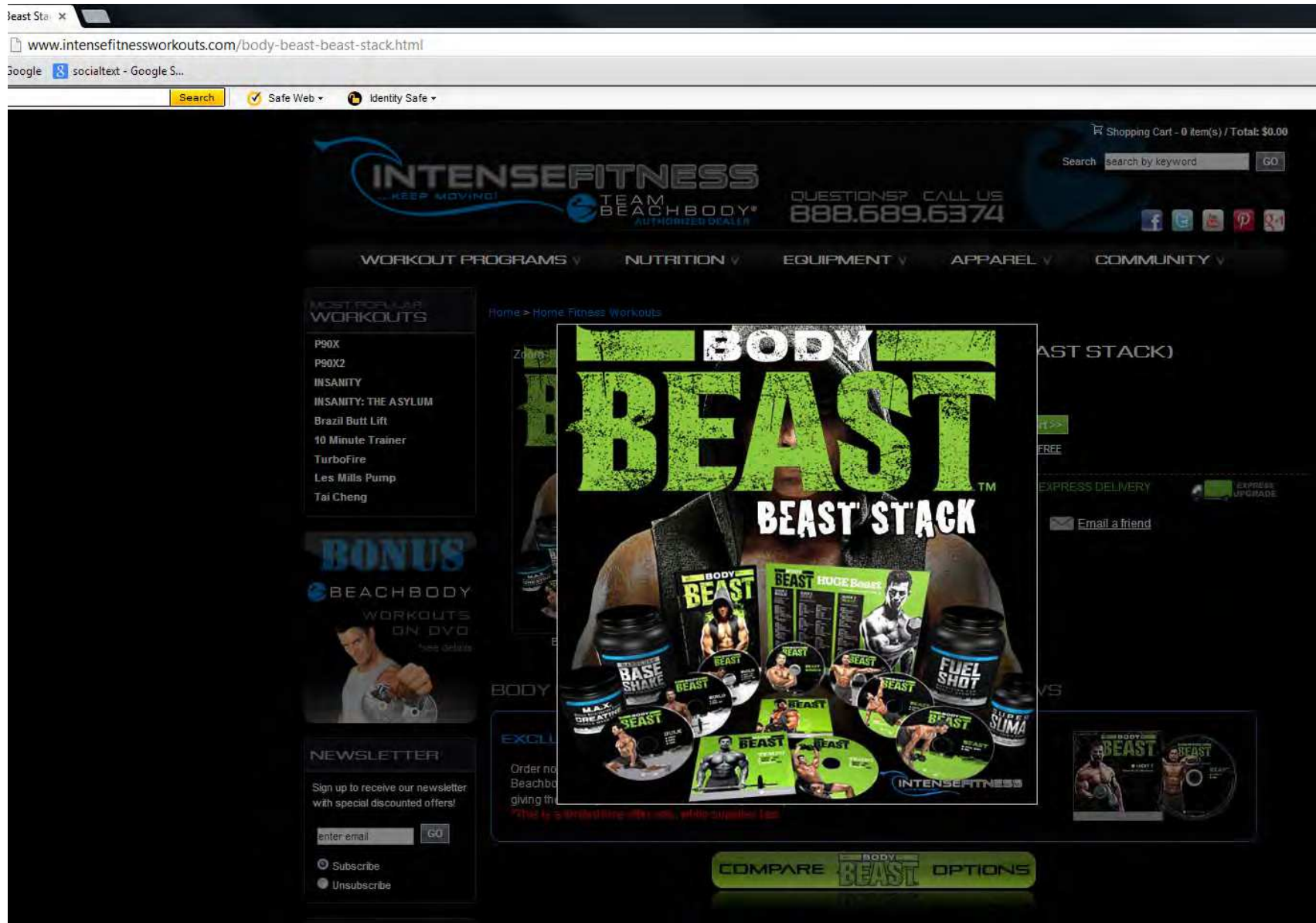
Success Stories

Before After

Jeff L.
Age: 26
Before/After:
154.5 lbs./162 lbs. †

1/5/2013

D.1 (k)



1/5/2013

D.1 (I)

Beast Building, Part 1
3 Months to Personal Bests and New Found Thickness
by Christian Thibaudeau
Next Page | Pages 1 2

★★★★★

Recently, I said that I hated writing articles giving out specific programs. I feel that as a coach it's a much better approach to explain concepts and techniques, rather than just giving out the application.

Well, I'm about to contradict myself. Because this article is the first installment of a three-part series that'll turn you into a thick, dense, and rugged beast in three short months. Get ready to need bigger shirts and more plates.

However, as a bonus, this first edition will also dish out plenty of information so that if you decide not to follow the program right now, you'll still walk away feeling like you learned something.

So, without further adieu, let's get it on!

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UFC 1

Bodybuilder posing

1/5/2013

D.1 (m)

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Body Beast Nutrition

by JOSEPHDOWDY

Beachbody Hardcore Base Shake

Boost your results, naturally and safely. Monstrous, carved muscles start here. This exclusive blend gives you 18 grams of high-quality, fast- and slow-digesting proteins to help boost your results at an accelerated pace. Build muscle and minimize muscle breakdown simultaneously.

MORE INFO

Beachbody Fuel Shot

Kick-start your energy and recovery. Blow past fatigue with a few sips of performance-enhancing calories. This dextrose- and maltodextrin-based energy drink is designed to drive nutrients into muscle fiber for greater strength during workouts and help replenish the glycogen and electrolytes lost after workouts.

MORE INFO

Beachbody MAX Creatine

Crank out a few extra reps and speed up your recovery. Get a natural, healthy dose of power

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D.1 (n)

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1/5/2013

D.1 (o)

www.bodybuilding.com/fun/nick-scott-fitness-360-becoming-the-beast.html

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BodySpace Activity
StreetRage is now friends with HolmbyRay and cpina.
jkey412 updated her motivation level from 10/10 to 9/10.
jkey412 LiveFit Week 5 Day 5
View All

PROGRAMS
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Beginner Workout Programs
5x5 Training
Celebrity Programs
Core Training
FST-7
German Volume Training
Grip
High Intensity Training (HIT)
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Old School Bodybuilding

Nick Scott Fitness 360: Becoming The Beast
An accident threatened to permanently sideline Nick Scott. He'd have none of that. He fought against the pain and frustration and walked up to receive his college diploma.
by Dustin Lapray | Dec 14, 2012

Bodybuilders are transformation experts. They shape their frames into remarkable specimens. Some start lean and build slabs of muscle. Others begin as behemoths and carve fat to reveal muscular underbellies.

Some bodybuilders, like Nick Scott, transform to save their own lives.

Nick didn't have bad habits. He wasn't obese or unhealthy. His life changed instantly when his car blew a tire and rolled, damaging his spine.

VITAL STATS
Name: Nick Scott
Hometown: Ottawa, Kansas
Height: 5'10"
Weight: 195 lbs contest, 220 off-season
Education: Ottawa University: Associate of Science, Bachelor's of Business Administration
Occupation(s): IFBB Wheelchair Pro; Ballroom Dancer; Motivational Speaker; Founder, Wheelchair Bodybuilding Inc.; Chief Designer of Wheelchair

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1/5/2013

D.1 (p)

The screenshot shows a web browser window with the URL groups.bodybuilding.com/obese_to_beast. The browser's address bar shows "iGoogle" and "socialtext - Google S...". The website header features the BodyBuilding.com logo, a "FREE GIFT! \$75 ANY ORDER OVER" promotion, and a search bar. The main navigation menu includes "Find A Plan", "Store", "BodySpace", "Workouts", "Nutrition", "Supplementation", "Motivation", "Forum", and "More...". The sub-navigation menu includes "Home", "Workouts", "FitBoard", "Photos", "Reviews", "BodyGroups", "BodyBlogs", and "Members".

The main content area is titled "BodyGroup: Obese To BEAST" and includes the text "founded: April 15, 2009 | members: 60". A sidebar on the right contains a "FREE JOIN NOW" section with a "Sign Up" button, a "Member Login" section with fields for "USERNAME / EMAIL" and "PASSWORD", and a "BodySpace Activity" section with recent updates from users like "efrank32792" and "Chinamann".

The main content area also includes a "BodyGroup Founder" section for "kingofhard" (Age: 34) with a "Why I Started This Group:" section stating: "I started this group because it's hard to find good articles, and forums for extremely overweight people trying to burn fat, and grow muscle." Below this is a "BodyGroup Description" section and a "BodyGroup Forum Activity" section with statistics: "Number Of Posts: 9", "Posts Per Day: 0.03", and "Last Activity: December 30, 2012, 8:17 pm".

A date stamp "1/5/2013" is visible in the bottom left corner of the page.

D.1 (q)

The screenshot shows the Bodybuilding.com website interface. At the top, there is a navigation bar with links for 'Find A Plan', 'Store', 'BodySpace', 'Workouts', 'Nutrition', 'Supplementation', 'Motivation', 'Forum', and 'More...'. A search bar is located in the top right corner. Below the navigation bar, there is a main content area with a large banner for the article 'Become A Beast: 6 Tips For Extreme Conditioning And Awesome Size'. The banner features a muscular man in a black tank top and red shorts, and the text 'BECOME A BEAST' in large white letters. Below the banner, the article title is repeated, followed by a sub-headline: 'Conditioning work and bodybuilding don't have to be mutually exclusive. Here's how to maintain your muscle mass without looking like you're in your third month of pregnancy.' The article is by Jackson Yee, dated Sep 26, 2011. The article text includes: 'Most of us who read this site have one thing in common - we want to be big. Hulk-smash, huge-muscle. B-I-G. BIG. Being big was my obsession for more than 20 years. I did whatever it took to get massive. I pushed my muscles to grow. As I entered my 40s, however, I realized that my muscle growth was starting to plateau; the only things growing were my waistline and chins. I was your typical big-fat guy. I had big arms and a big gut. I was hesitant to start a fat-loss program because I didn't want to lose any muscle. My biggest fear came true. I lost 20 pounds - but a lot of quality mass along with it.'

On the left side of the page, there is a sidebar with a 'TIPS AND ADVICE' section containing a list of links: 'Beginning Bodybuilding Basics', 'How Bodybuilding Helps', 'Increasing Intensity', 'Lagging Body Parts', 'Myths', 'Negative Reps', 'Plateau Busting', 'Reps And Sets', 'School And College', 'Stretching', 'Summer Specific', 'Fall Specific', 'Winter Specific', 'Spring Specific', 'Top Ten Tips', and 'Training Frequency'. There is also a 'FIND THE EXACT PRODUCTS YOU NEED' section with a 'LEARN MORE' button.

On the right side of the page, there is a 'FREE JOIN NOW' section with a 'Sign Up' button. Below that is a 'Member Login' section with fields for 'USERNAME / EMAIL' and 'PASSWORD', a 'Remember Me' checkbox, and a 'Log In' button. There is also a 'BodySpace Activity' section with a 'View All' link. At the bottom right, there is a 'NUTRITION IS 80%' banner.

1/5/2013

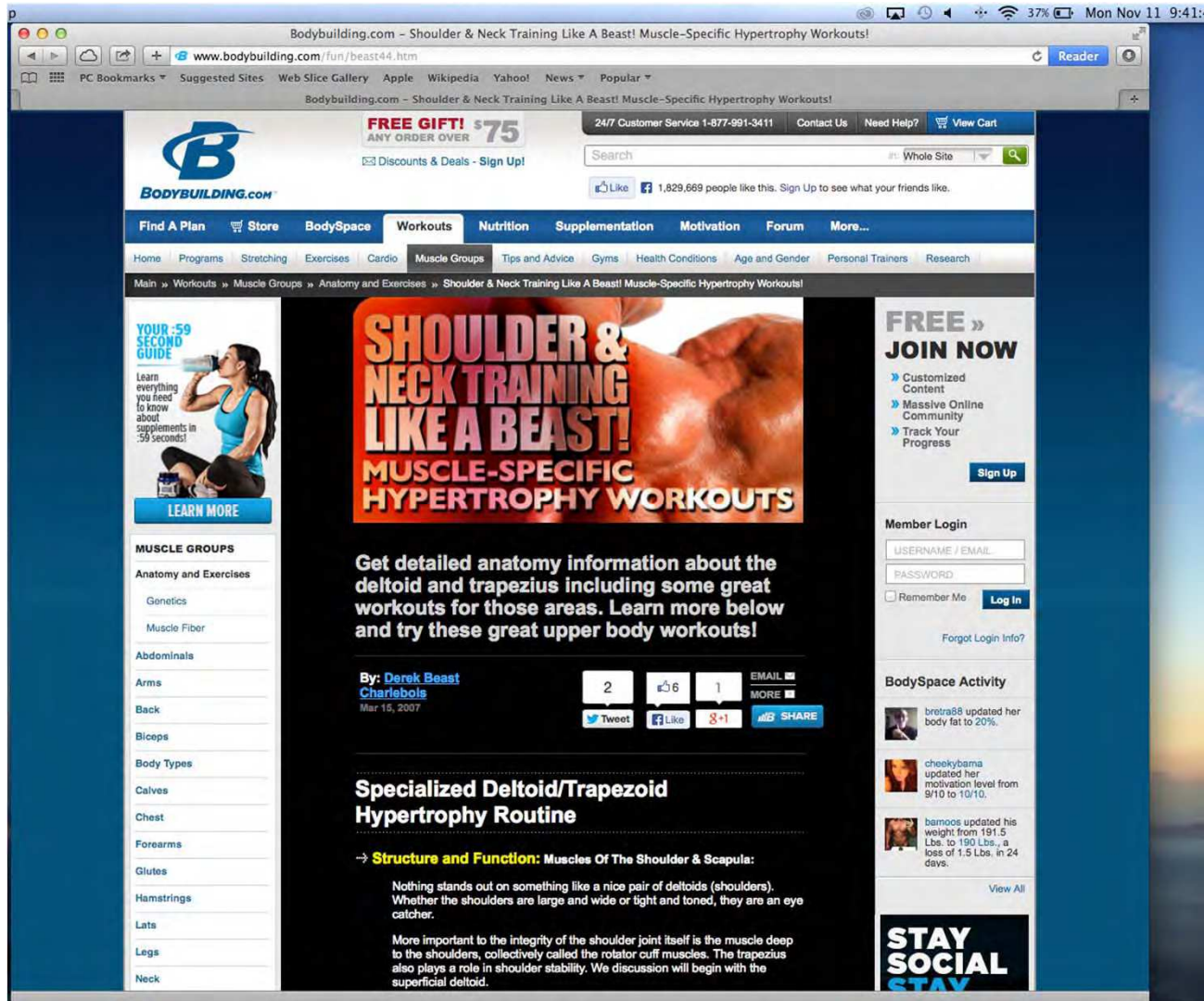
D.1 (r)

The screenshot shows a web browser window with the address bar displaying "zacheven-esh.com/underground-bodyweight-workout-challenge/". The page content includes the following elements:

- Convict Conditioning** – Bodyweight Only Workouts & Prison Strength Training Techniques
- Bodyweight Bodybuilding** – Bodyweight Training & Workouts For Fat Loss, Muscle Building, Strength, Speed & Stamina
- THE BODYWEIGHT BEAST FILES** banner featuring two photos of a man performing pull-ups on a bar. Below the photos, it reads: "TRAINING SECRETS FROM THE MASTERS OF X-TREME BODYWEIGHT STRENGTH".
- Russian Lion Power Course** banner with the text: "The Story Behind The MOST Feared Men In The World". It features a book cover titled "THE RUSSIAN LION POWER COURSE" and a "Click HERE for Details >>" button.
- BODYWEIGHT BODYBUILDING SECRETS** banner with the text: "Pack on Functional Muscle Without the Aches & Pains of Heavy Weights". It features a book cover titled "BODYWEIGHT BODYBUILDING SECRETS PHASE I" and a "LEARN MORE" button with a red arrow pointing left.

12/4/13

D.1 (s)



12/4/13

D.1 (t)

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www.theforgedathlete.com/blog/beastweek

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Home / BEAST Week at The Forged Athlete Gym!

BEAST WEEK AT THE FORGED ATHLETE GYM!
December 8, 2012 - by forgedstrong - in strength training

THE FORGED ATHLETE GYM
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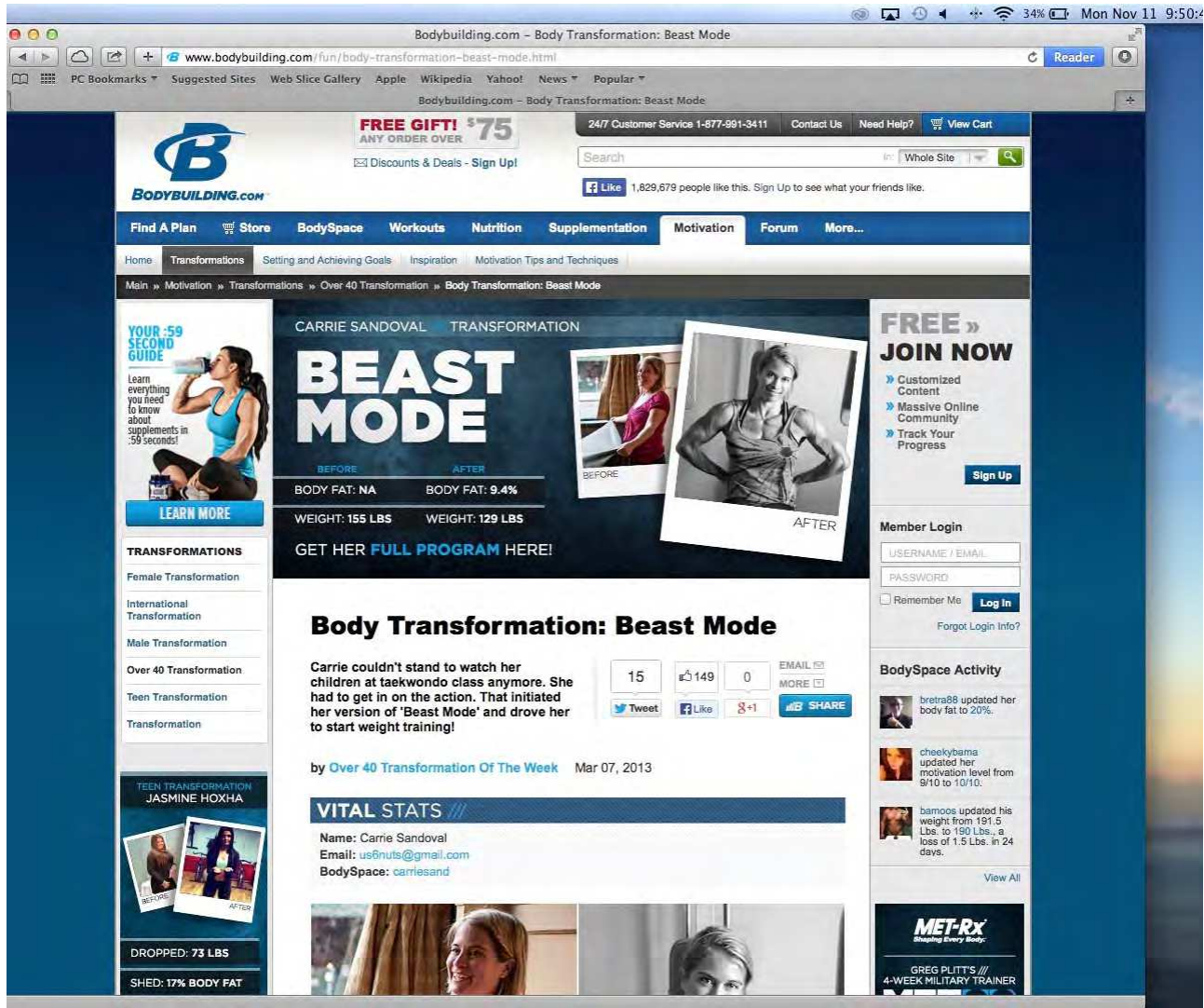
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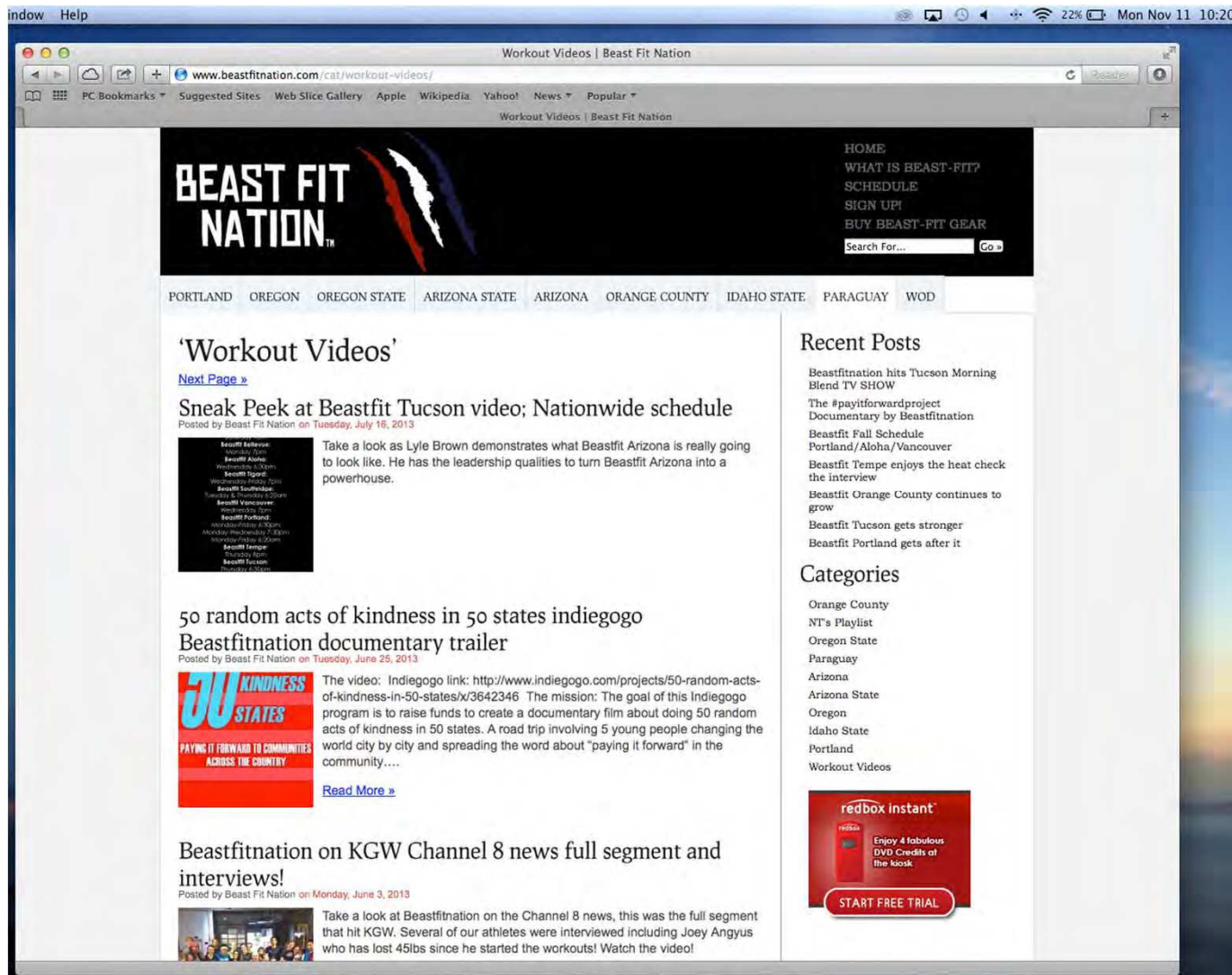
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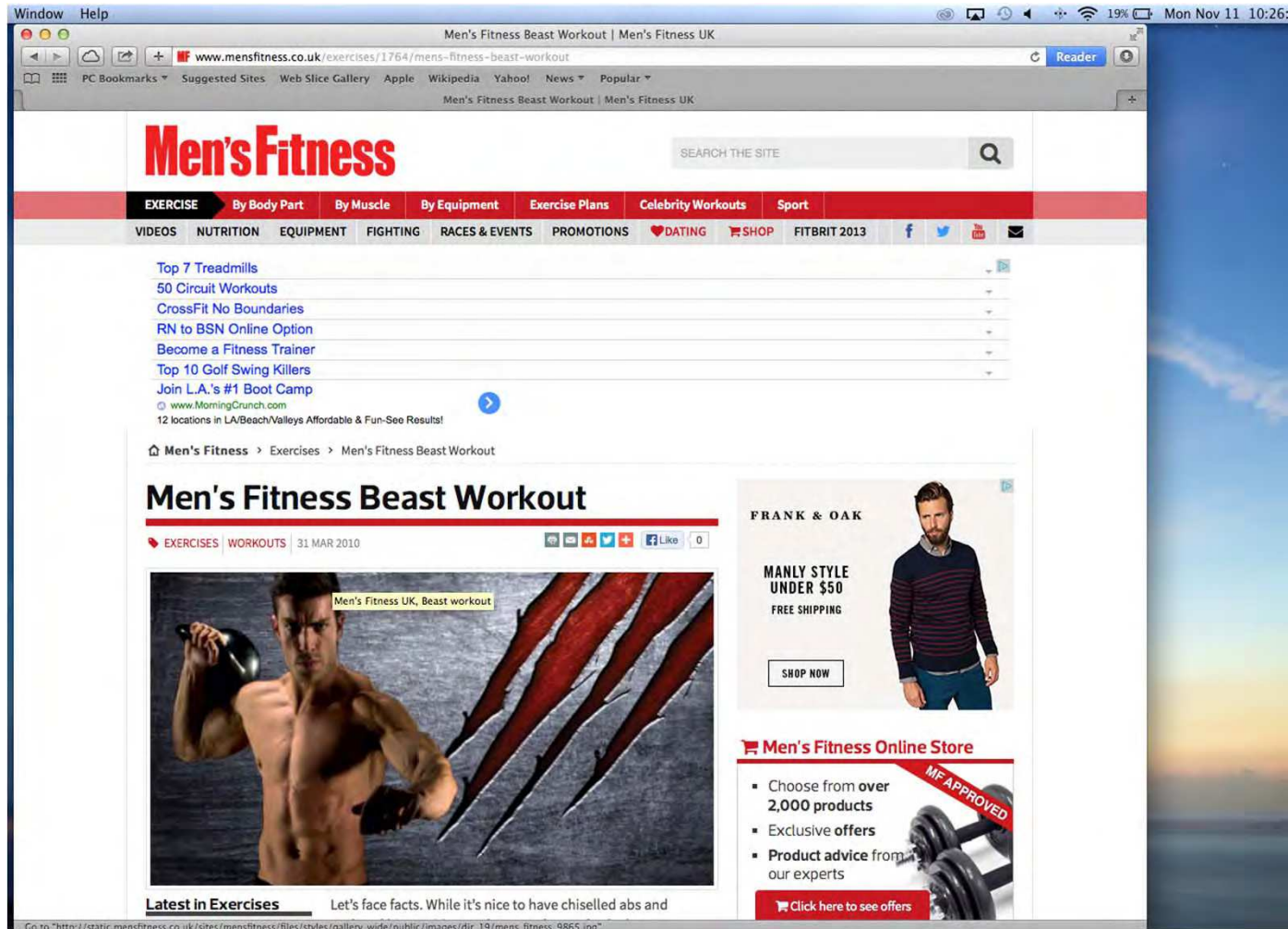
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D.1 (v)



12/4/13

D.1 (w)



12/4/13