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# THE CARROLL CHRONICLE

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## Arena Food: A Healthy Alternative

by Mikaiya Phillip



Isn't it funny that we watch athletes at sporting events show us the best of physical fitness and good health, while many of us sit back and watch while packing in the junk food? Concession stands are known for processed foods high in sugar, fat, and calories. In fact if you knew the nutritional information and the ingredients (many of which you can't even pronounce) that are in some common concession stand foods like corn dogs, nachos, and cotton candy, it would make your stomach churn before even eating any of it!

Corn dogs sure are delicious, but with every deep fried bite you are also ingesting saturated and trans fats

which is the stuff that clogs arteries! Nachos are a classic concession stand food that are sure hard to resist, but one serving of nachos contains more than 1000 calories and are filled with salt. Nacho cheese is not much like cheese at all. It is various chemicals and additives manufactured to make you want to eat more. Cotton candy is a sweet treat, and sweet is right! It contains 71 grams of sugar (the same as about 18 sugar cubes) which is more than 80 percent of how much you are supposed to have in a day. Washing your food down with a large soda adds at least an extra 39 grams of sugar. The worst part? It's not even natural sugars.

*See "Arena Food" on p. 5*

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## What We Do For the Love of the Game!

by Dominic Price

Do you have a sport superstition? Do you even know what a superstition in sports is? A superstition in sports is a ritual that one does believing that it creates good luck in your game. Players in all sports have a wide varieties of rituals that they believe affects the outcome of their game.



Baseball has the most superstitions going all the way back to the "Curse of the Bambino" in 1918!! (see page 4) Some of the most popular baseball rituals are: growing a beard, not stepping on the foul line, not talking during a *no hitter*, and even eating the exact meal before every game!

*See "Superstitions" on p. 5*

# What Kind of Sport is That?

By Ella Tracy

When you think of sports, the first thing that comes to mind might be football, soccer or baseball, but these are only three of the many sports that people play. There are over 8,000 sports played around the world and of these sports you probably don't know what most of them are or how they are played. Some of them may seem weird or insane, but they are still sports and they are still played competitively, no matter how crazy they seem to us.

You probably know that wrestling is a sport, but did you know that toe wrestling is also a sport? The rules are simple. Each player faces each other toe to toe with



their shoes off. They lock their big toes together and they try to force their opponents foot off the 'toedium'. This sport is similar to arm wrestling but with your feet. It is a

childhood game that began being played by adults.

There is now a Toe Wrestling Championship and it is usually held at the Bentley Brook Inn in Fenny Bentley, England.

There are many sports played in the water like water polo, swimming, and surfing. There is also a sport called Underwater Hockey or Octopush. It is a globally played sport, but it is mainly played in the United Kingdom. It is a limited-contact sport where two teams try to move a puck across the bottom of a large swimming pool and into the goal of the other team. They use hockey sticks to maneuver the puck and the players have to wear fins and a diving mask. The swimming pool is 25 meters x 15 meters and it is about 2-4 meters deep.

*See "Crazy Sports" on p. 4*

# Journey to a Sports Star: Lionel Messi

By Aleeze Ali

We all support our favorite athletes on the field, but do we ALL know as much about them as we think? Sorry, but that's a no.

There happens to be HUNDREDS of sports stars out there, but my focus is on a football (soccer) player currently 29 years old, born June 24, 1987 in Rosario, Argentina. This winner of Ballon d'Or UEFA Champions League Top Goalscorer, LFP Best Player, and more is: LIONEL MESSI!

This hero's parents are Jorge Messi and Cella Cuccittini, who also gave the gift of life to Rodrigo, Matias, and Maria Sol. At 5 years old, Leo (Lionel) played for Grandoli, a local club coached by his father. At 8 years old, he joined a really good local team called Newell's Old Boys, and this team had only lost a single match in 4 years!

This young man had AMAZING soccer skills, even at a young age, though he was much smaller than his peers. Messi was diagnosed with growth hormone deficiency at age 11. Unfortunately, Leo wasn't offered help by any local clubs despite his immense talent because NOBODY wanted to pay for



the poor kid's treatment! That's when Carles Rexach (sporting director of FC Barcelona) came to Messi's aid. He offered to pay Lionel's medical bills if he moved to Spain, and Messi's parents accepted the offer. They went to Spain with no money and no jobs with the hope and dream that he would be able to play soccer with the help of his treatments.

*See "Messi" on p. 3*

“Messi” continued from p. 2

Leo enrolled at Barcelona’s Youth Academy and at 17 years of age, Messi became the youngest player in FC Barcelona history to ever score a goal for the first team. In 2005, Messi received Spanish Citizenship which allowed him to make a debut in the Championship League.

Lionel Messi also went through much more, like a hamstring problem. But he bounced back in 2014 despite the persistent injuries threatening his career. Amazingly,

he had blown THREE long-standing records by the end of the year. However, he retired from playing for the Argentinian National Team



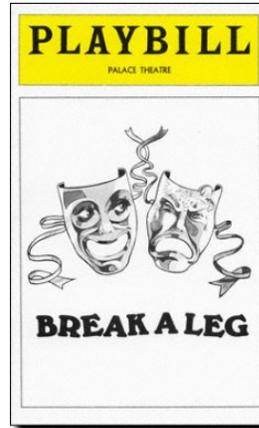
in 2016 and currently lives with his Argentinian girlfriend, Antonella Rocuzzo, and children: Thiago and Mateo Messi. Leo actually has a relatively private and modest lifestyle by modern football standards. We do know, however, that he always makes efforts to keep links with Rosario.

#### DID YOU KNOW:

- His first contract was on a paper napkin because Rexach was so impressed he wanted to set up a contract right then and there
- He has his mother’s face tattooed on to his left shoulder
- He is one of the world’s highest paid footballers
- He has an excessive love for food
- He was called “ the flea “ because he was so small and so hard to catch
- He holds the Guinness World Record for most goals in a calendar year

# Break a Leg!!

By Cole Provost



Have you heard the phrase “Break a leg?” Well, this is one activity where that is actually meant to be encouraging. In theater, saying break a leg is supposed to give you good luck by giving you bad luck. If you like being bold and creative, maybe you should try theater.

Theater can help you grow as a person and help you do better in school.

There are many benefits to theater. It is proven that most people who participate in theater get higher scores on standardized testing. To begin, theater helps people with their reading skills and helps to build their vocabulary. You can learn lots of new words from reading scripts. Additionally, theater helps people with creativity. It requires you to use your imagination. Theater shows you there are different ways to develop a skill. It helps develop reasoning because sometimes you need quick-thinking solutions. Theater can also help you with history in some cases. Many plays and musicals are set in the past. Exposure to different time periods, places, and cultures can be very educational. Lastly, when you are involved in theater you are less likely to drop out of school.

If the educational benefits don’t convince you to give it a try, maybe you’ll do it to better yourself. Theater can help build your confidence. It requires you to put yourself out there in the spotlight; to be brave. Public speaking is a fear many people have to which theater can help. It conditions you to face your fears. The more you do, the easier it will become. Furthermore, you build strong bonds with your fellow actors. You learn teamwork, to be caring, how to communicate and can build friendships when you spend time with people who are all interested in creating a suc-

Continued on p. 6

Another crazy and unusual sport is wife carrying. The name kind of explains the game. It is basically a contest in which a male carries a female, or his wife, through a course of obstacles. The team who has the fastest time wins. Unmarried competitors do NOT have to carry their own wife. The wife, or female, must be older than 17 years old and weigh at least 108 pounds. If she weighs less than that, she must carry weights. That way every wife weighs the same amount of pounds.

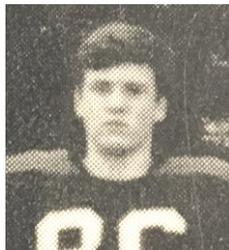


The sport originated in Finland and now it is played all over the world. There are also competitions in the U.S, like the North American Wife Carrying Championships. As of right now Margo Uusorg and Birgit Ulrich hold the world record of 55.5 seconds.

These three sports may seem abnormal and unusual, but there are 7,997 more sports. Just imagine how insane some of those other sports could be.

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Last Issue’s Staff Member:



Mr. Burke

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Guess this Month’s Staff Member



Look for the answer in the next issue of the Chronicle!

# Curse of the Bambino

by Vivian Hoang

When you think about curses, what do you usually think about? Probably about witches, supernatural happenings, and creepy wands. You’re probably wondering what a Bambino even is! But this curse particularly, is a different case, so put on your time machine hats and follow the leader!

The Curse of the Bambino, which also means “The Curse of Babe Ruth,” was a superstition forming from the failure of the Boston Red Sox team to win the World Series for **86 years** (1918 to 2004)! While some fans took it seriously, most took it as a ruse, or a “tongue-and-cheek” matter.

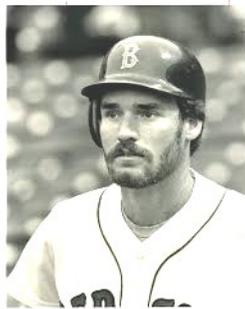
The misfortune began after the Red Sox traded Babe Ruth to the New York Yankees on January 3, 1920. Before Ruth left the Red Sox, the team had won 5 of the 15 world series! But 86 years after the sale, the Yankees played in 39 World series, winning 26 of them.

Meanwhile, in the same time span, the Red Sox played in 4 world series and lost each in seven games.



Apparently, some fans were in so much disbelief, that they started to over-exaggerate the losing-streak into now what is called, “The Curse of The Bambino.” The “curse” got so out of hand, that the Red Sox players themselves started to believe in the misfortune. The players tried various methods over the years to try and exorcise this “situation” that they were in. These included placing a Red Sox cap on Mt. Everest, burning a Yankees cap, hiring professional exorcists and comic Father Guido Sarducci to “purify” Fenway park (the park they played in); finding a piano that Ruth had pushed into a pond near his Sudbury, Massachusetts farm, and spray painting a sign on Storrow Drive, changing it from “Reverse Curve”, to “Reverse The Curse”. (The sign wasn’t replaced until 2004, right after the world series win.)

Finally, someone suggested that the manager of the

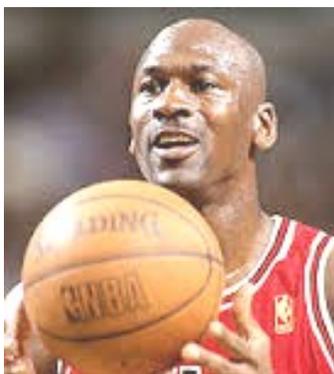


Wade Boggs

Hall of Famer Wade Boggs played for the Boston Red Sox and had quite the pre game ritual. He would eat chicken before every game, take batting practice at 5:17pm, run sprints at 7:17pm, and draw the word “Chai” (Hebrew for life) in

the dirt before coming up to bat. He refused to alter any of these habits as he firmly believed it was the reason for his great success.

Another legend with great success in sports was Michael Jordan. You wouldn’t think he would rely on superstition, but he did. Do you know what he wore under his Chicago Bulls uniform during his entire NBA career? Jordan wore his University of North Carolina shorts. He believed they brought him good luck since he won the NCAA Championship in them in 1982.



Michael Jordan

They must have worked because Jordan carried the Chicago Bulls to 6 NBA Championships and was a 5 time MVP.

You also don’t have to play the game to partake in sports superstitions. A lot of fans believe in doing certain rituals as well to help their favorite sports teams win. Some examples of what sport fans like to do to help their team are: not changing channels on the TV during the game, wearing their lucky socks, growing out their beards, and not saying out loud their team has won until the game is completely over ( never count your chickens before they’re hatched!).

So the next time you are getting ready for your sporting event, pay attention to what you do. Because if you have a good game, you just might want to put your pre game ritual on repeat!

There are some healthier options to replace the unhealthier items at concession stands. A plain old hotdog would be a better choice than it’s deep fried cousin the corn-dog. Instead of nachos, you can have a soft pretzel dipped in mustard. It’s only 450 calories, and you get some vitamins and minerals from the mustard. Get frozen yogurt instead of cotton candy. It’s sweet and healthy, and in place of some of the sugar you can score some protein! You can also substitute the classic sugary carbonated drinks for sparkling water and stay hydrated while keeping a bubbly kick in your drink.

There are some sports venues that are now trying to offer healthier food options to its customers. Lucky us, if you watch a game at the Golden One Arena, you can eat fresh and local! The food offered at the new Golden One Arena has 90% of its ingredients coming from within 150 miles of the arena. Their approach is “Fresher is better!” Not only do they offer real ingredients in their food, they also have many vegetarian, vegan, and gluten-sensitive options. They even donate leftover foods to local food banks, and have a green waste program.

So next time you find yourself wanting a snack at a sports game, keep your eyes open for healthier alternatives. They might be just as satisfying, and you will feel much better about what you just ate. After all, the athletes you’re watching are taking care of their bodies, why shouldn’t you?

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*Bambino continued from page 4*

Red Sox hold a speech at Fenway park announcing how sorry they were about selling Babe Ruth off to the Yankees. Apparently, some believed that the curse was broken during a game on August 31, 2004, when a foul ball hit by Manny Ramirez hit a boy in the face, breaking his two front teeth, (probably his Christmas wish) who happened to live on the same Sudbury Farm that Ruth once owned. That same day, the Yankees suffered their worst loss in team history, a 22-0 clobbering against the Indians.

Though everyone has their own opinion on how the curse ended, no one is dead sure as to what really happened. This mystery still remains unsolved.

## The Inside Scoop on the Stockton Heat

by Mia Wagley and Aeyla Buño

Past the forwards, past the defense, he has a breakaway and whoosh! The puck flies past the goalie for a beautiful game winning goal! Who are they you might ask? The Stockton Heat of course!

The Stockton Heat are playing in hockey's AHL, or American Hockey League, which is a league below the players in the NHL! Playing in the Stockton Arena for only two seasons, the Heat are one of the newest teams in the AHL. They are also the closest professional hockey team to Elk Grove!

The Heat replaced the Adirondack Thunder in the ECHL, or East Coast Hockey League. Playing for ten years (2005-2015), the Thunder never won a championship. They were in the conference finals when they were defeated by the Idaho Steelheads.

Of course, coaches helps the Stockton Heat actually get to where they are. Coach Domenic Pittis gives pointers and tips to the players as well as help with killing penalties. After the game, he also shows the team what they can and will work on during practices and the next game. What's a team without a coach?



Coach Pittis

Some sports you just go in, watch the game, then leave. Not the Stockton Heat! Hockey has three periods, so in between when they aren't racing up and down the ice as fast as a blur and scoring goals, the Heat have raffles, Teddy Bear Tosses, and even jersey giveaways! That's not all! Signing up with the Heat Kids Club can win autographed goods, go on the ice in between periods to gather chuck-a-pucks, and many more fun and exciting activities!

Would you go watch the awesome Stockton Heat? Some of their next home games are March 8th against the San Jose Barracuda and March 12th against the Grand Rapids Griffins.

## The Golden One Center

by Angela Ortiz

The Golden One Center is a huge arena that is located in downtown Sacramento. The Golden One Arena replaced Sleep Train as the home of the Sacramento Kings of the National Basketball Association. It also holds all sorts of events like concerts, monster truck events, motocross, and inspirational talks.

The Golden One Center is popular because it is the home of the Sacramento Kings. It can hold up to 17,608 screaming fans. The Kings first time using the arena was in the fall of 2016. Their first game was on Oct. 10, 2016 against the Maccabi Haifa B.C. The Kings won by a large margin of 135-96. Oct. 27, 2016 was the first regular season game at the arena against the San Antonio Spurs, which the Kings lost 102-94.

Another reason why The Golden One Center is so popular, is because of the concerts that are held at the arena. The concerts can hold up to 19,000 people. The First concert that was held in The Golden One Center was Oct. 4, 2016 featuring Paul McCartney, which resulted with a packed arena of concert goers. There are many more concerts scheduled to be held in The Golden One Center.

The Golden One Center is a place where families can get away and have fun together. Having fun is essential to daily life and it can always be done at the Golden One Center.

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*Break a Leg" continued from page 3*

cessful production. Finally, theater will help you deal with rejection. There will be times in which you do not get the part you wanted and you have to learn how to deal with that. Disappointment is a part of life, but how you deal with disappointment shows what kind of person you really are.

So, take a chance and try something new. You may become braver, smarter and more creative if you give theater a try!

# Taking Care of Business (When it Comes to Sports Injuries)

by Isaac Solaiman

Sports are beneficial to kids. It teaches teamwork, perseverance, responsibility, respect, honesty, increases self-esteem, and provides much needed physical activity. Although there are many benefits, there is also the risk of common and sometimes dangerous injuries.

Some sports have a higher risk of injury such as football, which is a contact sport. Other non-contact sports like swimming are less risky, but still run a chance of injury from overuse or misuse. Contact sports can cause fractures, sprains, concussions, and ACL tears (knee injuries). Non-contact sports can cause tendonitis (inflammation in the tendon), lower back pain, shoulder injuries, shin splints, and runner's knee from overuse.

Sports like basketball, soccer, snowboarding, and football can cause major injuries like traumatic head injury, fractured vertebrae (spine injury), and a broken leg. These injuries can take a long time to recover from and some can be career ending. Most broken bones can take several months to heal, but a broken spine can cause somebody to lose their ability to walk.

Even though there are lots of injuries possible with sports, the benefits of playing outweigh the risk. If someone decides to participate in sports, it is important to follow the safety rules: listen to your body, warm up properly, wear your protective gear, and stretch so you don't get unnecessary injuries. If injuries do occur, it is important to listen to the doctor and let your body heal so as to prevent permanent injuries.

## Don't Forget Dance and Futsal!

By Nichole Morris and Andrea Manez

Carroll Elementary already has a volleyball, flag football, and basketball team. Don't you think it would be cool if we had a dance team and a futsal team?

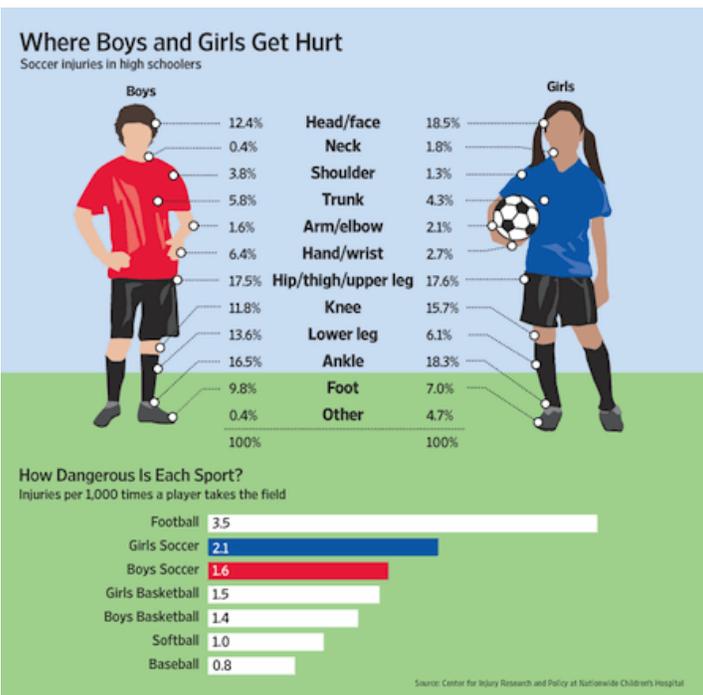
First, futsal is like soccer, except the game has 5 players on a smaller, harder surface. The court is similar to a basketball court. The ball is heavier to prevent it from



flying away, Since the court is so much smaller and not as big as a soccer field, you are only able

to pass or chip the ball up in the air. There are many volleyball, football, and basketball teams in Elk Grove but there are not many futsal teams either. I think Carroll Elementary is capable of creating an awesome futsal team.

What if students don't want to do volleyball or basketball. What if people want to take dance classes where they wouldn't have to drive 10 or 15 minutes to a dance studio. They can just stay after school and start dancing. Wouldn't that be a relief for you parents?



Continued on p. 8

# How Physical Therapy Helps

By: Olivia Edmiston

Did you know physical therapists help all-star athletes such as Lionel Messi, LeBron James, Matt Harvey, and Matthew Stafford? Physical therapy is the treatment for disease, injury, or deformity by physical techniques such as massage, heat treatment, and exercise instead of treatment by drugs or surgery. Physical therapy is used to treat diseases, injuries or deformities, and to prevent injuries from occurring.

If you need physical therapy, you may receive help from a licensed physical therapist, also known as a PT. A physical therapist is a highly trained, educated, and licensed health care professional. They work with all kinds of folks with disabilities or injuries. You may think a physical therapist just works in hospitals, but more than 80% work outside of the hospital. Physical therapists examine each patient thoroughly and individually. There are more than 204,000 physical therapists licensed in the United States today.

A physical therapist deals mostly with sports injuries, sometimes even from all-star athletes. Matthew Staf-



ford, the quarterback for the Detroit Lions, got a finger sprain and needed physical therapy to help it heal (so he could get back on the field). Matt Harvey, Major League Baseball player for the New York Mets, had a Tommy John surgery and needed physical therapy after that. A Tommy John surgery is a surgical operation where the elbow tendon is replaced with either a part from the forearm, hamstring, or the foot of the patient. LeBron James uses physical therapy to prevent injuries and to get ready for a game. Lionel Messi used physical therapy in

2015 for his foot injury.

Physical therapists can help people in the area of muscles, joints, nerves, and bones. Physical therapists work with people of all ages to get over being hurt or to help prevent injuries.

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*“Don’t Forget Dance and Futsal” continued from page 7*

Once in awhile we learn dances here at Carroll in P.E. However there are different styles of dance, like hip hop, jazz, ballet, and more! So Nichole and I thought, why don’t we have our own dance team? Maybe even the teachers would like to express their styles of dance here at Carroll.

We could compete against other school dance teams. Dance is also another way of exercising. If you continue to dance in the future, you can make a career out of it. Just keep on practicing.

Take Maddie Ziegler as an example, she started dancing when she was two! She has been practicing for years and look where she ended up... **On DANCE MOMS!!!!** Maddie was never supposed to be on dance moms because she was too young, but she tried hard to pursue her dream and auditioned. It seems that all those years of practicing by herself and with her big sister helped her get a spot on the team. Remember follow your dreams!



# The Devil's Triangle

By: Mikaiya Philip

The Bermuda Triangle, known as the Devil's Triangle, is a real-life mystery. It's hard to locate on any regular map, but it is the part of the Atlantic Ocean that forms a triangle between three points, from Miami, Florida to San Juan, Puerto Rico to the island of Bermuda. It covers an area of one-million square miles and is one of the busiest shipping areas in the world. However, many ships and aircraft have also disappeared in the Bermuda Triangle, with no trace, and the area has a baffling history.



Flight 19 wasn't just one plane. It was five

torpedo bomber planes. On December 5, 1945, the planes all mysteriously vanished while passing through the Bermuda Triangle. All 14 men were never seen again. Prior to the incident, strangely enough their compasses had stopped working. No debris from the planes or any bodies were ever discovered. A plane called the Martin Mariner Flying Boat went looking for Flight 19 and also disappeared without a trace.

On July 3, 1947 a C-54 aircraft took off from Bermuda. It disappeared in a storm in the Bermuda Triangle. Strangely enough, the plane could have easily navigated around the storm. However, from the moment it took off, the plane headed far off course despite an experienced pilot flying the plane. The ground operator heard a jumbled up SOS from the plane, but didn't recognize it as an actual call for help. Another SOS was received, then silence. There was no trace of the plane thereafter.

In 1967, a luxury cabin cruiser named the Witchcraft disappeared. The owner Burrack, had taken his father onto the boat to see the Miami Christmas lights. Within a mile of leaving shore, the coast guard received a call that the

Witchcraft had hit something. Burrack indicated there was no emergency, rather the Witchcraft simply needed towing. Burrack was to fire a flare to help the coastguard locate the boat. Fewer than 20 minutes later, the coastguard arrived, but there was no trace of the ship, nor any flare or debris. 1,200 miles of area was thoroughly searched with no luck.

There are many theories about what might be happening in this strange location. Some people have gone so far to say that the events are related to extraterrestrial activity or the lost civilization of Atlantis. Other people feel that there are more logical explanations. One theory is that there are large quantities of methane gasses on the ocean floor in that area that lower the water's density, and results in ships being more prone to sinking. It is also theorized these same gases can create explosions that saturate the air around it with methane gas, making planes and aircrafts more likely to drop and crash! A more recent theory is that hexagonal clouds form air bombs that blast winds as strong as 170 mph into the ocean. These winds increase the chances of planes crashing or very high waves up to 45 feet tall sinking ships! It is suggested that there are only two places on Earth that a plane's compass points to true north instead of magnetic north (which are both different). The Bermuda Triangle is one of them, and there are theories that this is why many compasses have reported gone haywire in this area, which can throw a ship off course. We may never truly know what happened to so many ships and planes, so the Bermuda Triangle still remains an unsolved mystery.



# Word on the Blacktop

*What's your favorite sport?*

By Avery Tracy and Isabella Masuno



Alexis

Ms. Hill

2nd grade

“Soccer”



Coda

Mrs. Nelson

2nd grade

“Um.. basketball”



Isaiah

Mr. Goodwin

6th grade

“Football”

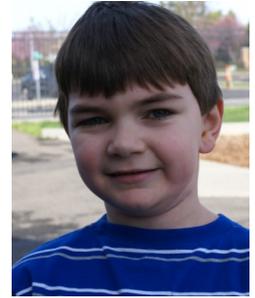


Avery

Mrs. Rutherford

3rd grade

“Soccer”



Joshua

Ms. Fernald

Kindergarten

“Basketball”



© topendsports.com



Cincere

Ms. Van Hoosen

6th grade

“Football, because I played it when I was younger.”



Teddy

Mr. Seifert

4th grade

“Swim, because I like to hang out with my friends.”



Akash

Ms. O'Brien

4th grade

“Soccer, because I like to run.”

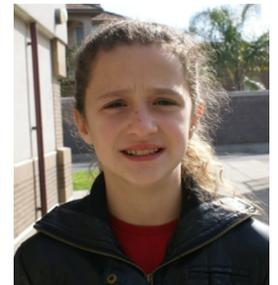


Lilly

Mr. Baur

6th grade

“Volleyball, because it's active.”



Charity

5th grade

Ms. Ellis/  
Mrs. Milburn  
“Soccer”