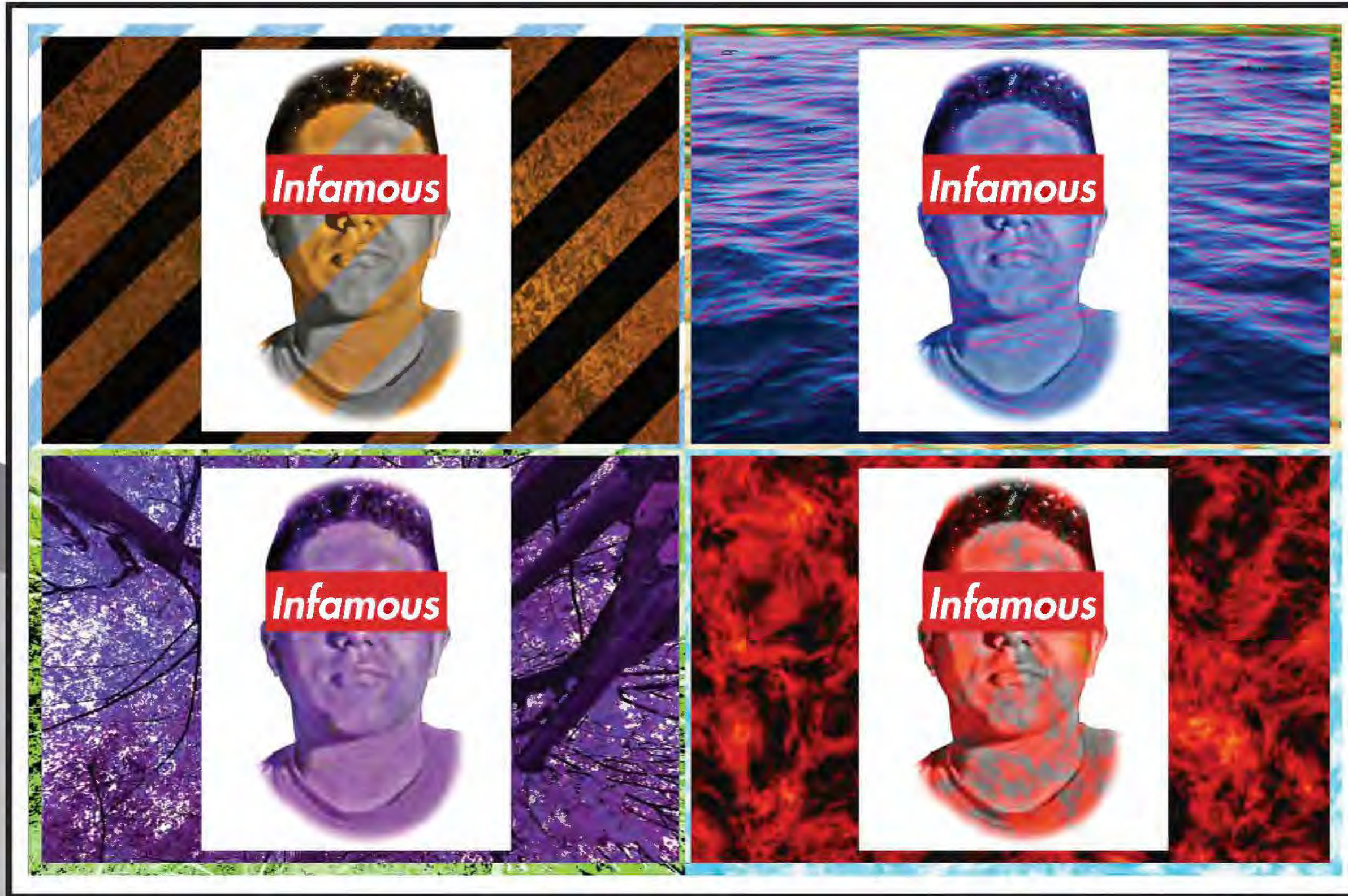


Modern Self Portrait



SHOP INMAN

By Moonlight

*Thursday
Dec. 8th*

*6:00 pm -
Midnight*



Jaryd Wallace, Cambridge Ring & Latin, Creative Design Program

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Shop Inman By Moonlight



Russell Wilson

Issue 1 • Spring 2016

Quarterly

A FORCE TO BE RECKONED

Despite leading the Seattle Seahawks to their first Super Bowl win in franchise history, Russell Wilson's name is almost never thrown around when the best quarterbacks in the league are discussed. He's always been considered a good player, but one who needs a strong running game and stout defense -- like Marshawn Lynch and the Legion of Boom -- to do the heavy lifting.

Perhaps that was true in the past. But this year Wilson has morphed into an entirely different

"This is the best football of his life," Seahawks cornerback Richard Sherman said Sunday following Seattle's 38-7 road win over the Vikings, via ESPN. The numbers back up Sherman's praise, too. Wilson is second in the NFL in completion percentage (68.5) and third in the league in quarterback rating (106.2). He's not beating teams with dinks and dunks, either, ranking third in yards per attempt (8.5). And with 450 yards on the ground this season, he is just 26 yards behind Cam Newton in rushing among quarterbacks. There's a reason the playbook on Wilson has

always been to keep him in the pocket. It has to be against any

quarterback

player, a quarterback who seemingly has no weaknesses for defenses to exploit.

Russell Wilson Passing

who has the agility that Wilson possesses and the ability to keep

- Where's The Help?
- Outplaying All
- Through Tough Times



Newsletter

WHERE'S THE HELP?

The protection has been better of late, but the Seahawks' offensive line is still full of holes. No quarterback has been sacked more times (38) than Wilson this season. His propensity to scramble certainly pads those numbers a bit, but if Wilson were lead-footed, the total would be even higher.

It's not like he's throwing to a bunch of studs, either.

Baldwin is fine, but nothing special. Tyler Lockett and Jermaine Kearse aren't causing defensive coordinators to

lose any sleep. The now-injured Jimmy Graham is a matchup nightmare but one the Seahawks never figured out how to properly use. And then there's Lynch, another big name who's contributed very little (3.8 yards per carry) and is now nursing an injury

on the bench while undrafted rookie Thomas Rawls handles the workload at running back.

Seattle's defense, once the most frightening in the league, no longer dominates games. In each of their

five losses this season, the Seahawks have had a chance to win in the fourth quarter, but their defense hasn't been able to hold. This isn't the first time.

And yet, the Seahawks have won three games in a row and now, at 7-5, find themselves in sixth place in the NFC. It's no

accident that the winning streak happened after head coach Pete Carroll elected to alter his team's style of play.

The Seahawks no longer grind out wins with handoffs and play action. Instead, they now keep their receivers spread out and often go with an empty backfield. The goal is to put the ball in Wilson's hands and take advantage of his ability to read a defense and strike quickly. The majority of these changes were implemented during the team's Week 9 bye.

"I think the pocket being so consistently solid for him makes a huge difference," Carroll said

last week, via Pro Football Talk. "The rhythm, since the [bye week], we've really tried to feature a fast rhythm and making sure he's really got a chance to get the ball out fast to keep the pressure off of the guys up front."

Wilson has done that, but he's not just taking three-step drops and hitting 5-yard slants. When he sees an opening downfield he's willing to take it -- and more than not he

often cashes in. His 47 passes of 20 yards or more is the fifth-most in the NFL.

Despite Cable's preseason optimism, the need for change was clear. The Seahawks tried to make a shift at center by benching Drew Nowak for backup Patrick Lewis, but Lewis was injured during his first start in Week 6 and promptly missed the next two games. Once Lewis returned to health during Seattle's Week 9 bye, the franchise waived Nowak and returned the job to Lewis.

OUTPLAYING ALL

If you want to see the impact of what that time in the pocket can do for Wilson, look no further than his five touchdown passes Sunday. Wilson had nearly four totally unmolested seconds in the pocket before finding a wide-open Tyler Lockett for his first touchdown. Later, he simply ignored a big blitz to find Lockett for a 49-yard score.

Wilson was phenomenal during Sunday's blowout win over the Ravens, who managed to hold him to only five touchdown passes because tight end Luke Willson dropped what would have been Wilson's sixth while standing all alone in the end zone. Wilson's 97.2 QBR was one-tenth of one point behind Newton (97.3) for the best figure of the day and included 11 more pass attempts. It's also the fourth week in a row Wilson posted a QBR of 90 or more, the first time anybody has done that all season.

And even that undersells what Wilson is accomplishing. Since losing to the Cardinals in Week 10, Wilson's numbers

are surreal. It would be unfair to call them video game numbers; they're video game numbers you might post against a particularly talented household pet. Impressively, he has thrown 16 touchdowns without a single interception.

It all adds up to a passer rating of 145.9. Pro-football-reference.com has game logs for quarterbacks going back through the 1960 season, 10 years before the AFL-NFL merger.

Do you know how many quarterbacks have thrown 100 or more attempts over a four-game stretch and posted a better passer rating over that span than Wilson? Zero.

These numbers aren't adjusted for era, and so they're naturally biased toward recent years, when the rising tide of the modern game has helped inflate passing statistics. It is true that Wilson has faced a relatively easy slate of

opponents during this run; the Ravens (26th in pass defense DVOA) are playing out the string, and the Steelers (14th), Vikings (16th) and 49ers (30th) are hardly dominant pass defenses. If you want to see the impact of what that time in the pocket can do for Wilson, look no further than his five touchdown passes Sunday. Wilson had nearly four totally unmolested seconds in the pocket before finding a wide-open Tyler Lockett for his first touchdown. Later, he simply ignored a big blitz to find Lockett for a 49-yard score.

The offensive line's impact was even more obvious on Wilson's throws to Baldwin. After

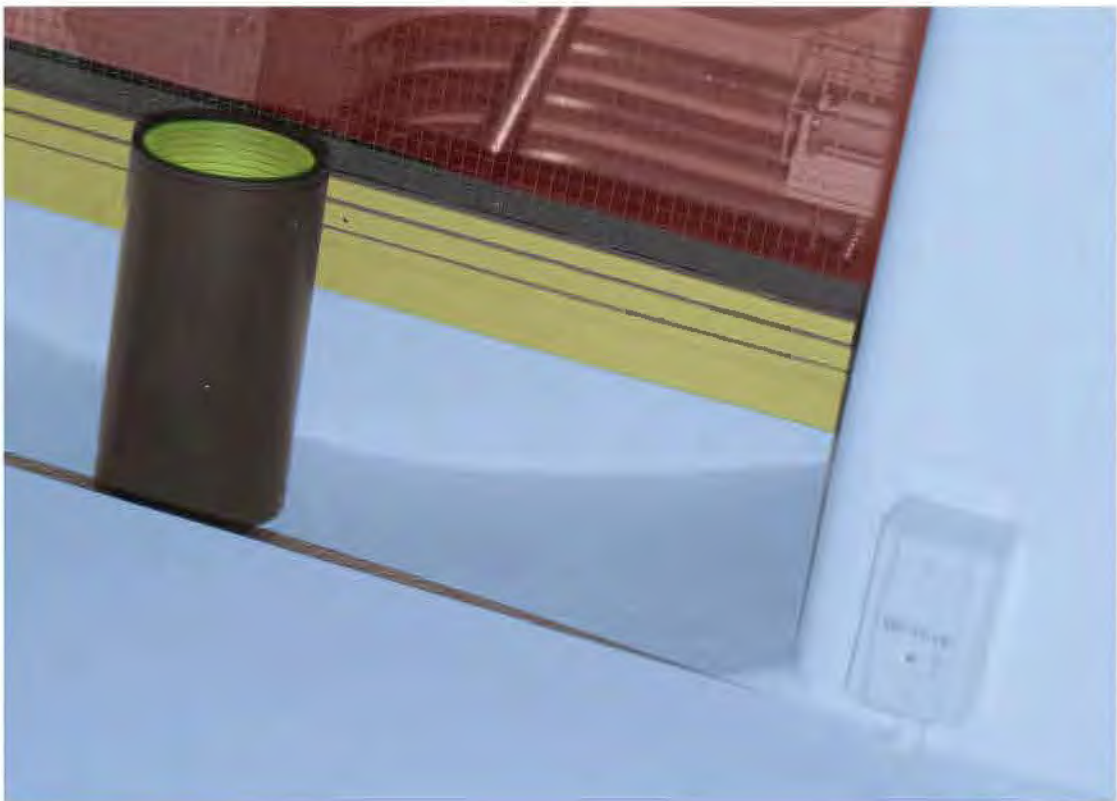
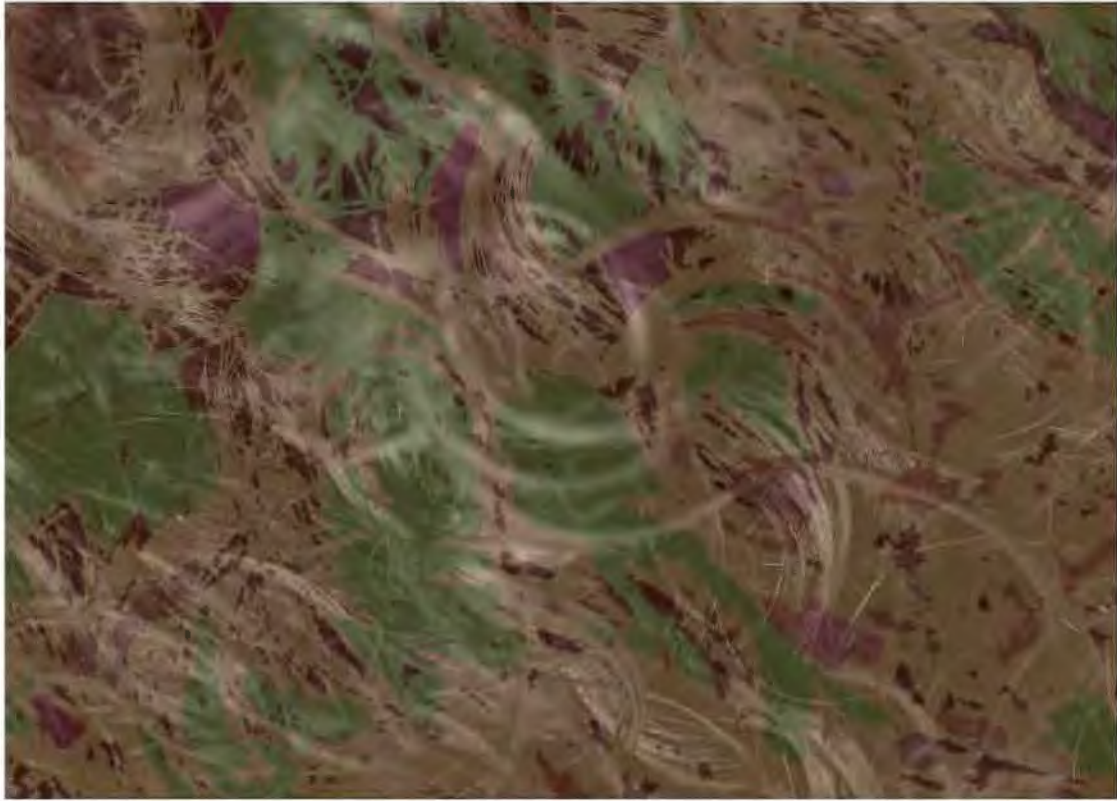
hitting the bottom of his dropback, Wilson required literally one step combined between his first, second and third touchdown passes to Baldwin. He really is the best Quarterback in the league. Undoubtedly.

"That's what elite quarterbacks do. He's playing at an All-Pro, Pro Bowl level."

Reusable Bag Design Contest



Abstract Photography



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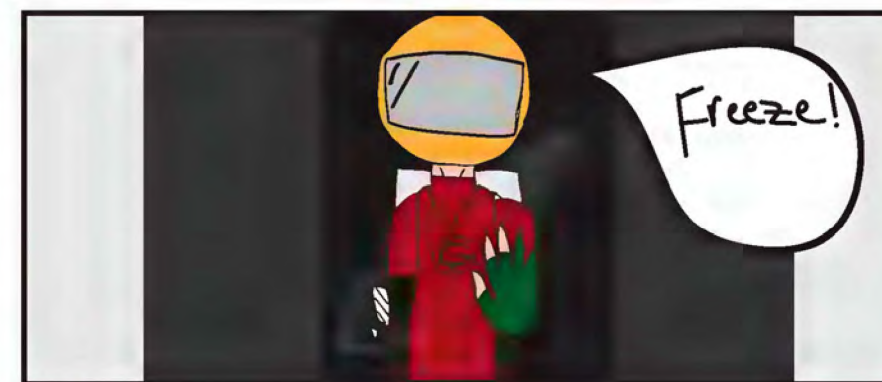


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Comic Book Design



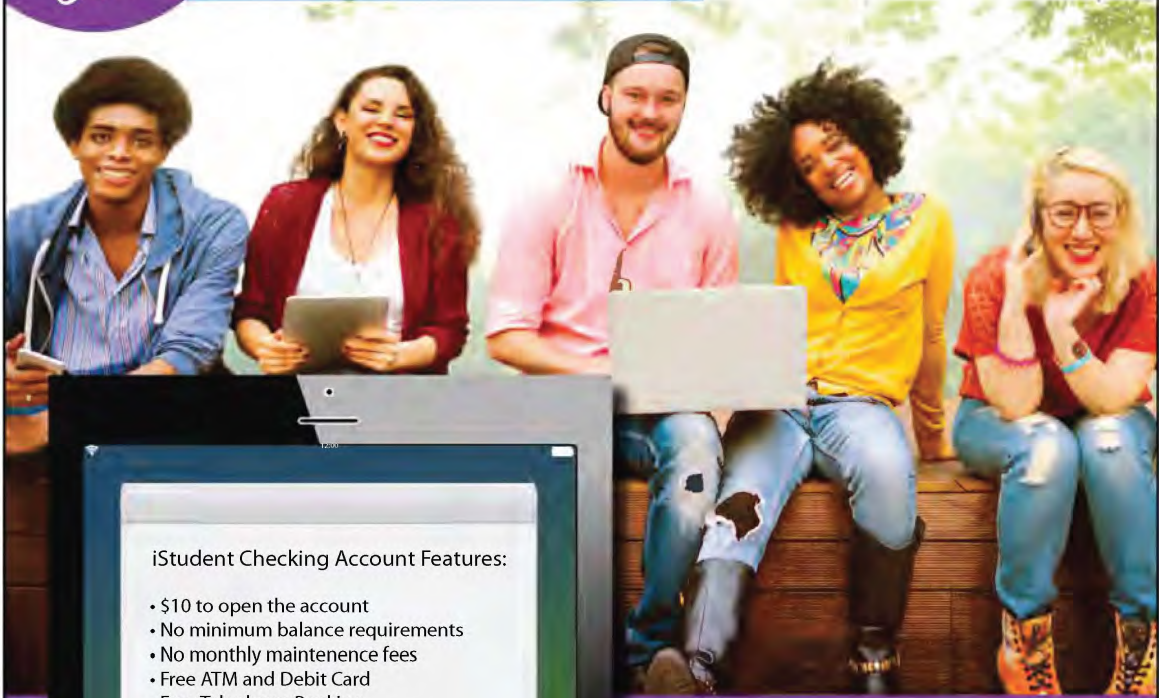
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MANY HELPING HANDS

MARTIN LUTHER KING DAY OF SERVICE

A DAY OF SERVICE FOR THE ENTIRE COMMUNITY



MONDAY JANUARY 16
2 - 5 PM
CAMBRIDGE CITY HALL

ALL AGES WELCOME!
Come make fleece scarves, blankets, valentines and sort food, clothing, and more for those in need.

DON'T COME EMPTY HANDED!
Bring a can of food, gently used winter clothing or a children's book.

Register early at www.manyhelpinghands365.org
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Be All Right Poster



HOOP DREAMS

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ELECTRONIC & PERSONAL TIPS



Safety & Security Checklist

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Don't write your PIN on your card or give the number out to anyone, including friends and family, and do not reveal it to anyone over the phone.
- 2 Conduct Your Transactions Privately**
When you use the ATM, conduct your business quickly and efficiently, make sure no one watches you key in your PIN number.
- 3 Be Watchful of Skimmers**
Do not swipe your card in machines that claim to clean, re-magnetize or renew your card. If the machine looks like it's been tampered with, re-manufactured, or has any loose parts don't use it.
- 4 Take the Receipt With You**
Never leave the receipt behind, even after an incomplete transaction. Discarded ATM receipts can lead to identity theft and account hijacking.
- 5 Check Your Debit Card Account Frequently**
If you find any irregularities in your statement, and if there is anything that looks wrong, contact your bank immediately to report the incident.
- 6 Lock Your Car**
If you leave your car and walk to the ATM, turn off your ignition and lock your car.
- 7 Observe Lighting and Landscape**
If the lights at the ATM are not working, don't use it. If shrubbery has grown up, or if a tree blocks the view, select another ATM and notify the bank.
- 8 Take a Friend at Night**
If you use the ATM at night, consider taking a friend along.
- 9 Count Your Cash Later**
Once you've completed your ATM transaction, put your money away immediately and leave the premises. It's best to count your money later.

Compass Program T-shirt

