

**Lofa Tatupu**  
**January 18, 2006**

**(On stopping Carolina's run game...)** "We have been consistent against the run all year and that's our main focus. If you don't stop anybody's run game it is going to be a long day for you. We'll pile up against the run and rally to that pass and make sure we know where 89 is at all times."

**(On needing to slow down Steve Smith...)** "I think it's obvious but they are balanced. That run game is very strong and you have to give them the respect they've earned over there. We have our hands full."

**(On the game plan changing with DeShaun Foster out...)** "No. They are still doing the same game plan, they are calling the same plays and that was evident when they played the Bears. We just have to keep going."

**(On talk about this being the biggest game of the season...)** "Well, it is. If you don't win this you don't go on. But you can't get outside yourself and realize it is just another game. We are thankful to be playing at home, in front of our fans and are just excited about the challenge."

**(On what he'd ask the fans to do on Sunday...)** "Just keep bringing that noise. You can see the frustration on the offense's face when they can't get the audible they want or they can't get the right personnel in. It is an advantage. Some of getting off the field on third-down is a tribute to them. I am just thankful for it."

**(On his big game experience in college helping him now...)** "I'd like to think so but you just have to treat it like another game. I know that is not the answer you want to hear but it is. It is another game and you can't get outside yourself. Just play your game."

**(On thinking about what the team has accomplished up to this point...)** "If you sit back and look at what has happened you're going to be sitting back watching next Sunday or two Sundays from now. We just want to keep playing ball."