

NFL Extra

Week 7

| Segment | TRT |
|--------------------|------------|
| Earl Thomas | 1:06 |
| JJ Watt | 1:34 |
| Cam Newton's Towel | 6:17 |
| Husain Abdullah | 8:34 |

2:33:50;28 - EARL THOMAS

HEY.. BRO. LET'S BE NASTY WITH THEM.

LET'S GET BACK TO ..YOURSELF. WHEN YOU'RE GETTING READY TO RUN THESE GUYS DOWN AND TACKLE THEM. YOU'RE COMMITTED RIGHT NOW TO SMASHING THESE DUDES, ALRIGHT?

HEY! STAY IN IT! LET'S STAY IN IT! LET'S STAY IN IT! LET'S KEEP FIGHTING NOW!

RADIO - HANDOFF MURRAY. COMING RIGHT INTO THE MIDDLE, TO THE 10! 5! TOUCHDOWN MURRAY!!

COME ON MAN.

YOU GOT A HELL OF A FOOTBALL TEAM AND I PROMISE YOU WE WILL PLAY AGAIN. I PROMISE YOU.

WE'LL SEE YA ALL AGAIN IN THE PLAYOFFS. ALRIGHT, GOOD JOB BUDDY. YOU DID A HELL OF A JOB. YOU TOO. KEEP IT UP MAN.

2:35:11;21 - JJ WATT

THIS IS OUR WIN! THIS IS OUR HOUSE!! NOBODY COMES IN OUR HOUSE!!!

AS A MAN...! I'M IN IT MAN. I'M BACK IN THE GROOVE. I'M IN ONE OF THOSE GROOVES. I DON'T WANT TO COME OFF THE FIELD. IF YOU GIVE ME THE GREEN LIGHT, I'M GOING.

JJ, GOTTA HAVE SOME PLAYS RIGHT NOW!

TIME FOR THE TAKEOVER. TIME FO THE TAKEOVER.

YOU GOT ME GOOD ON THAT LAST ONE. WATT DOESN'T SLOW DOWN. HE ONLY KNOWS ONE SPEED.

NAILED IT. NAILED IT. THEY GET SO DAMN EXCITED. I GET SO LIKE, YOU SEE THEM IN THE STANDS. THERE LIKE THIS IS IT!!

HEY LET'S GO! LET'S DO IT! LET'S GO! LET'S GO! HEY MAYWEATHER, COOL THE PUNCHES IN THE HEAD, ALRIGHT?

76...ROY MAYWEATHER. HE KNOCKED ME RIGHT IN THE HEAD.

HOW MANY TIPS TODAY? JUST ONE. SO FAR.

RADIO - FIRES. WITHOUT A DOUBT, WATT. BATTED A TIP! OFF TO THE RACES!! TOUCHDOWN! JJ WATT WITH ANOTHER PASS DEFLECTED. IT'S WATT TIME. WATT DROPS THE SNAP AND THERE'S A CHASE FOR THE BALL, AND GUESS WHO'S GOT IT?!! YOU GOTTA BE KIDDING ME?! TOUCHDOWN!!!

LET'S GO!!! GET THIS PLACE GOING!!!

2:36:49;20 - CAM NEWTON'S TOWEL

MY ROOKIE YEAR WAS 2005, AND THIS WAS MY FIRST TOUCHDOWN. BUT A MOMENT I SHOULD STILL CHERISH IS ONE I'D LIKE TO BUT CANNOT FORGET. I THOUGHT STEVE SMITH AND I WERE TIGHT. I PLANNED ON BEING ATTACHED TO HIS HIP FOR MANY YEARS. BUT HE RIPPED ME OUT AND USED ME LIKE SOME CHEAP DISPOSABLE WIPE.

RADIO - AND STEVE SMITH JUST CHANGED THE DIAPER ON THE FOOTBALL.

HEY, I GOTTA PUT THIS TOWEL AWAY. STINKY DIAPER.

THAT'S BEEN OUR LOT IN LIFE FOR YEARS. I'LL NEVER FORGIVE KEVIN GREEN FOR WHAT HE DID TO MY FATHER. RUINED HIS CAREER. AFTER THAT INCIDENT. THIS TOWEL IS DIRTY. DON'T LET NO ONE TOUCH THAT TOWEL.

DAD THREW HIMSELF IN. BUT I WAS DETERMINED TO PUT A LITTLE STARCH IN MY SOUL AND BOUNCE BACK AFTER MY DIAPER DISASTER.

RADIO - THE TOWELS ARE OUT.

I COULD'VE SETTLED FOR BEING A GENERIC RALLY TOWEL, AND FOR A SPELL I REBELLED. WENT BLOND AND BECAME THE TERRIBLE TYPE. BUT I YEARNED TO BE ON THE FIELD, AND I WAS WILLING TO START AT ..OR SHOULD I SAY UNDER THE BOTTOM TO GET THERE.

RIGHT, IT'S HOT. GET A TOWEL AND PUT IT UNDER YOUR BUTT. YEA. YOU MIGHT NEED A FEW.

I TOOK THE HEAT WHEN THE PLAYERS COULDN'T. I KEPT THEIR PRECIOUS PIGSKIN WARM AND DRY; AND WHEN WILSON HAD A BABY, I WAS THERE TO SWADDLE IT.

TOWEL! TOWEL!

I WAS ALWAYS AT THEIR BECK AND CALL.

TOWEL! TOWEL CHARLIE! TOWEL!

I LET THE BIG SHOTS SWING ME AROUND. I THOUGHT I'D FOUND A PERMANENT PARTNER WHEN TOMMY TUCKED ME AWAY. WOULD'VE BEEN A SWEET GIG BUT THE GUY WITH THE HOODIE WOULD HAVE NONE OF THAT.

FINALLY IN 2011 SUPERMAN RESCUED ME.

RADIO - WOW, HE DECIDED TO GO AHEAD AND DO A SUPERMAN IMPRESSION. TOUCHDOWN!! TOUCHDOWN CAM NEWTON!! SUPERMAN! HE FLIES. YOU SAW SUPERMAN TAKE OFF HIS CAPE!

BUT SUPER CAM DIDN'T NEED A CAPE. HE NEEDED ME. HE WANTED ME AND WE'VE BEEN INSEPARABLE EVER SINCE. HE'S THE KING OF CAROLINA.

WHY SO MANY CAMERAS OVER HERE? PAPARAZZI!

AND I'M THE CROWN ATOP HIS ROYAL HEAD. THE BIGGEST BADDEST TOWEL IN THE NFL, AND YOU BETTER BELIEVE WHEN IT COMES TO TOWELS, SIZE MATTERS.

YOU KNOW I WOULD PREFER A LONGER TOWEL BECAUSE YOU CAN DO MORE WITH, THE BIGGER THE TOWEL, THE MORE YOU CAN DO WITH IT.

THERE'S A LITTLE BIT OF A TECHNIQUE TO IT. HE TUCKS IT IN UNDERNEATH.

IT'S A DEFINITE PROCESS. HE PUT IT ON. HE TUCK IT IN HIS SHOULDER PADS. MAKE SURE IT'S RIGHT DOWN HERE AROUND HIS CHEST HAIR AND STUFF.

SO YOU TAKE IT OVER YOUR HEAD AND YOU SQUEEZE BOTH ENDS TIGHT. AND WHEN YOU DO IT YOU TUCK IT UP UNDER YOUR SHOULDER PADS. SO WHEN YOU MOVE LEFT TO RIGHT IT'S STILL PERFECT.

WE, WHEN I SAW WE, OFF. LINEMEN HAVE A DONE GREAT JOB IN REALLY MIMICKING THAT AND IMITATING THAT, AND DOING REALLY GOOD CAM IMPERSONATIONS.

GET OUT OF HERE MAN!

JORDAN GROSS IS QUITE PHENOMENAL AT IT.

SO EARLY DAYS, WHEN CAM WAS A ROOKIE AND THE TOWEL CAME OUT, IT WAS LOOSE ON HIS HEAD; AND YOU COULD ALWAYS TELL THE WAY THE GAME WAS GOING BASED ON ITS APPLICATION. SO WHEN WE WERE PLAYING POORLY AND THINGS WERE ..IT WAS LOW. HE LOOKED LIKE THE EMPEROR FROM STAR WARS. YOU KNOW, IT WAS DOWN HERE.

MAN, THIS GAME'S NOT GOING WELL. CAN WE START A GAME ANY WORSE THAN THIS RIGHT HERE?

YOU KNOW, I'M LETTING THEM DOWN AND WE'RE NOT GONNA...WHAT'S THAT? INTERCEPTION FOR A TOUCHDOWN BY US?!

YEA!!!

OH HEY, NOW I'M GONNA PULL IT BACK. HEY TEAMMATES. YEA, LET'S HAVE FUN. OH, WE'RE DOWN BY 10 AGAIN? OH NO. EMPEROR. THE EMPEROR IS BACK. BUT NOW IT'S CONSISTENT. SO HE'S DEFINITELY GOTTEN BETTER WITH HIS TOWEL TECHNIQUE.

IT ALWAYS SMELLS NICE TOO. I DON'T KNOW I KNOW THAT. THAT'S A WEIRD FACT.

CAM ALWAYS SMELLS GOOD. I MEAN I THINK LIKE HE SWEATS AXE BODY SPRAY OR SOMETHING. YOU KNOW, I MEAN LIKE EVERY TIME YOU WALK BY THE GUY, I DON'T EVEN NEED TO PUT COLOGNE ON BECAUSE HIS LIKE VAPOR TRAIL JUST MAKES ME SMELL GOOD AS WELL.

FUNNY, BECAUSE WE JUST INTERVIEWED HIM A COUPLE WEEKS AGO. IT WAS LIKE HE'S GOING TO THE PROM.

RIGHT ISN'T IT? YOU COULD SMELL HIM FROM OVER THERE FOR SURE. KALIL'S RIGHT. THAT THING SMELLS GREAT.

WELL THANK YOU. I'VE COME A LONG WAY SINCE MY STINKY DIAPER DAYS; AND CAM, HE'S COME A LONG WAY FROM THE KID WHO, LIKE EVERYONE ELSE HIS AGE, JUST WANTED TO BE LIKE MIKE.

WHEN I SEEN MICHAEL JORDAN COME TO THE SIDELINE, I WOULD ALWAYS SEE HIM PUT A TOWEL OVER HIS HEAD. I NEVER KNEW WHAT WAS THE REASON. SO, AS I GREW AS A PLAYER, I KIND OF WANTED TO MIMIC A LOT OF THINGS THAT I SAW GREAT PLAYERS DO.

NOW CAM IS THE GUY DOING THINGS THAT OTHERS TRY TO MIMIC. GOOD LUCK WITH THAT. MY GUY IS ONE OF A KIND.

RADIO - LOOKING, THINKING. GETS BUMPED. ROLLS OUT. NOW STARTS TO RUN. BACKS UP AGAIN. FAKES ANOTHER N.E. PATRIOT.

I'LL TELL YOU, HE IDOLIZES WINNERS. ANYBODY THAT'S WON, I PROMISE YOU, HE'S SEEN STUFF ABOUT THEM. HE'S READ STUFF ABOUT THEM. HE LOVES WINNERS.

CAM WANTS TO BE THE BEST, AND THAT'S WHAT'S GREAT ABOUT HIM.

RADIO - WHAT CAN'T YOU DO?! WHAT CAN'T THIS KID DO?!

HE'S NOT HAPPY WITH WHERE HE'S AT RIGHT NOW. HE MADE THE PRO BOWL LAST YEAR AND HE'LL TELL YOU THAT HE CAN BE WAY BETTER THAN THAT.

LEAD THEM. LEAD THEM. THEY'LL FOLLOW YOU. YOU JUST GO.

THAT'S WHAT'S REALLY REALLY NEAT TO BE AROUND. HE'S A SPECIAL GUY.

DON'T I KNOW IT. I JUST WISH CAM'S COMMITMENT TO ME WAS AS STRONG AS HIS COMMITMENT TO BEING GREAT.

2:43:20;19 - HUSAIN ABDULLAH

ISLAM IS, THAT'S LIFE. FOOTBALL IS SOMETHING THAT, IT'S GOING TO BE HERE WHILE IT'S HERE. THEN IT'S GONNA BE GONE.

FAITH BEFORE FOOTBALL. IT'S A PRINCIPLE HUSAIN ABDULLAH LEARNED AT A YOUNG AGE...GROWING UP IN POMONA, CALIFORNIA IN A FAMILY OF TWELVE CHILDREN RAISED AS MUSLIM.

HUSAIN STOOD OUT. HUSAIN NEVER DID WHAT EVERYONE ELSE WAS DOING. HE WAS KIND OF THE, HE WASN'T THE BLACK SHEEP, I WOULD SAY, BUT HE WAS ALWAYS A GUY THAT HE WOULD RAISE A LOT OF QUESTIONS.

I REALLY JUST STARTED READING AND SAYING, AM I A MUSLIM BECAUSE MY PARENTS ARE OR AM I A MUSLIM BECAUSE THIS IS WHAT I BELIEVE?" SO WHEN I GOT TO COLLEGE, THAT'S WHEN I REALLY STARTED READING MORE AND TRYING TO CLEAN UP MY ACT AND BECOME A BETTER PERSON. BECOME A BETTER HUMAN BEING AND A BETTER MUSLIM. FROM THERE, IT JUST KIND OF ..I JUST KIND OF KEPT GOING.

LIKE MANY NFL PLAYERS, ABDULLAH BEGAN HIS CAREER AS A LONGSHOT.

RADIO – HUSAIN ABDULLAH SAVES THE DAY!!

NOT BECAUSE OF HIS BELIEFS...

OR BECAUSE HE WAS UNDRAFTED...

BUT BECAUSE OF A SECRET.

WE'RE ABOUT 2 WKS. INTO 2-A-DAYS, AND I FELT LIKE HUSAIN'S PLAY HAD KIND OF TAILED OFF A LITTLE BIT. I SAID THERE'S SOMETHING WRONG. THERE'S SOMETHING WRONG WITH HIM. THEN SOMEBODY SAID, "WELL YOU KNOW IT'S RAMADAN COACH." I SAID, "IT'S WHAT?!" HE SAID, "HE FASTS ALL DAY LONG. HE CAN'T EAT. WHEN THE SUN COMES UP HE CAN'T DRINK." I SAID, "WELL, SHOOT, NO WONDER HE'S TAILED OFF."

RAMADAN IS A MONTH IN THE ISLAMIC CALENDAR IN WHICH ABLE BODIED MUSLIMS, THEY FAST FROM SUNRISE, BEFORE SUNRISE UNTIL SUNSET. IT'S A WHOLE MONTH OF STAYING AWAY FROM FOOD, DRINK AND INTIMACY WITH ONE'S SPOUSE.

WE FASTED SINCE THE AGE OF 7. AT TIMES WE DIDN'T KNOW WHY. WE JUST WERE LIKE, "MAN, WHY AM I SO HUNGRY?" YOU'RE LIKE, "WHAT AM I DOING THIS FOR?" I WAS BAD. FOR SOME REASON, ONE WAY OR

ANOTHER, IT FELT LIKE I WOULD BREAK MY FAST. I WAS IN AN AFTER SCHOOL MATH AND SCIENCE PROGRAM AT SCHOOL, AND THERE WAS A PARTY. AND I REMEMBER THEY HAD SOME WHITE AND GREEN CAKE. IT WAS LIKE 4:00. WE FAST UNTIL ABOUT 7:30. I WAS LIKE I CAN'T MAKE IT! I GOTTA GET A SLICE OF THIS CAKE!

FASTING AS A CHILD IS DIFFICULT. DOING IT AS A PROFESSIONAL ATHLETE, IS NEARLY IMPOSSIBLE. DURING ABDULLAH'S CAREER, RAMADAN HAS COINCIDED WITH THE REGULAR SEASON OR TRAINING CAMP EVERY YEAR.

THE MENTAL ASPECT OF IT, KNOWING THAT YOU CAN'T EAT, DRINK WATER, SEEING EVERYBODY ELSE BEING ABLE TO DO THAT. JUST NEED TO WET MY MOUTH. THAT'S ALL.

WE ALWAYS WORRY ABOUT DEHYDRATION. YOUR BODY IS SOMEWHERE BETWEEN 75 AND 80% WATER. SO WHEN YOU DON'T PUT FLUIDS IN, YOUR BODY, IT JUST DOESN'T FUNCTION IN A NORMAL WAY. AND SO NOT JUST FROM A PERFORMANCE STANDPOINT AND A MENTAL CAPACITY STANDPOINT BUT YOU WORRY THAT THEIR VITAL ORGANS START TO SHUTDOWN.

LET'S GET A LITTLE WATER UP! WATER UP!

EVERYBODY ELSE HAS FLUIDS AND A COOLANT SYSTEM. HE DOESN'T. WE HAVE TO COOL HIM DOWN EXTERNALLY.

IT'S VERY EXHAUSTING AND I'VE LOST 3 LBS. I LOST 5 LBS. I LOST 6 OR 7 LBS. BUT THEN, AT THE SAME TIME, YOU'RE NOT SUPPOSED TO GO OUT THERE AND KILL YOURSELF.

LET'S GET IT.

THIS YEAR, RAMADAN BEGAN BEFORE CAMP. FOR ABDULLAH, THE FIRST WEEKS OF WORSHIP WERE SPENT AT HOME IN TEXAS.

OUT OF TRAINING CAMP, NIGHTTIME DURING RAMADAN IS VERY FESTIVE. AFTER THE SUN SETS. AFTER ... PRAYER, WE BREAK OUR FAST.

HOW'S YOUR FOOD? IS IT GOOD? THEN OUT NIGHT PRAYER IS ABOUT 10:00. IT CAN GO HOUR AND A HALF, 2 HRS. JUST KIND OF PRAYING ALL NIGHT. AT ABOUT 5'ISH WE'LL EAT. MAKE SURE YOU DRINK SOME

WATER. THAT'S THE BIGGEST THING YOU DON'T WANT, GET DEHYDRATED.

... PRAYER COMES IN AND WE'LL PRAY. THEN EVERYBODY WILL GET THEIR REST.

FOR TRAINING CAMP, I CAN'T DO THAT IN A DORM ROOM IN ST. JOSEPH MISSOURI. YOU KNOW I PRAY IN MY ROOM. THEN I GET TO SLEEP. I HAVE TO GET AS MUCH SLEEP AS I CAN BECAUSE MY BODY HAS TO RECOVER BECAUSE OF THE WORKLOAD THAT WE HAVE.

I GET UP EARLY. I'M TALKING 4:30ISH. IN THAT AREA, 5:00. HE'D BE COMING BACK FROM EATING EARLY EARLY BREAKFAST. I MEAN I'M TALKING 4:30, 5:00. I'D GET UP AND I'D GO GET A WORKOUT IN SO I COULD EAT MORE. BUT HE WOULD BE...HE'S FASTING. I'M EATING MORE.

HE FEEDS ALL NIGHT. HE GETS THE SAME AMOUNT OF CALORIES AND HE GETS THE SAME AMOUNT OF FLUID. IT'S JUST HE GOES IN A 12 HR. PERIOD WHERE HE GETS NOTHING.

DISCIPLINE IS A FOUNDATION OF ISLAM... SO IS SACRIFICE.

FOUR YEARS INTO HIS CAREER, HE WALKED AWAY FOR HIS FAITH.

I WAS A FREE AGENT SO IT'S NOT LIKE I WAS RUNNING OUT ON MY TEAM OR MY TEAMMATES, OR ANYTHING LIKE THAT. GROWING UP WE KNEW THERE WAS A WORLD AROUND US BUT WE NEVER EXPERIENCED IT.

DESPITE BEING IN HIS PRIME, ABDULLAH SAT OUT THE 2012 SEASON. INSTEAD OF PLAYING, HE TOOK HIS FAMILY ON A CROSS-COUNTRY JOURNEY VISITING MOSQUES... FOLLOWED BY A PILGRIMAGE TO MECCA.

IN OUR FAITH, WE'RE SUPPOSED TO TAKE A PILGRIMAGE TO THE HOLY CITY OF MECCA AT LEAST ONCE IN OUR LIFETIME. WE DIDN'T KNOW IF WE WERE GONNA HAVE THE OPPORTUNITY THE NEXT YEAR. IF WE WERE GONNA BE HEALTHY ENOUGH. IF WE WERE GONNA HAVE OUR WEALTH. WE JUST LOOKED AT EACH OTHER. WE TALKED WITH EACH OTHER AND HUSAIN SAID, "HEY, WE SHOULD GO DO THIS." SO WE DID.

IT'S UNBELIEVABLE. YES, WE'VE BEEN GOING TO FOOTBALL GAMES. YOU SEE 100,000 PEOPLE. BUT TO SEE 1 MILLION, 2 MILLION, 3 MILLION, 4 MILLION. IT'S ALMOST A BOND THAT YOU CAN'T EVEN REALLY TALK ABOUT IT UNLESS YOU EXPERIENCE IT. I MEAN IT WAS JUST A

BLESSING. 2012 WAS JUST LIKE ONE OF THOSE YEARS THAT YOU LOOK BACK ON, "MAN, DID THAT REALLY HAPPEN?"

ABDULLAH'S SPIRITUALITY MADE THE CHIEFS BELIEVE IN HIM...
SIGNING, AND NAMING HIM CAPTAIN IN 2013.

I LIKE TO MEET PLAYERS BEFORE I GET A CHANCE TO SIGN THEM. KIND OF GET TO KNOW WHO THE PERSON IS. I WALKED AWAY AND I GO, THIS IS A VERY GENUINE MAN. THIS IS A MAN THAT'S GOT A VERY PURE SOUL. HE'S VERY PROUD OF WHO HE IS. YOU CAN FEEL HIS PASSION FOR THE GAME BUT, MORE IMPORTANTLY, YOU CAN FEEL HIS PASSION FOR HIS RELIGION. I JUST KNEW HE WOULD BE A GOOD FIT HERE IN K.C.

HUSAIN IS A GOOD ROLE MODEL FOR EVERYBODY. HE IS A PERSON WHO HAS THE FAME. HE HAS THE ADULATION. HE HAS THE POPULARITY, AND HE CHOOSES RELIGION. HE CHOSSES A DEVOUT LIFE.

IF THE YOUTH CAN SEE THAT, HEY, THERE'S SOMEONE LIKE ME THAT'S MUSLIM. THERE'S SOMEONE THAT'S LIKE ME THAT GREW UP IN AMERICA. YOU KNOW WHAT, IT'S DIFFICULT BUT I HAVE A CHANCE TOO.

HE'S MADE OUR COMMUNITY PROUD. HE'S MADE OUR RELIGION PROUD. WE NEED MORE HUSAIN ABDULLAH'S.

(END)