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Colts UpClose — Weekly studio TV show for the Indianapolis Colts, June 2016 – March 2017

SCRIPT #1

AFTER 14 SEASONS IN THE LEAGUE ...THE
“SACK MASTER” HIMSELF ... ROBERT MATHIS ...
ANNOUNCED HIS RETIREMENT BEFORE THE
COLTS FINAL GAME AGAINST THE
JACKSONVILLE JAGUARS. PUTTING FEAR IN THE
MINDS OF NFL QUARTERBACKS SINCE 2003 ...
MATHIS HAS A KNACK FOR WRECKING GAMES.
NOBODY HAS MORE STRIP-SACKS IN THEIR
CAREER AND MATHIS ADDED ANOTHER ONE TO
THE LIST IN THE FOURTH QUARTER OF
SUNDAY’S GAME. IT WAS AN EMOTIONAL LAST
RIDE FOR NUMBER 98 ... BUT IT WAS ALSO A
HAPPY ENDING FOR THE FRANCHISE’S SACK
LEADER. THIS WEEK’S SOUNDS OF THE GAME IS
ROBERT MATHIS ... AS WE TAKE AN INSIDE-
LOOK AT THE END OF AN ERA.

SCRIPT #2

WELCOME BACK. COLTS TIGHT END JACK
DOYLE WAS BORN IN INDIANAPOLIS ... WENT TO
HIGH SCHOOL IN INDIANAPOLIS ... AND NOW
PLAYS FOR HIS CHILDHOOD FOOTBALL TEAM IN
INDIANAPOLIS ... SO YOU COULD SAY HE
BLEEDS BLUE FOR THE HORSESHOE. HE HAS

ALWAYS BEEN A CROWD FAVORITE FOR HIS HOMETOWN TIES AND WORK ETHIC ... BUT NOW HIS WORK OFF THE FIELD HAS TRANSLATED TO THE GRIDIRON. DOYLE SCORED HIS THIRD TOUCHDOWN OF 2016 AGAINST THE TEXANS ... AND WITH OPPORTUNITIES OPENING UP AT THE TIGHT END POSITION ... HIS CONTRIBUTIONS WILL CONTINUE TO GROW. WE WIRED DOYLE UP FOR SOUND IN THAT SUNDAY NIGHT FOOTBALL GAME ... AND FOUND OUT WHY HE IS ONE OF THE MOST RESPECTED GUYS IN THE LOCKER ROOM.

SCRIPT #3

WITH THANKSGIVING LESS THAN FIVE DAYS AWAY ... THE INDIANAPOLIS COLTS ARE MAKING SURE LOCAL FAMILIES DON'T GO HUNGRY. THIS WEEK ... THE HORSESHOE IS HELPING VICTIMS OF DOMESTIC VIOLENCE BY GIVING SINGLE MOMS A SHOPPING SPREE AT MEIJER FOODSTORES. AND WHILE MOM IS STOCKING UP ON GROCERIES ... THE CHILDREN GET TO HANG OUT WITH COLTS PLAYERS ... CHEERLEADERS AND MASCOT BLUE FOR A HEART-WARMING NIGHT ON A CHILLY NOVEMBER DAY.

The Daily Eastern News — Daily student newspaper, 7,000 circ., Aug. 2012 – Dec. 2014

STORY #1 - Column: Bright days ahead for Eastern rugby

Nicholas Ruffolo, Staff Reporter

December 8, 2014

After defeating Georgia Tech and finishing out the season at 6-2, Eastern may have saved itself from a rebuilding season

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The Panthers lost one game in the three seasons prior to 2012, so when Eastern dropped its first two games this season, something was not right.

The team looked amiss without Lauren Doyle, who began training for the national team, and Stefanie Mahan, who was absent because of a facial laceration.

This led many to believe the rest of the season would be more of the same and the next two years would be used for rebuilding.

That all held true until the Oct. 20 match against Kansas State when one player's performance brought some optimism for the upcoming seasons.

Sophomore center Madison Kissner scored a school-record 10 tries against the Wildcats en route to a 121-0 victory for the Panthers.

Eastern's victory not only provided hope that Kissner could lead the team this season, but it showed the Panthers could put up big numbers without Olympic hopeful Lauren Doyle.

EIU rugby will have to continue producing without her and without senior flanker Mahan, who ranks third on the all-time tackles list. Both graduate this academic year and have no years of eligibility left.

Along with Kissner, Kim Youhas, Carissa Burge and Nia Williams have all shown their potential during the 2012 season.

Youhas, the kickoff specialist for most of the year, recorded career highs in all of the major categories, including going 23-of-43 on two-point conversions. Her 42 tackles were second on the team.

Ranking first in that category was sophomore scrum-half Burge, whose 44 tackles anchored a solid Panther defense. If anyone can replace Mahan, it is an all-around player like Burge.

Williams created a spark early in the season when she scored six tries in the first three games, but settled down since then, scoring only one try in the remaining five games.

No matter which way the fans look at it, there is a lot of talent in this sophomore class.

Moreover, with the guidance of Eastern head coach Frank Graziano, the rebuilding time may have missed the women's rugby squad, with only brighter days ahead.

STORY #2 - Panthers look for strong defense against Northern Kentucky

Nicholas Ruffolo, Staff Reporter
December 3, 2015

Eastern's opponent on Saturday, Northern Kentucky University, likes to play aggressive, and men's basketball head coach Jay Spoonhour thinks his team will need to be ready for a challenge on defense.

"They play fast," Spoonhour said. "They really push the ball and play with a lot of energy. They've got quality guys that can score."

Spoonhour said getting back on defense has been troublesome this season, with some of the problem coming on the offensive end.

"We don't always get it done the way we need to," Spoonhour said. "Bad shots (on offense) lead to easier transition and turnovers lead to easier transition ... those have hurt our transition defense more than anything."

Eastern's numbers improved against Indiana State Tuesday with the Panthers allowing a season-low 62 points on 38.5 percent shooting. A win against the Sycamores also gave Eastern its first victory of the season.

"I think that was a big win for us over a good team in a good conference," junior guard A.J. Riley said. "It gave us a lot of confidence and I hope we can keep it going."

Riley picked up the Eastern offense quickly in his first year since transferring from John A. Logan College and leads the team in scoring with 15.6 PPG.

"It's surprising, coming from a junior college," Riley said. "It's a big step, so I thought I would start off slow, but I have a great group of guys around me to help me ... I'm just blessed to have good teammates."

Another newcomer, freshman forward Patrick Muldoon is playing quality minutes for the Panthers and started all five games this season. Muldoon thinks the win against Indiana State was most indicative of how this young Eastern team can play.

“For us, it was big to prove to the people who keep coming to the game that we do have the ability to beat a high caliber team on any given night,” Muldoon said. “We can come out and play together like we did (against ISU) and spread the ball around with (Casey Teson) scoring 18 points.”

Teson, also a freshman, put up 18 points on 6 three-pointers, breaking the previous Panthers record for threes in a game by a freshman.

This weekend’s game against Northern Kentucky is the final matchup of a four-game homestand in which the Panthers have lost two of three. Spoonhour said the early-season struggles are typical for both the non-conference schedule and having underclassmen make up more than half of the roster.

The experience gained from losing against quality opponents will help the team, but Spoonhour said there are still some things he would like to see.

“We’re not efficient enough offensively,” Spoonhour said. “We don’t organize ourselves well enough at times ... and we aren’t chasing down rebounds.”

Through five games, Eastern scores an average of 61.6 points and grabs 30.8 rebounds, both of which rank in the bottom two teams of the Ohio Valley Conference.

However, the Panthers may have more success scoring against the Norse, who allow nearly 79 points per game.

The key matchup will be how Eastern’s transition defense plays against NKU’s speedy attack.

After the game Saturday, the Panthers travel to Marshall and begin first round play at the Global Sports Classic.

Tip-off is Saturday at 7 pm from Lantz Arena.

STORY #3 - Specialists weigh in on being healthy in college

Nicholas Ruffolo, Staff Reporter

December 8, 2014

According to Eastern dietitian Laura Jacob, the “freshman 15” is a lie.

“It’s more like the freshman five,” Jacob said. “Being away from home for the first time, the situation changes so much. It’s a big switch for food, but not as much as the myth (states).”

The switch involves going from home-cooked meals to relying on dining hall foods for nourishment, Jacob said.

She said dining halls have no shortage of unhealthy options, but students still have an opportunity to eat well.

“It takes some practice and education,” Jacob said. “I feel like if students have enough meals in their meal plan, they are more likely to be well nourished.”

Eric Luminais, a senior music major, said he thinks dining halls are conquerable as well, but it takes some digging.

“It’s tough,” Luminais said. “Sometimes there is no good healthy option, but you can always find something.”

To help students like Luminais interested in healthier eating habits, Health Services offers classes specifically for eating at the dining halls.

Sylvia Crowder, the coordinator for nutrition education, manages those courses and offers her advice on a good healthy eating technique.

“I really recommend talking with friends and putting your fork down in between bites,” Crowder said. “Make meals last about 20 minutes because it takes that long for your stomach to register to your brain that you’re full.”

Similarly, in a philosophy called “mindful eating,” Jacob said students should savor each bite and enjoy the meal in front of them.

She also said individuals should avoid using words such as “unhealthy” or “healthy” because they tend to encourage the wrong mindset.

“When you label something as healthy or unhealthy, you’re labeling yourself for eating it,” Jacob said. “(You tell yourself) ‘Oh, I was good today, I only ate fruit.’ Or ‘I was bad today, I had dessert.’”

Crowder also cautioned against subconsciously eating while doing other activities throughout the day.

She said when students do not pay attention to their food, they lose track of how much they have consumed.

“Make (the) meal your main focal point,” Crowder said. “Instead of just mindless snacking as you’re sitting in front of your computer screen doing work, you’ll be more conscious of what you’re eating.”

Luminais said the concept of subconscious eating is still a challenge for him and possibly many others.

“That is definitely a problem I still have issues with,” Luminais said. “I tried to counter it with something low-calorie, but if you start doing it and it becomes a habit, it is really hard to break.”

Sleep-deprived individuals have similar difficulty getting a grip on healthy eating, as fatigue is associated with hunger and food intake, Jacob said.

“There are different appetite hormones affected by lack of sleep,” Jacob said. “You’re much more likely to eat more when you don’t get enough sleep.”

The hormone leptin tends to suppress the appetite of an individual, while ghrelin increases the need to eat.

When one lacks adequate sleep, the presence of ghrelin elevates and leptin levels decrease, Jacob said.

Kenji Ohseki, a postgraduate biology major, said the human brain has its quirks when it comes to hunger.

“It’s a weird brain thing,” Ohseki said. “I remember reading somewhere that when food is in abundance, it makes you hungrier.”

According to the International Journal of Obesity, an increase in access to food has caused the public to feel hungry and eat more.

Jacob suggested passing on “freebies” such as bread or chips, while making sure to eat a light snack filled with protein before leaving the house.

While dieting can increase quality of life for a student, one crucial aspect of being healthy comes from hitting the gym.

“When you don’t exercise, as you age, you lose muscle tissue,” Jacob said. “That’s important because that muscle tissue is more metabolically active than fat tissue.”

As the muscle tissue decreases and the fat tissue increases, the body’s metabolic rate decreases, Jacob said.

When the metabolic rate, defined as the rate at which humans spend energy, decreases, less excess calories will burn, resulting in weight gain.

Luminais said he knows the importance of exercise and believes being healthy takes ambition and perseverance.

“It’s one of those things you have to realize you want to (do it),” Luminais said. “I just set aside a specific time that no matter what day it is, I come (to the gym). There is no excuse.”

“Mindful eating” and other dieting techniques can help mitigate the unhealthy choices people make in college, protecting the future health of an individual.

However, most students will gain weight over the four-year span of attending a university, Jacob said. There are too many mitigating factors for the average person to be healthy and nutritious often.

“It is really a transitional period,” Jacob said. “(With the) financial challenges students may have, you run out of money, (then) what are you going to eat? Ramen noodles.”

The Health Education Resource Center offers free services to all students, including one-on-one nutrition consultations with Crowder.

“If there is a student who wants to lose weight, maintain weight, (or) gain weight, they come to me and fill-out a three-day food recall,” Crowder said. “Then I’m able to meet with them one-on-one and help them reach their nutrition goals.”

Crowder also coordinates classes during Prowl week for incoming freshman in an effort to encourage healthy eating habits from the start.

“I definitely think there is a huge correlation between the success of students maintaining their weight in college and the presentations that we offer,” Crowder said.