Hawaii Marine
SPORTS

HAWAII MARINE C SECTION FEBRUARY 11, 2005

MALS-24 holds off 1/12

Intramural basketball heats up in close game

Sgt. Jereme L. Edwards
Combat Correspondent

Marine Aviation Logistics Squadron 24 claimed victory over 1/12, 44–39 in intramural basketball action Feb. 1, at the Semper Fit Center.

Both teams stepped onto the court ready to play and win as they faced of center court and awaited the tip-off.

The first few minutes were tough for both teams as they battled with multiple turnovers and trying to make the rock fall. However, MALS-24 center Van Dorsey kick started his team's rally with a sweet pass to forward Logan Caroway for the lay-up and the first bucket of the night. Caroway didn't stop there, a turnover on the other end landed him in the perfect position to rain in the three, making the score 5–0 MALS.

Fresh back from the field, 1/12 weren't willing to let them get to far ahead as number 12 Joe Lewis slide inside splitting the defensive and finally scoring two for his team, making it 5–2.

A costly foul by Lewis sent Dorsey to the charity strip where he was able to pick up two more, regaining their five-point lead.

On the other end of the court, 1/12 began to light up the scoreboard. Bruno attempted the easy jumper from in the paint but just couldn't get it to fall; however, number 7 Ben Moates was right there to send it home. Moates then snagged the inbound pass and was able to get two more. MALS-24 turned over the rock on their end, which lead to Lewis' flick of the wrist snapping the net, adding three more to his teams score and taking the lead, making the score 9–7 with 11:43 left in the first half.

MALS-24's shooting guard Eddie Haythorn got the fast break for the easy lay-up to bring the score to nine all.

1/12 wasn't satisfied there, regaining possession of the ball, Moates dished an awesome pass to open man Defonzio Daniels inside for two more, making the score 11–9.

As clock neared the half way point the score began to volley back and forth and at the three-minute mark the score sat at 16–14, 1/12.

As the clock wound down, Logan "carry us all the way" Carroway lead an assault on the basket scoring repeated unanswered baskets, closing out the half 20–16 MALS-24.

The second half started with a bang 1/12's Lewis drained the fade away from the paint; however, it proved not to be enough to rally his team's spirits after losing the lead at the half.

On the other end, MALS-24 attacked their opponents' basket with a tenacity that couldn't be matched as the score leapt to 40–25 in what seemed to be the blink of an eye.

1/12 wasn't quite ready to throw in the towel

See MALS-24, C-8

Sgt. Joseph A. Lee

1/12's Brian Moates goes for the layup over MALS-24's Doug Derring, Feb. 1, in intramural basketball action at the Semper Fit Center. MALS-24 defeated 1/12, 44–39.

Runners rise early for Surf N' Turf

Cpl. Michelle M. Dickson
Combat Correspondent

"I love the sand, the pain motivated me to run harder," admitted retired Navy Lt. Cmdr. Tim Noonan, D.L Adams Associate, Kailua. "The hill at the end was the toughest, but it only made the finish so much greater."

That was the feeling of a lot of runners who turned out Saturday morning for the Fourth Annual Surf N' Turf, put on by Headquarters Battalion, MCB Hawaii, Kaneohe Bay. The 5-kilometer run drew in people of all ages who took up the challenge of the hills, water and sand on an early Saturday morning.

"I have run all the races since I've been here except this one," said the Boston native. "This was the only one I hadn't taken part in, and I'm really glad that I had."

The race began at the Officer's Club and continued on to the golf course before hitting the beach for a tiring one-mile stretch. It then curved around back toward The Officers' Club and included a grueling hill right before the finish line.

"It's really something great to get all the service members out there to take part in," said Steve Kalnasy, sports director, Marine Corps Community Services. "Especially with all the tragedies occurring overseas. It's something that really helps everyone enjoy themselves for awhile and be able to really have a good time."

Fruits and beverages were at the finish line to replenish all those who took part in the 3-mile challenge. All of those were a great relief for the runners who finished just before the Saturday morning sun rose.

"I'll be running track this year to, hopefully, get me in even better shape for races like these that will come up this year," said Noonan. "I'll only improve myself more and do better each following year."

The timings for the race were broken up into different categories by ages and genders. The overall winners for the race were Jason Kut for the men, with an overall time of 18:43. The top finisher for the women, overall, was Courtney Clement with a time of 21:04.

"The winners receive awards for their efforts, and all who come out receive, T-shirts along with the refreshments at the end of the course," said Kalnasy. "Even if you don't win, this race will give you a good running experience and a tough challenge.

"It's a really tough course, but I like tough courses," admitted Noonan. "I'll definitely be back next year to participate in it again."

Bulldogs roll past 1/12, 46–33

Sgt. Jereme L. Edwards
Combat Correspondent

Marine Aircraft Group 24 "Bulldogs" defeated 1/12, 46–33 in 1/12's second loss of the night Feb. 1, at the Semper Fit Center.

MAG-24 walked onto the court determined to win as they faced the already tired players of 1st Battalion 12th Marine Regiment, who were required to play two games back-to-back.

The first half was tough for 1/12 who just couldn't seem to find their rhythm and the scoreboard reflected as MAG-24 took full advantage of the situation.

The Bulldogs, lead by guard Dan Lee, began an assault that would last clean until the half time horn sounded. Dan Lee started the onslaught with a two-pointer from just inside the key, then seconds later followed it with a three, he then got his first assist by dishing the rock to center Tyrone Payne for the baseline two. Then to make matters worse 1/12's Joe Lewis, who played so well against MALS-24, drew the first foul of the game sending Lee to the line. Lee, however, was only able to capitalize on one of two, bringing the score to 8–0 within just a few minutes of play.

1/12's Thomas Calaham, broke the non-scoring streak by making his

See BULLDOGS, C-7

Sgt. Joseph A. Lee

MAG-24's guard Dan Lee (right) crosses the court hard while looking for the open man to pass to in MAG-24's match-up with 1/12, Feb. 1, at the Semper Fit Center.

Puuloa Range gears up for Pacific Division Matches

Sgt. Jereme L. Edwards
Combat Correspondent

The term, "every Marine is a rifleman," has been drummed into each Marine's head since the time that he or she stepped on the "yellow footprints" at their respective depot. Rifleman aboard MCB Hawaii will soon have the opportunity to hone their warrior skills with a rifle at the Pacific Division Matches to be held at Puuloa Range Training Facility.

"The PacDiv Matches are one of four division-level matches conducted throughout the globe in the Marine Corps," explained Chief Warrant Officer 3 David M. Dutton, Headquarters Battalion, G-3; officer-in-charge Puuloa Training Facility. "It is comprised of a higher level of instruction and coaching from the Marine Corps Shooting Team staff from Weapons Training Battalion, Quantico, Va. According to Marine Corps Order 3591.2J, Marines in the Pacific region are directed to attend and compete in the matches, representing their respective commands, and further their knowledge in marksmanship."

The purpose of the division match program is to introduce new competitors to the Competition-in-Arms Program. After they have competed, competitors return to their commands with the knowledge achieved from the Pacific Division matches.

Dutton said that in order to participate in the matches, shooters must meet certain requirements.

"All Marines who are assigned to MCB Hawaii and Marine Forces Pacific can participate," said the Lexington, Ky. native.

See PACDIV, C-7

Sgt Monroe F. Seigle

As in the past, Puuloa Range Training Facility will be the site of the Pacific Divison Matches, one of four division-level matches held throughout the Marine Corps.

Base Sports

Today

Youth Activities Sports Registration Deadline — This is a call for all MCB Hawaii youth to get up, get active and get healthy! MCCS Youth Activities is currently registering youth for baseball, Hawaii Sports Youth League and Kainalu Little League, wrestling, volleyball and in-line hockey. Sign up at Youth Activities in Building 5082 Monday through Friday, until Feb. 11 from 9:30 a.m. until 5 p.m., or call 254-7610.

Camp Smith and Manana Housing Youth Activities programs are also available. Give them a call at 456-1662.

Bus Ride to the Great Aloha Run — Individual runners wishing to get a ride to the start of the Great Aloha Run on Feb. 21 may sign up at the Semper Fit Center.

Runners will be dropped off at Pali/Vinyard downtown. The bus will depart the Semper Fit Center aboard KBay at 4:30 a.m.. Bus will return to KBay at 10:30 a.m. from the KAM parking lot at the Aloha Stadium.

For more info call the Semper Fit Center at 254-7597. Space is limited, so sign up now. Sign up deadline is Thursday.

Sunday

SM&SP Pro Bowl Tailgate Party Package — Party at the Pro Bowl with the Single Marine & Sailor Program. The package includes end zone tickets, transportation, food, giveaways, and a full day of all-star fueled football. The game is on Sunday, and the fun starts at 11 a.m. The cost is only $50, but space is limited to the first 48, so call the SM&SP now to reserve your ticket at 254-7593.

Wednesday

Co-ed Softball Registration Hits Kaneohe Bay — Semper Fit Intramural Sports is actively seeking teams for Co-ed Softball. There will be a coaches meeting Feb. 16, beginning at 4 p.m. at the Semper Fit Center aboard Kaneohe Bay. Call MCCS Intramural Sports at 254-7591 for further details.

Ongoing

Pro Bowl Tickets On Sale at Information, Tickets and Tours — Grab your Pro Bowl tickets while they're available! Ticket prices range from $37 to $103 depending on seating. Call the ITT office at 254-7563

Campground & Picnic Sites — For picnic and camping sites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping. All beaches have picnic pavilions and barbecue grills.

Reservations are required. For reservations, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Semper Fit Center Offers it All — The Semper Fit Center has an aerobic class for anyone and everyone trying to meet that New Year's resolution. Check out as many of the following programs as you would like; Yoga, Cycling, Tai Chi, cardio-Kick, Gut Cut, Step-Challenge, Water Aerobics, Pilates, Marathon Training and much, much more.

For class information, call the Semper Fit Center at 254-7597.

Gone Fishin' — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the Base Marina, the charter contractor now has two different boats to accommodate all of your fishing needs.

Check out its newest boat, the Bill Collector, built for charter fishing at its finest and most comfortable.

Call 254-7667 for more details.

Inexpensive, Fun Entertainment — Look no further for economical entertainment Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at only $1.50 a game. This discount is good for open play, but does not qualify for tournaments, leagues or unit functions.

Call the K-Bay Lanes at 254-7693 to get the spin.

Color Pin Special — Every Wednesday, roll a strike. When a colored pin is in the headpin position you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

Call the K-Bay Lanes 254-7693.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center for children ages 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more information.

Paintball Hawaii — Nestled behind the Lemon Lot, by the intersection of Harris Road and Mokapu Road, stands Paintball Hawaii. Shoot over for the great deals and have a blast with your friends.

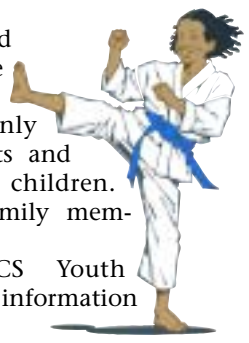
Cost is only $25 per person, and the fee includes one air refill, equipment and the field fee. Players can purchase paint at the field from $45 to $50 for a case of 2,000 balls. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283 for Friday appointments.

Junior Lifeguards — The Base Pool is currently offering Junior Lifeguard instruction for the youth at MCB Hawaii. Let your kids enhance their skills and abilities in the water, plus gain confidence and experience.

For more information, call 254-7655.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the 7-Day Store.



Adults and children are welcome, and costs are only $35 for adults and $25 for children. Additional family members cost $20.

Call MCCS Youth Activities for information at 254-7610.

Intramural Sports Standings

Women's Basketball	W	L
K-Bay	5	2
Camp Smith	4	3
PACOM	1	6
HQBN	1	6

Men's Basketball	W	L
MALS-24	7	0
HSL-37 "Easy Riders"	6	0
CSSG-3	1	0
VP-47 "Terror Squad"	7	1
MAG-24	7	4
HQBN "Demon Deacns	3	3
MCAF	3	5
3rd Marine HQ	1	5
3rd Radio Battalion	1	5
HSL-37 "EZ-2"	0	5
1/12	0	8

Baseball	W	L
MAG-24	3	0
VP-9	2	0
HQBN	3	1
VPU-2	2	3
1/12	0	0
VP-47	0	5

**Standings are current as of Monday.*

Mahalo Kai offers deep sea adventure

Ed Hanlon V
MCCS Public Relations

What better way to spend a beautiful sun-drenched day, than to spend it with friends or family aboard one of Mahalo Kai's charter fishing boats, speeding across the bay in search of the perfect catch?

Mike Flinchbaugh, Owner and Captain of Mahalo Kai Sport Fishing Charters admitted he doesn't know of a better way. "Because," he grinned, "I love fishing —I love what I do."

Mike and Mahalo Kai have been servicing MCB Hawaii and the windward community since 1992 and do not have plans of leaving any time soon. "As far as I know, we're the only charter available on the windward side," he boasted.

After leaving from the Base Marina, the crew heads for the deeper waters off the windward side ranging anywhere from Kahuku Point to Makapuu, depending on the Captain's proposal for the best catch.

Photo Courtesy of Mike Flinchbaugh

Marlin and Mahimahi are a couple of the most popular catches for Mahalo Kai Fishing Charters.

"We offer big-game fishing including Marlin, Mahimahi (Dorado), Ahi (Yellow fin Tuna), Ono (Wahoo), Aku (Skipjack Tuna) and more," he added.

Mahalo Kai's craft include a 31-foot Seret boat named after the company, as well as the impressive 41-foot Egg Harbor Sport Fisher entitled Bill Collector. The Mahalo Kai is capable of accommodating a four-passenger crew, and the Bill Collector is capable of holding six.

Being the only charter on the east side of Oahu has not influenced Mike's pricing to be heftier. In fact, Mahalo Kai charters are priced below competition. "We're priced often thirty percent less expensive than the competition in town, and we're right here," he stated. "We also include top-of-the-line equipment at no cost, tackle at no cost. Heck, all patrons have to do is bring food and their beverage of choice."

Charters range from six-, eight-, and 10-hour tours for both boats. The Mahalo Kai costs $375 for six hours, $425 for eight hours and $500 for 10 hours (four people). The Bill Collector costs $475 for six hours, $525 for eight hours and $600 for 10 hours (six people).

Photo Courtesy of Mike Flinchbaugh

Patrons of Mahalo Kai show off their share of tuna after a long day fishing.

Mahalo Kai makes a great deal even better, by offering all patrons "split-catch" meaning they can take home half of the days catch.

Taylor Bartlett, an experienced fisherman and Captain, accompanies Flinchbaugh.

The emerald waters surrounding MCB Hawaii gives way to limitless fun for those stationed aboard or authorized to use the base. Take the time to stop by the Base Marina, located in Building 1698 across from Hangar 101. Charters can be booked by calling the Marina at 254-7666 or 254-7667, seven days a week.

When asked if they had any final thoughts, the two captains chimed in unison, "We're here; we'll see you soon."

Community Sports

HTMC to Hike Hauula Saturday

Join the Hawaiian Trail and Mountain Club on a 5-mile, intermediate ridge hike. This combo hike includes ridge and valley rambling for a bit of a workout with good views and interesting vegetation. Reach coordinator Dayle Turner by phoning 384-4821 or e-mailing turner@hawaii.edu for detailed information.

Hikers should meet at Iolani Palace at 8 a.m. for the hike. A $2 donation is requested for each nonmember, age 18 or older. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes, and wear sturdy shoes and clothing. Firearms, pets, radios, and other audio devices are prohibited on hikes.

Check out the HTMC Web site at www.geocities.com/Yosemite/Trails/3660 for more information.

2005 Sports Car Racing Gears Up

The Hawaii Region Sports Car Club of America will host six major races in 2005 and Solo II races on both Oahu and Maui.

Solo II, or Autocross, is held at the Hawaii Raceway Park at Campbell Industrial Park on Oahu and costs $25 per driver. About 70 to 90 cars, from stock vehicles to race cars, normally compete. The event is purely amateur, but anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins.

Points acquired throughout the year accumulate for prizes and trophies presented at year's end. Minimum participation in more than half of the year's races is required to be in the running for points and the run-off championship.

Races are scheduled as follows: March 6, April 3, May 1, June 5, July 3, Aug. 14, Sept. 18, Oct. 2, Nov. 13 and Dec. 26. For more details, call Curtis Lee at 262-5987.

The Wheel-to-Wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park. All drivers must pass a driver's school to obtain a competition license, as the cars are raced at speeds of up to 140 mph, and passing is permitted.

Both the driver and vehicle must comply with a number of safety features before they are granted race entry.

Future races will be on the following dates: March 25, May 15, July 10, Sept. 5 and Nov. 26. For more details, call Ed Hollman at 488-1782.

Great Aloha Run set for Feb. 21

Hundreds of runners have already registered for the 21st annual Great Aloha Run. Annually, the 8.15-mile "fun run" brings in more than 20,000 runners from Hawaii, the U.S. Mainland and overseas to raise funds for more than 100 charitable organizations, community groups and elderly care in Hawaii.

The Feb. 21, President's Day, race starts at Aloha Tower Marketplace, following Nimitz Highway, and ends at Aloha Stadium.

Race fees are $18 for children, 12 and under and adults 65 and older; and $25 for individual and team runners. After Jan. 21, entry fees raise to $30 for adults. Registration forms can be obtained at the Running Room, Runners HI, Runners Route, Sports Authority, Tesoro Gas Stations and all health and fitness centers. Log on to www.GreatAlohaRun.com for information.

2005 Perimeter Run Gets Underway

Seven-member teams will trek approximately 134 miles in 35 legs of varying lengths to complete the 2005 Perimeter Run around Oahu. The race will begin at Neil S. Blaisdell Park in Aiea, and runners will travel counter-clockwise around the island.

Competitors will start at various times, from 7 to 11 p.m., Feb. 26.

Entry fees are $350 through Tuesday, and $400 thereafter. Entries are limited to 125 teams. Entry fees must be submitted by midnight on the dates stated above. There is no guarantee of team enrollment if entry is received after Monday. All entry fees are non-refundable.

Each runner receives a T-shirt and a finisher's award. T-shirts for support crew may be ordered using the entry form at $10 per shirt. Payment for extra shirts must be submitted with entry fees. Athletes can register online at www.Active.com. or call 589-2646 for more information.

State Offers Free Outdoor Education

The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification; and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is Feb. 25 from 5:45 to 10 p.m. and Feb. 26 from 7:45 a.m. to 4 p.m. in Classroom A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.)

A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/Welcome.html.

Straub/Kapiolani Women's 10K

For 28 years, women of all ages have come together in a celebration of friendship and good health at the Straub/Kapiolani Women's 10K. Elite runners, serious runners, race walkers, beginners and recreational walkers participate in this race. Mothers and daughters, students, the military and visitors have made the Straub/Kapiolani Women's 10K a tradition.

Registration fees for the March 6 race are $25 through Feb. 28 and $30 at packet pickup. Packet pickup is March 5 at NikeTown, 2080 Kalakaua Ave., from 10 a.m. until 4 p.m. or race day at Kapiolani Bandstand from 6 to 6:45 a.m.

Volunteers are also needed to make this event a success.

Runners can register online at www.active.com. Runners and volunteers can also get registration forms from www.straubhealth.com/events/index.asp. Call 522-4395 for more information.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs.

•*Saturdays at 8 a.m., Morning Paddle:* Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is $14. Advanced skill level is required.

•*Saturdays at 1 p.m., History Tours by van:* Learn about and see significant historical landmarks on Bellows Air Force Station.

•*Sundays at 8:30 a.m., History Tours by bike:* Ride mountain bikes for an extensive 7-mile, three-hour, guided tour of Bellows AFS. Wear closed-toe shoes. Cost is $15 for bike and helmet rental.

•*Mondays at 8:30 a.m., Hike to Makapuu:* Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse. Wear closed-toe shoes. Cost is $8 for adults and $5 for children 12 and under.

•*Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:* Discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is $15 for adults and $8 for children 12 and under.

•*Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:* Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. Cost is free with a day bicycle rental.

•*Thursdays at 9 a.m., Beach 101:* See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools. This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water.

•*Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:* Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign-up to win door prizes. For more information, call 259-4112.

•*Fridays at 1 p.m., Body-boarding Lessons:* Learn how to catch and ride the waves. Free day rental of boogie board is included.

For program information, call the Turtle Cove office at 259-4121 from 8 a.m. to 8 p.m. or visit www.bellowsafs.com.

Hawaii Marine Accepts Briefs

Advertise sports and recreational activities of interest by e-mailing items to editor@hawaiimarine.com, calling the *Hawaii Marine* staff at 257-8836 or by faxing items to 257-2511.

THE BOTTOM LINE

*Editor's Note: "The Bottom Line" is the **Hawaii Marine's** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send "Readers Strike Back" comments to editor@hawaiimarine.com. Remember, **"If you don't speak up, you won't be heard."***

Do the Patriots deserve to be labeled a dynasty?

Sgt. Joe Lindsay
The Goat

Yes, Virginia, the New England Patriots are officially a dynasty. In fact, it is arguable that they might qualify not just as a dynasty but also as the dynasty.

No longer will sportswriters need to compare future great teams to the Green Bay Packers of the '60s, the Pittsburgh Steelers of the '70s, the San Francisco 49ers of the '80s or the Dallas Cowboys of the '90s. Why would they? The question was answered in its entirety after New England wrapped up their third Super Bowl in four years with a 24–21 victory over the Philadelphia Eagles in Super Bowl XXXIV.

Now, some may scoff that New England has won all three of their Super Bowls by a combined 9 points. Other non-believers may point to the fact that the Patriots never should have even won their first ring in Super Bowl XXXVI, having been given a "pass" in the playoffs that year when Patriot quarterback Tom Brady became synonymous with the "tuck" rule after the Oakland Raiders recovered his fumble with less than two minutes left and a 13–10 lead. Instant replay and the application of the then obscure and still controversial rule landed New England in the AFC Championship game the following week.

People are quick to forget that Brady still had to lead his team back to win the Oakland game, 16–13. Then they had to win the AFC Championship game and then, of course, the Super Bowl against heavily favored St. Louis. Nothing has been handed to these Patriots. Additionally, if anything, these close victories are even more impressive than had the games been blowouts. Great teams find a way to win, and nobody finds a way to win better than head coach Bill Belichick and his Patriots.

Belichick is now 10–1 in the post season, passing Vince Lombardi for the all-time highest playoff winning percentage in NFL history. Brady, at 9–0, has never lost a playoff game. Those aren't just dynasty-like statistics. They are dynasty-reality numbers.

And guess what folks? New England is going to be locked and loaded next year too. Can anybody say four out of five. That's not a question either. It's a statement.

Bottom Line: The Patriots are the quintessential statement-making team and have secured their legacy among the all-time greatest NFL teams in history. To argue otherwise is, quite frankly, insane. With that, The Goat will now pass his faithful readers on to the ever- "wacky" Professor.

Capt. K.D. Robbins
The Professor

Webster's II New Riverside University Dictionary defines a dynasty as "(a) family or group that maintains power for several generations." That said, the New England Patriots appear to fit the mold. That is, if you consider three Super Bowls in four years as "several generations."

Unfortunately chowderheads, like Ming, Manchu, Blake Carrington and a series of NFL franchises before you, all dynasties find a way to end.

Anyone who thinks that the Patriots run will continue beyond 2005 is simply looking at this prototypical "team" through rose-colored glasses. Two losses will lead to the Patriots demise: Coaching and class.

Coaching: The loss of an NFL coordinator in the off-season is par for the course — especially when that team is a Super Bowl champion. You need look no further than the current NFL ranks to find a number of former coordinators to include Andy Reid, Brian Billick, and yes, Bill Belichick, who currently lead top-tier NFL franchises with Super Bowl aspirations. So, what makes New England different? Simple. They are losing BOTH coordinators. Offensive Coordinator Charlie Weis' jump to "Cheer. Cheer, for old Notre Dame," and Defensive Coordinator Romeo Crennel's leap to the Cleveland Browns assures New Englanders that three better be enough. Tom Brady will have his hands full leading and offense without Weis and Belichick can only do so much to imitate Crennel's creativity when scheming a defense. Bill may be the Socrates of the NFL. But, he just lost Plato and Epicurus.

Class: If Sunday's victory was the pinnacle of Patriots achievement, the antics of David Givens and Rodney Harrison were the pit of Hades. Say what you want about T.O. and his Sharpie. Givens and "Thug" Harrison are what are wrong with the NFL. It started two weeks earlier in Pittsburgh and ended in Jacksonville. The Super Bowl is an opportunity to showcase class. One can only hope that the consummate NFL "team" will do something to reprimand these idiots.

Bottom Line: To deny the Patriots props for their rings is insane. So, sanity demands the Patriots their due. However, their due is done. The Patriots will still succeed. But, the jewelers will fashion a new NFL logo in 2006. Weis and Crennel mean a whole lot more than Pats fans are prepared to endure, and the downward character spiral on the part of the team's "leaders" is a show killer. Enjoy the three New England; it's someone else's turn.

READERS STRIKE BACK

"Why don't we charge them money to come ... and meet the people who defend their right to earn their overpaid salaries."

Dear Bottom Line,

The Pro Bowl is this weekend and as much of a football fan as I am, I still remember two years ago when the players didn't want to come to MCBH for whatever reason. Instead, MCBH got the All Marine Corps Team to come and see a group of kids. Here are these men who do commercials for the United Way and talk about giving, all the time, but when it is their turn, they are nowhere to be found. There were a couple of Pro Bowl Players that wanted money, $80 to be exact, to sign cards, balls and whatnot. Of course the kids parents didn't want to pay the money. How can we, the parents, in good conscience, expect our kids to be selfless and look up to these "sports heroes" if they are so materialistic and self-centered? This is just one sports enthusiast's opinion — but why don't we charge them money to come on all the military bases and meet the people who defend their right to earn their overpaid salaries.

David Weekley
Greensboro, NC

"quotable"

"It's not the size of the dog in the fight, but the size of the fight in the dog." — Archie Griffen, 5'9" two-time Heisman winner

Child's first dental visit doesn't have to be scary

Navy Lt. Sepehr Rajaei
21st Dental Company

The 21st Dental Company encourages service members, their families and DoD personnel of Marine Corps Base Hawaii to take actions now to help prevent oral health diseases. During February, National Children's Dental Health Month, 21st Dental takes a look at tooth decay.

When should my child first see a dentist and why?

The ideal time is when your child's (primary) teeth come in, typically between 18 and 24 months of age. As a general recommendation, wait no longer then age two. This 18 to 24 month age window is an ideal time for the dentist to carefully examine the development of your child's mouth. Because dental problems often start early, the sooner you take your child to the dentist, the better.

To safeguard against problems such as baby-bottle tooth decay, teeth irritations, gum disease, and prolonged thumb sucking, the dentist can provide or recommend special preventive care.

How do I prepare my child and myself for the visit?

Before the visit, ask the dentist about the procedures of the first appointment so there are no surprises. Plan a course of action for either reaction your child may exhibit -- cooperative or non-cooperative.

Very young children may be fussy and not sit still. Talk with your child about what to expect, and build excitement as well as understanding about the upcoming visit. Bring with you to the appointment any records of your child's complete medical history.

What will happen on the first visit?

Many first visits are nothing more than introductory icebreakers to acquaint your child with the dentist and the practice. If the child is frightened, uncomfortable or non-cooperative, a rescheduling may be necessary.

Patience and calm actions on the part of the parent and reassuring communication with your child are very important in these instances. Short, successive visits are meant to build the child's trust in the dentist and the dental office, and can prove invaluable if your child needs to be treated later for any dental problem.

Appointments for children should always be scheduled earlier in the day, when your child is alert and fresh.

For children under 24-36 months, the parent may need to sit in the chair and hold the child during the examination. Also, parents may be asked to wait in the reception area so a relationship can be built between your child and the dentist.

If the child is compliant, the first session often lasts between 15 to 30 minutes and may include the following, depending on age: A gentle but through examination of the teeth, jaw, bite, gums, and oral tissues to monitor growth and development and observe any problem areas; if indicated, a gentle cleaning, which includes polishing teeth and removing any plaque, tartar build-up and stains; X-rays; a demonstration on proper home cleaning; and assessment of the need for fluoride.

The dentist should be able to answer any questions you have and try to make you and your child feel comfortable throughout the visit. The entire dental team and the office should provide a relaxed, non-threatening environment for your child.

When should the next visit be?

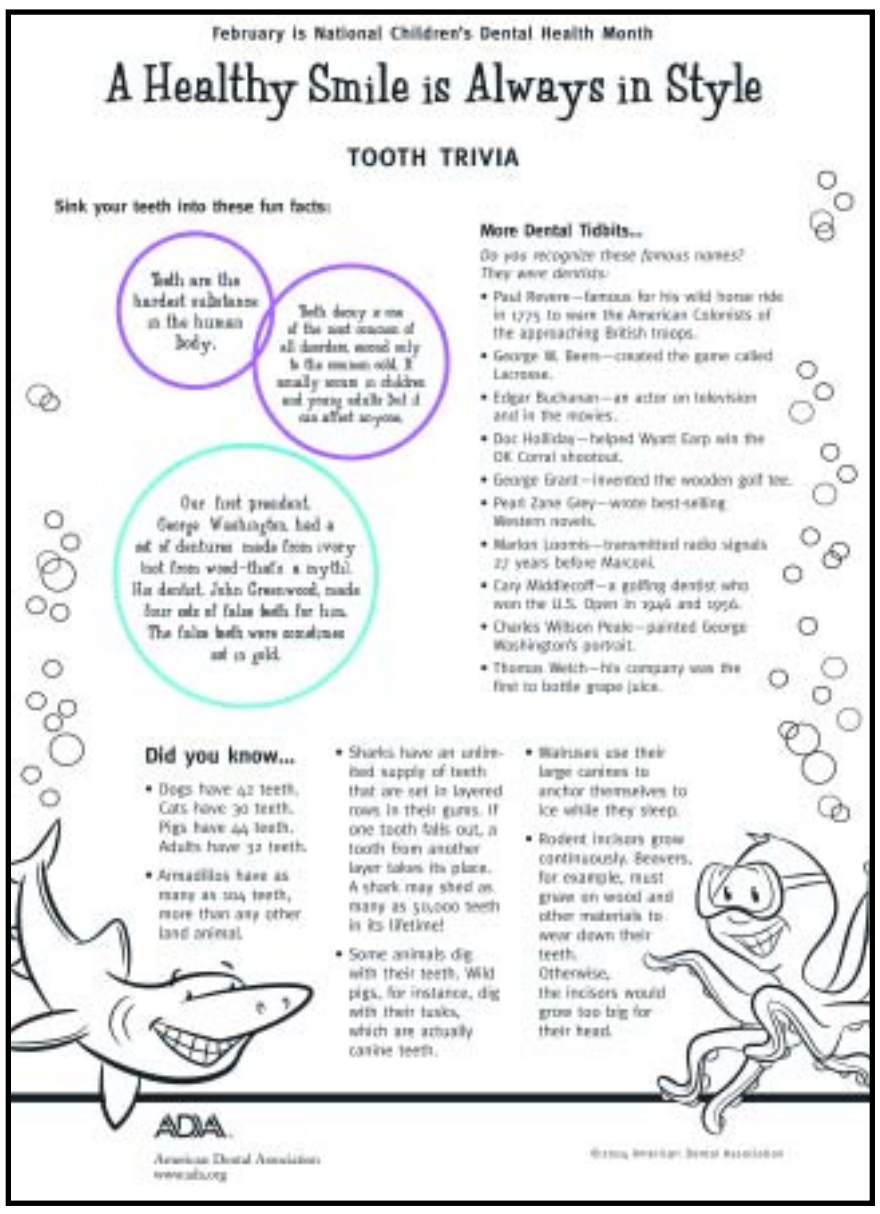
Children, like adults, should see the dentist every six months. Some dentists may schedule interim visits for every three months when the child is very young to build up a comfort and confidence level, or to treat a developing problem.

How do I find a dentist for my child?

Many general dentists treat children. If your dentist does not, ask for a referral to a good dentist in your area. A word-of-mouth recommendation can also yield the name of a quality dentist.

Photo Courtesy of 21 st Dental Company

Navy Lt. Sepehr Rajaei, a dental officer with CSSG-3's 21st Dental Company, examines a child's teeth. Parents should prepare for their child for their first dental visit to avoid unnecessary fear.



February is National Children's Dental Health Month

A Healthy Smile is Always in Style

TOOTH TRIVIA

Sink your teeth into these fun facts:

Teeth are the hardest substance in the human body.

Teeth decay is one of the most common of all disorders, second only to the common cold. It usually occurs in children and young adults but it can affect anyone.

Our first president, George Washington, had a set of dentures made from ivory (not from wood—that's a myth). His dentist, John Greenwood, made four sets of false teeth for him. The false teeth were sometimes set in gold.

More Dental Tidbits...

Do you recognize these famous names? They were dentists:

- Paul Revere—famous for his wild horse ride in 1775 to warn the American Colonists of the approaching British troops.
- George W. Beers—created the game called Lacrosse.
- Edgar Buchanan—an actor on television and in the movies.
- Doc Holliday—helped Wyatt Earp win the OK Corral shootout.
- George Grant—invented the wooden golf tee.
- Pearl Zane Grey—wrote best-selling Western novels.
- Marion Loomis—transmitted radio signals 27 years before Marconi.
- Cary Middlecoff—a golfing dentist who won the U.S. Open in 1946 and 1956.
- Charles Wilson Peale—painted George Washington's portrait.
- Thomas Welch—his company was the first to bottle grape juice.

Did you know...

- Dogs have 42 teeth. Cats have 30 teeth. Pigs have 44 teeth. Adults have 32 teeth.
- Armadillos have as many as 104 teeth, more than any other land animal.
- Sharks have an unlimited supply of teeth that are set in layered rows in their gums. If one tooth falls out, a tooth from another layer takes its place. A shark may shed as many as 50,000 teeth in its lifetime!
- Some animals dig with their teeth. Wild pigs, for instance, dig with their tusks, which are actually canine teeth.
- Walruses use their large canines to anchor themselves to ice while they sleep.
- Rodent incisors grow continuously. Beavers, for example, must graze on wood and other materials to wear down their teeth. Otherwise, the incisors would grow too big for their head.

ADA
American Dental Association
www.ada.org

Commanding General's Proclamation
2005 National Children's Dental Health Month
To be signed Monday at 3 p.m.

Whereas: The future is, to a large measure, dependent on the good health of our children and youth, the citizens of tomorrow; and

Whereas: good heath, physical and mental, can be achieved through good health habits, learned early; now

Therefore: I, George J. Trautman, Commanding General, Marine Corps Base, Kaneohe Bay, Hawaii, do hereby proclaim the month of February as Children's Dental Health Month and urge that all Marines, Sailors, and family members join in this observance.

In Witness Thereof, I have hereunto set my hand, this (day signed) of February 2005.

G. J. TRAUTMAN
Brigadier General,
U.S. Marine Corps
Commanding General

Suicide is never the answer

Cpl. Shawn Vincent
MCB Quantico

MARINE CORPS BASE QUANTICO, Va. — Suicide is never the answer. It is a permanent solution to a temporary problem.

Currently, Headquarters and Service Battalion is conducting a Suicide Prevention and Awareness Campaign to help keep the suicide rate aboard Quantico at zero.

Suicidal thoughts can happen to anyone, anywhere, anytime. With permanent change of station season quickly approaching, Marine Corps Base Quantico will soon find veterans of Operation Enduring Freedom and Operation Iraqi Freedom I and II in our battalion's arms.

You have resources

For anyone considering suicide, you have resources. Marine Corps Base Quantico chaplains are available 24 hours a day, seven days a week and are willing to help.

"If someone came to me and said they were having a suicidal thought, I would definitely lead (him or her) to a chaplain and stay in contact with (him or her) until I got help for (him or her)," said Petty Officer 3rd class Joey King, chaplain's office. " I wouldn't leave them alone for any period of time if they have suicidal thoughts."

If more help is needed

"If it's a personal problem or something the chaplains can handle, they will help the problem. But if it's a medical problem, they will be sent to the mental health department at the clinic," King said.

There is a suicide hotline, (800) 479-3339. Civilian agencies and resources are available, along with Marine Corps Community Services. And last, and possibly most effective, you have your peers, friends and families.

Get personal

When a person is considering suicide, rank is blind. It is our duty as not only Marines, Sailors and family members, but as human beings, to do anything in our power to stop them and get help. Get on their level and help them, no matter whom it is.

During a commander's intent speech, Gen. Michael W. Hagee, commandant of the Marine Corps, summed it up in a few words: "Leaders at all levels need to remain vigilant and establish command climates that encourage our Marines and Sailors to communicate their problems to whomever they feel most comfortable," Hagee said. "The focus of our leadership should never waver from the health and well being of our Marines and Sailors and from ensuring they know they will be guided and supported in getting the help they need."

The smallest act can help

A short story called "An Act of Kindness," shows how the smallest act of kindness can save a person's life. In the story, a boy named John was walking home from school one day when he noticed a boy walking ahead of him drop all of the books he was carrying, along with two sweaters, a baseball bat, a glove and a small tape recorder.

John picked up the boy's scattered articles, and after he walked his new friend Bill home, they exchanged small talk, watched television and shared a few jokes. Years went by and the two boys stayed friends, and just before they graduated high school, Bill stopped John to tell him a story.

Bill reminded John of the day they were walking home when John helped him with his books. He said that he cleaned out his locker that day so no one would have to clean up his mess later. He continued to tell him that that very day he was planning on taking his own life, but decided not to after he found a friend, and he thanked him.

It is simple acts of kindness that we can all afford to show each other. You never know — it could save someone's life.

If you or anyone you know is considering suicide, contact the chaplain's office at 257-3552 or 257-7700 after hours or call the suicide hotline at (800) 479-3339.

Suicide Prevention Numbers

MCB Hawaii Chaplain
257-3552 or after hours call 257-7700

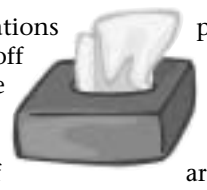
Hawaii State
Department of Health
832-3100

National Hotline
(800) 479-3339

Over counter medications can fight off colds

Lance Cpl. Kat Johnson
MCAS Beaufort

MARINE CORPS AIR STATION, BEAUFORT, S.C. — As the cold season approaches, many families find themselves in an all-out war against germs, sniffles and coughs; but with a few tips and careful thought, this cold season does not have to be unbearable.



Rest and over-the-counter medications are usually the best solution to fight off a current cold, according to the National Center for Disease Control. However, in order to really combat a cold, people should first be aware of how it starts.

"Most of the time, people can feel a cold coming on," said Dr. Robert Gardner, general physician, Naval Hospital Beaufort. "When those little warning signs appear, that is the perfect time to start preventive medicine."

Cold viruses medically referred to as rhinoviruses, begin by infecting small cells located in the nose lining. Once infected, the body responds by activating parts of the immune and nervous systems.

"This is when people usually get runny noses and sinus irritation," Gardner said. "Unfortunately, not every runny nose is a sign a cold is coming, so most people usually pay no attention to it."

After the nose has been infected, the body will activate inflammatory mediators. These mediators are natural substances that help protect the body from infection. Once triggered, the substances cause nose blood vessels to dilate and secrete mucus. After this process, cough and sneeze reflexes are stimulated and pain nerve fibers send messages to the nervous system informing the body it is infected with a cold.

"This may seem like an unstoppable process," Gardner said. "But if people start to intervene when runny noses and other cold signs first appear, prevention might be successful."

Other common signs of the cold virus are nasal obstruction, sore throats and mild coughs.

"When my son starts to cough and complain of a sore throat, the first thing I do is give him a bowl of chicken noodle soup," said Stanley Packard, a cold treatment patient at NHB. "My mom used to give it to us when we were little, and it works like a charm."

Home remedies and cold medications are very useful for fighting off a cold, according to Gardner. One of the most important things a person can do is know whether they are fighting off an oncoming cold or battling a current virus.

Once the body is infected with a cold, people will begin to have influenza symptoms, like infections of the nose, sinuses and bronchial tubes. These symptoms can last for one or two weeks and are usually overcome by cold medications and well-rested bodies, according to Gardner. People can take cold and flu syrup and use cough drops to suppress sore throats. If these do not work within a week, a doctors' visit should be the next step towards better health.

"During cold season, people should try to wash their hands more often and be aware of germs spreading from already sick people," Gardner said. "And remember, an apple a day may keep the doctor away but, they won't stop germs forever."

Semper Fit Group Exercise – February 2005

Monday
8:45 – 10 a.m. — Step 2 It
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling
6:45 – 7:45 p.m. — Pilates

Tuesday
6 – 7 a.m. — Cycling
8:30 – 9:30 a.m. — Muscle Conditioning
9:30 – 10:30 a.m. — Yoga
11:30 a.m. – 12:30 p.m. — H.I.T.S.
11:45 a.m. – 12:15 a.m. — Butt Cut
5:30 – 6:30 p.m. — Hi/Lo Intervals
6:30 – 7:30 — Step & Tone

Wednesday
6 – 7 a.m. — Cycling
8:45 – 10 a.m. — Step Challenge
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling
6:45 – 7:45 p.m. — Pilates

Thursday
6 – 7 a.m. — Cycling
8:30 – 9:30 a.m. — Muscle Conditioning
11:30 a.m. – 12:30 p.m. — H.I.T.S.
12 – 1 p.m. — Tai Chi
5:30 – 6:30 p.m. — Hi/Lo Intervals
6:30 – 7:30 — Step & Tone

Friday
8:45 – 10 a.m. — Step 2 It
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling
6:45 – 7:45 p.m. — Pilates

Saturday
9 – 10:30 — Step & Tone

Note: Cycling classes are $3 each. Tai Chi classes are $20 per month for 1 class per week.

Marine Corps show up for Men's Soccer Championship

Lance Cpl. Dorian Gardner
and Cpl. Jess Levens
MCRD San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO — The 2005 Armed Forces Men's Soccer Championship came to an end after the final game of the tournament, recently, at Naval Station San Diego soccer field.

The Marine Corps faced off against the Navy, the Army and the Air Force in the weeklong tournament that involved the best soccer players in the U.S. military.

The All-Marine team consisted of players from installations all over the world, including Okinawa, Japan; New River, N.C.; Camp Lejeune, N.C.; and San Diego.

In their final game, Marines went up against the All-Air Force team in the first game of the final competition day. The air power was too much to handle.

The airmen dominated the Devil Dogs from the get-go. They played impenetrable defense and scored two first-half goals. The Air Force tacked on three more goals in the second half to complete its shutout romp.

"Basically, a big factor in the tournament outcome was disrepair from their commands," said Staff Sgt. Mario Morales of Marine Corps Air Station New River and the All-Marine men's soccer team coach.

Lance Cpl. Dorian Gardner

After an attempt on the goal, All-Marine Cpl. Aaron Barragon looks on as the ball ricochets off the right goal post. The Air Force goalie stretches to block a shot that ricocheted off the goal post.

Many units were shorthanded due to deployments, and this meant that the usual amount of players on the team could not make it this year.

"We usually have 35 to 40 Marines trying out for the team, but this year ... we had 19," said Morales.

With a brand new team and a lot of starters from last year missing, the All-Marine team was glad to see one of their players return — Cpl. Eric J. Norfleet, the lone Marine who represented Marine Corps Recruit Depot San Diego.

Norfleet made his presence known on the field with excellent ball handling and outstanding endurance.

"We had a great team this year, but we just caught a couple tough breaks," said the three-time All-Marine veteran.

He and two other Marines have been selected for the All-Armed Forces Men's Soccer Team.

The Army won the tournament, followed by the Air Force and then the Navy. The Marine Corps filled in the final spot.

BULLDOGS, From C-1

team's first goal with 12:40 left in the half, making the score 8–2.

A foul by 1/12's John Fulghum sent Bulldog guard Victor Velez to the charity strip where he was only able to get one of two, making the score 9–2.

1/12's number 2 Helder Nunes attempted to jump start a comeback for his team, making the score 9–4.

On the other end of the court, the Bulldogs lit up the scoreboard again as every member on the court scored at least two unanswered points, making the score 21–4 with 6:18 left in the first half.

Numbers 4 and 7, Russ Johnson and Ben Moates, managed to inspire their team enough to make a valiant effort to close the gap, as they made the nets sway with each shot, bringing the score to 26–12, MAG-24.

In response, Lee turned into a "one-man wrecking crew" displaying moves and hitting shots that some could say would only be seen on a Michael Jordan highlight reel, closing out the half, 31–16 Bulldogs.

The second half began much like the first as Bulldogs Dan Lee continued what seemed to be his personal vengeance on his opponents' basket, scoring 10 points in the first few moments.

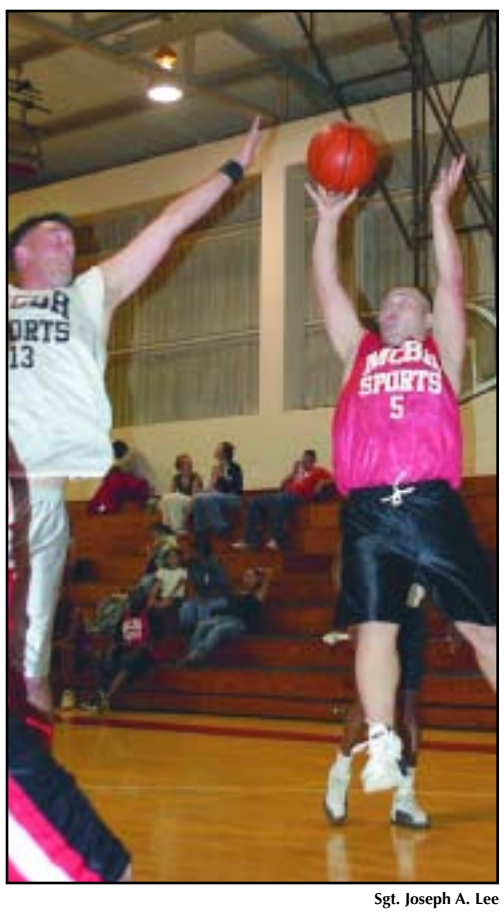
1/12 still fighting "tooth and nail" to put points on the board lead by number 2, Delfonzio Daniels, they managed to sneak a few shoots in over the monstrous defense of the bulldogs and at the four-minute mark the score stood at 42–27, still Bulldogs lead.

As the clock wound down both teams begin struggling to make shots fall, however Bulldogs Payne managed to sneak in two more buckets, making the score 46–27.

In a last ditch effort, 1/12 rained down a few shots and a last-second three by Number 9, Jaree Williamson, to end the game, 46–33 Bulldogs.

"It was a great game," said Bulldogs Coach, Christopher Vigil. "We had the open shots, open lanes, and our defense was on. We do have to pay better attention during the last three minutes of the game though.

"Historically we've had a few close calls in the last three minutes; our leads have dwindled because we slack off. It has nearly cost us the game. I believe we've gotten a lot tighter, due to our practice sessions. Hopefully they will allow our season to continue on the winning path were on."



Sgt. Joseph A. Lee

MAG-24's forward Christian Gonzales (right), attempts a two-pointer just out of the reach of 1/12 defender Joe Lewis, Feb. 1, in intramural basketball action at the Semper Fit Center.

PACDIV, From C-1

"They must not have any NJPs within the last six months and have an end of active service date no earlier than September 30, 2005. These requirements can be waived on a case-by-case basis."

There is no rank requirement, but in order to have a legal team, each unit must have; one shooting officer; one sergeant and below; one "Tyro," or first-year competitive shooter, who has never fired in a division match. This can be filled by the sergeant and below requirement and a fourth shooting member. If the unit does not have a shooting officer they can still compete on the individual level, but can't represent their unit in team competition.

According to Dutton, civilian competitors can compete in this match, but must be 10 points away from earning their civilian distinguish badge.

According to the range OIC, check in for all competitors starts today and the first day of classes is Monday. The matches will continue through March 11, awards day. The awards will be held at Puuloa in the newly renovated classroom, Building 48.

Dutton, an avid shooter, said the plus for participating is that being in the competition not only benefits the Marine Corps, it benefits the shooter, as well.

"The shooter gains a wealth of knowledge in marksmanship training that he or she can take back to their unit and pass along to help better their commands." Dutton remarked. "They will also get annually qualified in the rifle this year. The Marines gain highly qualified marksman to choose from to represent the Marine Corps in higher-level competition and highly qualified instructors. All Marines who participate will provide a marked improvement in their commands ability to maintain combat readiness with the knowledge that helps each and every Marine."

The chief warrant officer isn't the only one who recognizes the positive aspects of competing in the Pacific Division Matches. One shooter, who has been firing for about three years, cumulative, out of the last ten, said the benefits are endless.

"The Marine Corps gains a better trained marksmen, and someone who is confident about themselves and their handling of a weapon," said Staff Sgt. Troy L. Allenbaugh, Headquarters Battalion, comptroller accounting chief. "I first shoot in the PacDiv matches in '95. I remember that I had just become a coach. During the three weeks of firing, I gained the invaluable ability to become completely familiar with the weapons that we, as Marines, fire. Not only that, but I also got the opportunity to speak with and get help from shooters who are pretty much professionals, persons who fire these weapons systems all the time."

Since Allenbaugh began firing in the PacDiv matches he has won the silver medal in the High Tyro Rifle category, 1995; the gold medal for his shooting with the pistol, in 2002; a bronze medal for his shooting with the rifle, and the Pistol Team Medal.

Dutton said that anyone who would like to participate in the matches should contact their unit S-3 and the team's unit point of contact — submit their name and be ready to represent their command in a positive way.

Sgt. Joseph A. Lee

MALS-24's forward Curtis Burlisson goes around 1/12's defender Alan Rice for the layup during intramural basketball action at the Semper Fit Center, Feb. 1.

MALS-24, From C-1

as the unstoppable duo of Jeremiah Belone and Thomas Calaham struck back with a volley of buckets, and were able to bring their team within 6 points, making the score 40-35.

Dorsey attempting to stop the duo's momentum, using great teamwork and smart ball play was able to keep 1/12 at bay, ending the game in victory, 44–39.

"It was a good game," said MALS-24 Coach, Dwayne McCarthter. "We are starting to come together as a team. We kept our heads in the game and our defense has gotten a lot stronger, which is why our record now stands at 7–0."

Green day

Photos By Cpl. Michelle M. Dickson

Above — Ahman Green, running back for the Green Bay Packers and 2005 Pro Bowl selection uses the back of Sgt. Robert Griffin, bulk refueler, Base Fuels, Headquarters Battalion, MCB Hawaii, to sign an autograph Tuesday while visiting MCB Hawaii.

Right — Sgt. George L. Figone, Special Operations Training Group, Okinawa, instructs Ahman Green how to properly shoot a sniper rife at the Kaneohe Bay Rife and Pitsol Range.

Ahman Green meets with service members Tuesday after touring a CH-53D helicopter. The 28-year-old running back is in Hawaii for his fourth appearance in the NFL Pro Bowl, which is set for Sunday. After rushing for over 1,000 yards for the fifth straight season, Green was selected by football fans worldwide to represent the National Football Conference in the 2005 all-star game.