

Hawaii MARINE SPORTS

Hawaii Marine C Section

February 13, 2004

NFC reigns in Pro Bowl

Steven Kalnasy

*Varsity Sports Coordinator,
Marine Corps Community Services*

HONOLULU — In what could be billed as football's winter vacation for its lack of gridiron excitement, the 2004 Pro Bowl held at Aloha Stadium Sunday turned out to be one of the most exciting football games of the year.

"It was an awesome game!" said Raymond Bell, a Marine assigned to Combat Service Support Group 3 at Marine Corps Base Hawaii, Kaneohe Bay. "It had everything: intrigue, suspense, cheerleaders, and my favorite player, Steve McNair."

Highlighted by the numerous offensive records that were broken (there were 15 in all), the game turned out to be the hottest ticket in town. Throughout the first half, the red shirts of the AFC manhandled the blue shirts of the NFC, giving them the impression that they would pull off another big victory after the Patriots narrowly beat Carolina in the Super Bowl a week earlier.

With a combined 293 passing yards by NFL co-MVPs Peyton Manning and Steve McNair, the NFC appeared to be down for the count with a mid-game score of 31-13. It was only after halftime that the NFC came alive.

The decision by NFC Coach Andy Reid to bring in backup QB Mark Bulger of the St. Louis Rams turned out to be just what was needed to turn the game around. Throwing four touchdowns in the third quarter, Bulger set a new Pro Bowl record for most TDs in a game (a record previously held by legends Joe Theismann



See *PRO BOWL*, C-8



Photos by Lance Cpl. Rich Mattingly

Above — Marc Bulger, Pro Bowl MVP, looks for a receiver down field before he gets slammed by Jacksonville's Marcus Stroud.

Left — NFC wide receiver Alex Bannister (right) and left tackle Walter Jones, watch a hard hit while trying to stay cool.

Below — AFC quarterback Steve McNair looks to Jamal Lewis on a play action pass.



Marines win at NFL Military Challenge

Lance Cpl. Rich Mattingly

Combat Correspondent

WAIKIKI — Six Marines from the Kaneohe Bay All-Star football team, Marine Corps Base Hawaii, disposed of teams from the Air Force, Coast Guard, Navy and Army to win the 4th Annual NFL Military Challenge at Kapiolani Park Feb. 6.

The competition, a highlight of the Pro Bowl weekend festivities on Oahu,

featured teams from Oahu-based military installations squaring off in five football-based events.

The first event was the field goal contest, and the Marines started their domination early. Kicker Tim Legros, an air framer with Marine Heavy Helicopter Squadron 363, blasted a near-perfect nine of 10 field goals to put the Marines in first place.

See *CHALLENGE*, C-7



Cpl. Jason E. Miller

Runners take off for the early morning start in the Surf & Turf run Saturday aboard MCB Hawaii, Kaneohe Bay.

Keiki get all-star visitor

Cpl. Monroe E. Seigle

Community Relations Clerk

Every year, the Pro Bowl comes to the island of Oahu and unites football fans of all ages for an exciting game of fast-paced football. This year, one of the NFL's star players came to MCB Hawaii, Kaneohe Bay, to spend some time with Marines, Sailors and the youngsters who cheered him on during the 2003-2004

season.

Green Bay Packers guard Marco Rivera arrived aboard K-Bay Feb. 5 and met with many excited service and family members at Pop Warner Field.

"I appreciate what the military service members stand and fight for," said the 6-foot-4-inch Rivera. "I do not think Marines and Sailors get enough credit

See *RIVERA*, C-8

Sailor triumphs at Surf & Turf in 18:09

Cpl. Jason E. Miller

Combat Correspondent

Though the crashing waves called, runners of the annual Headquarters Battalion 5-Kilometer Surf & Turf run held aboard MCB Hawaii, Kaneohe Bay, stayed on track to finish the race Saturday — even though part of the course was wiped out by large surf hitting the beach.

The course was rerouted through the

Kaneohe Klipper Golf Course, but the lack of cool, refreshing ocean water didn't slow down Martin Ortiz, a Sailor and ground safety officer with Patrol Squadron 4, who finished the race in a lightning fast time of 18:09. He was the first in a field of nearly 100 runners who signed up for the event.

"It was a great run," said Ortiz, who has been a competitive runner since

See *SURF & TURF*, C-7

BASE SPORTS

Edward Hanlon V
MCCS Public Relations

February

13 / Today

Massage Therapy — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

14 / Saturday

Youth Basketball — Grab your sweetheart and head on over to the Semper Fit Center to check out and support youth basketball at its finest.

Games begin with the Termite League at 8 and 9 a.m. and move on to Mighty Mites League playoff action at 10 and 11 a.m.

15 / Sunday

Pool Plunge — Wet your feet and beat the heat at any one of the Marine Corps Community Services pools. With four locations to serve your swimming demands, there's sure to be one nearby.

Pool locations are at the K-Bay main pool, Bldg. 981; Hilltop pool, Bldg. 502; the Officers' Club, for members only; at Camp Smith pool, Bldg. 125; and at Manana Housing pool, Bldg. 840.

Gone Fishin' — Join Mahalo Kai Fish & Dive Charters for a day beyond the bay. Deep-sea fishing adventures are just a cast away with numerous packages to accommodate your fishing objective.

Spend your day with family and friends catching some of the ocean's most exotic and tasty fish off the coast of windward Oahu. Dive charters are also available in the crystal clear waters surrounding Kaneohe Bay.

Call 254-7667 for more information.

16 / Monday

Intramural Basketball — If you're not rocking the court, stop by the Semper Fit Center on Mondays, Tuesdays and Wednesdays to cheer on your unit's team. Games begin at 6, 7 and 8 p.m.

For sign-up information, call MCCS Intramural Sports at 254-7591.

Intramural Baseball — Take a swing by Reiseley Field on Mondays, Tuesdays, Wednesdays or Fridays at 6:30 p.m. to root for your team.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, and is open 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.

Adventure Training — Designed to promote unit cohesiveness and enhance confi-

dence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do PT at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing, and Adventure Training is offered at no charge to all MCB Hawaii units.

Training NCOs and staff NCOs should call the base marina at 254-7667 for more details.

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

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

18 / Wednesday

Color Pin Special — Roll a strike when a colored pin is in

the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. If you make the play, you win!

21 / Saturday

Hawaii Championship Boxing — It's fight night in the Kahuna's Community Ballroom. Open to all hands, catch live boxing at 7 p.m.

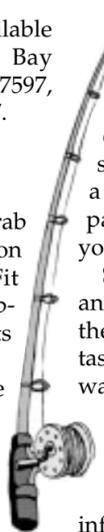
For more information, call 254-7660.

March

9 / Tuesday

Golf Clinic — Every Tuesday in March, the Single Marine & Sailor Program will host a golf clinic at the Kaneohe Klipper for \$40 per person. Learn everything from swing fundamentals to etiquette, and practice up for the next Shank & Slice Tournament coming up on March 24.

Call the SM&SP office at 254-7593 for details.



Cpl. Jason E. Miller

Base All Star

NAME: Martin Ortiz

UNIT: Patrol Squadron 4

BILLET: Ground Safety Officer

SPORT: Competitive Running

• Ortiz finished 51st overall in the 1998 Marine Corps Marathon in Washington, D.C.

• He finished First overall in the annual Headquarters Battalion Surf and Turf 5K here Saturday.

• He has been involved in running for 10 years.

"I like running because you can really get in a zone. You forget about any problems you have and just focus. It's a natural high."

Intramural Basketball Standings

	Wins	Losses
MAG-24 Bulldogs	3	0
ETD Monsters	3	0
VP-4 Topside Dragons	2	0
3rd Marines	3	1
Mess Hall	2	1
VP-4 Skinny Dragons	1	1
HMH-363 Red Lions	1	2
HQBNS Second2none	1	2
MALS-24 Warriors	1	3
1/12	0	0
CPRW-2	0	2
MCAF	0	2
SNCO Academy	0	2
MALS-24 Supply	0	2

(Intramural Basketball standings are current as of Feb. 4.)

Intramural Baseball Standings

	Wins	Losses
MAG-24	4	0
HQBNS	2	1
VP-4	1	2
VP-9	1	2
3/3	1	2
1/12	0	0

(Intramural Baseball standings are current as of Feb. 6.)

COMMUNITY SPORTS

Coaches Needed in Kailua

Kailua Intermediate School is looking for motivated individuals to coach the track team during the upcoming spring season. This is an opportunity to provide a positive experience in the lives of seventh and eighth graders looking to build pride in their school and participate as a member of a team.

The season is tentatively scheduled to begin in March and end in April. Contact Mrs. Wanda Machado at 263-1500, ext. 306, for volunteer information.

Rugby Club Hosts Bash, Feb. 21

Interested rugby enthusiasts are invited to join the Hawaii Harlequin Rugby Football Club for an exciting exhibition match, Feb. 21 beginning at 4 p.m. at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay. An after-party will kick off at Kahuna's Sports Bar & Grill following the match.

Hawaii Trail and Mountain Club Plans Two Weekend Jaunts

• Friendship Gardens will be the pleasant start to a windward foothill ramble with plenty of ups and downs, Saturday beginning at 8 a.m., when the HTMC traverses on a three-mile intermediate hike to Kawaewae. If you're interested, call coordinator John Hall at

377-5442 for more information.

• Only the first 15 camping enthusiasts who sign up for the Mokuleia Campout will view surreal sunsets during this six-mile, intermediate backpacking trek. Nestled between the grandeur of Kaala and the tranquility of Pahole, the Mokuleia Campout boasts three days and two nights of rest and recreating at 2,200 feet elevation. It's first come, first served for this campout; call coordinator Carole Moon at 596-4864 or Ken Suzuki at 845-4691 to reserve your spot.

• A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18.

Firearms, pets, radios and other audio devices are prohibited on hikes.

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. For more information, call Turtle Cove at 259-4121 anytime from 8 a.m. to 8 p.m. (Bring bottled water and sunscreen for outdoor activities.)

• Saturdays at 8 a.m., Morning Paddle: Take the guided kayak tour to the Mokuleia Islands, which offers the opportunity to see birds up close in their

natural habitat. 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 into off-limits areas on mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included. Wear closed-toe shoes.

• 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.

• Tuesdays and Thursdays at 10 a.m., Lei Making: Pick your own flowers to use in making beautiful lei and enjoy ancient Hawaiian folk tales and stories.

• Wednesdays at 6:30 a.m., Bikram's Yoga: Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

• 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.

• 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.

• Thursdays at 9 a.m., Beach 101: The whole family can attend this fun class.

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

State Offers Free Recreation

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.

The next two-day session is Feb. 20 from 5:45 to 9:45 p.m. and Feb. 21 from 7:45 a.m. to 4:30 p.m. at the Nimitz Business Center, Room A-212A. A picture ID is required for entry.

For more information, call 587-0200.

Hawaii Marine Accepts

Sports and Recreation Faxes

Advertise sports and recreational activities in the *Hawaii Marine*.

Fax items to 257-1289, or call 257-8836.



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.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Should underclassmen be allowed in the NFL?

Capt. K. D. Robbins
The Professor

The floodgates have opened. It is mass hysteria. Dogs and cats are living together. Maurice Claret and Larry Fitzgerald are eligible for the NFL Draft.

OK. All melodrama aside, high school kids making the break for the NFL are a possibility, not a reality.

Fitzgerald is a stud. His six-foot-three-inch, 225-pound frame makes him the prototype NFL wide out. Plain and simple, the guy can flat out play.

In Pittsburgh, Walt Harris has created a program that puts points on the board. But Fitzgerald would have made even a wishbone offense go vertical.

Physically and mentally, the Heisman runner-up is ready for the show. What is truly amazing is his demeanor. In this, the day of high school Hummers and pay-per-view, televised prep football and basketball extravaganzas, Fitzgerald's gentlemanly handing the ball to the referee following one of his 34 career (two years, mind you) touchdowns is a breath of fresh air. He is a cool customer and his demeanor never seems to change.

Claret is an enigma. The 20-year-old, six-foot, 230-pound tailback is a physical specimen. He has never, yes NEVER, lost a college game. He plays with heart. He is a warrior, and has the "potential" to do great things on Sundays.

For those who doubt his physical preparedness, just remember that he single-handedly led the upstart Buckeyes over the AAA NFL Miami Hurricanes in the 2003 Fiesta Bowl.

Unfortunately, the only place he seems to have any control is on the field. The young man just doesn't make good decisions.

From snubbing Marcus Allen to skipping class at Ohio State (not an occasional class, the entire semester), the would-be superstar may be his own worst enemy. But, "potential" alone will give Maurice the one opportunity he always wanted — to get paid!

Bottom Line: Have these two athletes changed the face of the NFL? Yes. The beneficiary of this youth movement will be NFL Europe. Arena football will draw some of its best athletes, and the prep schools will get more talent than ever. The NFL will have to scout the Concord De La Salle (California) and St. Ignatius (Cleveland) games to find upstart talent. However, it will not be the pipeline.

College football will continue to serve as the NFL's minor league. But, there will be scouting jobs available for those who think they may have found the NFL's version of LeBron James dodging 15-17 year-olds on Friday nights.

Kind of gives the term "prep" football a new meaning. Doesn't it?

Sgt. Joe Lindsay
The Goat

A federal judge's landmark decision last week threw out the NFL rule prohibiting athletes from being eligible for the draft before they were out of high school for three years, on the grounds that it violated federal antitrust laws. Basically, the NFL's rule barred high school seniors and college freshman and sophomores from turning pro early.

The NFL is up in arms over the decision, saying that these young athletes are not ready for the rigors of pro football.

Get real. The only reason the NFL is upset is because the decision is going to weaken the minor league farm system that is college football. College football both develops and markets players for the NFL free of charge. The NCAA and universities make a fortune off the athletes' backs, giving them nothing in return — save room and board, free tuition and a chance to make the NFL after three years of indentured servitude.

And please don't give the Goat the politically correct mumbo jumbo about the college experience and education. Most of these kids aren't going to graduate anyway, and the ones that do are usually not good enough to make the pros. They have

to fall back on their degree. But we digress. This isn't about what's best for the athletes. This is and always has been about what is best for the pocketbooks of the NFL and their NCAA cohorts in crime.

Of course, the NFL is appealing the ruling, and issued a statement saying, "The rule is for the young players' own good: It is designed to make sure they are big enough and strong enough to play in the NFL."

What a crock. Eighteen year olds can vote, get married and die in war. But even if they are good enough athletes, they still can't play in the NFL? Gimme a break.

Bottom Line: The truth is the NFL is going to have to gamble on younger, unproven talent, just like the NBA does. And they don't want to do this, because when you gamble, there is always a chance you may lose (see Kwame Brown).

There is a simple solution to the NFL's problem. If the kid is too big a gamble, don't draft him. It's that simple. But don't pretend the rule was put in place to save the star high school senior or college freshman sensation from himself. Leave that job to the kid, his parents and Janet Jackson.

The NFL cares about the NFL. And the twins.

READERS STRIKE BACK

Last year, my wife wrote in to "The Bottom Line," and ever since it was published, her letter has been posted on our refrigerator. I must say, at first I was proud, but after a while it got a little annoying, since

all guests to our house would see it and ask about it. Even my buddies needle me a little about it, and when they come over to watch football or basketball, they always talk to her like she is some sports expert

now or something.

This has cost me stature in my own home. It used

See *STRIKE*, C-8



spotlight on health

Sealants shown to prevent cavities

Navy Lt.

David Prusakowski
21st Dental Company

Part II of IV

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. In Part II of this four-part series during February's National Children's Dental Health Month, the 21st Dental Co. takes a look at sealants.

What is a sealant?

Sealants are a thin, plastic coating that is painted on the tooth surface to fill the grooves and pits. The coating is hardened to protect the tooth surface from decay. The coating can be clear, white or slightly tinted, but is virtually impossible to see because of its placement on the back molars.

Sealants are a great option for the prevention of dental caries because they act as a physical barrier to decay. The protection is determined by the sealant's ability to adhere to the tooth.

What is the process for sealants?

The dentist cleans and rinses the tooth surface to make sure that it is free of any decay. Then a special cleansing liquid is rubbed on the tooth and washed away. Finally, a seal is

applied, usually on the chewing surface of the back teeth until it hardens.

The procedure is pain-free and takes about five minutes per tooth.

Who is a good candidate for sealants?

Anyone who is at high risk for dental caries should consider sealants. In general, children are good candidates for sealants, as long as sealants are applied before their teeth have a chance to decay.

It may be beneficial to apply sealants to newly erupted molars (six and twelve year). You should talk with your general dentist about sealants if you have a disability or do not use fluoridated water.

Adults can also benefit from this procedure because they have the same grooves and pits.

Ask your dentist if you are a good candidate for sealants.

Why should I ask about sealants?

The chewing surfaces of children's teeth are susceptible to decay because children have a harder time cleaning the tiny grooves and pits on certain teeth, and fluoride is not necessarily as effective on the teeth in this area. So, although your child may brush and floss carefully, food and bacteria still can build up in the depressions,

leaving a higher risk for decay.

Other patients can benefit from sealant placement such as those who have existing grooves and pits that are susceptible to decay.

Are sealants effective?

Yes, approximately three-quarters of sealed teeth remain cavity free, compared to less than one-third of teeth without sealants. Plus, research has shown that almost everyone has a 95 percent chance of eventually experiencing cavities in the grooves and pits of the teeth.

Sealants can save time, money and discomfort from more invasive procedures, and help maintain intact teeth by preventing decay that destroys tooth structure.

Some research has shown that sealants may stop cavities when placed on top of a slightly decayed tooth by sealing off the supply of nutrients to the bacteria, which is the cause of caries.

How long do dental sealants last?

Dental sealants have a very high success rate and can last up to 10 years. To receive the maximum benefit from sealants, children should continue practicing good oral hygiene, which includes brushing and flossing daily.

Diet also can be a factor in the effectiveness of sealants. Avoid biting hard objects such as hard candies.



Photo illustration by Staff Sgt. Scott Dunn

During February, National Children's Dental Health Month, K-Bay's 21st Dental Company hopes to spread the word that sealants, along with regular oral hygiene, can prevent cavities.

Sealants are just one part of a child's preventive dentistry program that should include fluoride, plaque removal and regular dental care.

Loose or defective sealants can be replaced at follow-up

appointments. Your general practitioner will check to make sure that the sealants are in place during your checkups.

(Editor's Note: Next week, look for information on baby bottle tooth decay.)

'Lean Kids' can help shed pounds

Dr. Leilani K. Ahina

*Child Psychology Fellow,
Tripler Army Medical Center*

HONOLULU — Rates of obesity and overweight people in the United States have reached an all-time high, with 64 percent of adults now overweight or obese. Among children and adolescents, recent statistics report that 15 percent of children are overweight or obese — nearly a 300-percent increase over the last 20 years.

If your child is overweight, he or she is at high risk of remaining overweight through adolescence and adulthood. Are you concerned that your child is overweight? Would you like your family to be healthier? There is hope.

Treating this problem during childhood and developing healthy eating and activity habits may be the most effective time for correcting lifestyle habits. Interested military families with an overweight child between the ages of 6 and 12 years old are wanted for a research study looking at how effective two versions of our "Lean Kids" treatment program are.

The Lean Kids treatment program helps families with an overweight child to safely and effectively make and maintain healthy lifestyle habits such as eating healthier and becoming more active. Lean Kids is a 10-week, group treatment program that teaches parents the skills they need to motivate change in their families such as goal setting, positive reinforcement and problem solving.

The program includes follow-up for one year, and all assessment and treatment is provided at Tripler Army Medical Center and/or at the Aliamanu Military Reservation housing — at no cost to military beneficiaries.

To enroll, see your child's doctor to ask if your child is appropriate for the Lean Kids program. If so, your doctor can refer you to the program.

Being overweight is more than a problem about how you look.

Individuals that are overweight are at a higher risk for developing serious medical and emotional problems such as heart disease, stroke, diabetes, cancer, depression and eating disorders. In addition to medical problems, overweight children commonly experience peer rejection, low self-confidence and low self-esteem.

Any weight loss or weight control program should begin with a visit to your family doctor. Treatment efforts should be gradual, not drastic, with a focus on making small changes that will be maintained over time. These are the principals that Lean Kids follows.

For more information about the Lean Kids treatment program, and the research study, contact Dr. Leilani K. Ahina, principal investigator, at 433-1492.



Lance Cpl. Michelle M. Dickson

Students at Mokapu Elementary keep active to ward off any unhealthy weight gain.

Did You Know?

Top 10 Nutritious Foods & Drinks

- 1) water
- 2) fresh fruit
- 3) milk and flavored milk
- 4) grilled chicken and fish
- 5) pasta
- 6) cooked vegetables
- 7) whole-grain cereal
- 8) 100 percent orange juice
- 9) tossed salads
- 10) raw vegetables with dip

Per survey conducted on behalf of Nestle® Nesquik®.

Ollies, grinds of skateboarding are on the rise

Lance Cpl. Michelle M. Dickson
Combat Correspondent

With the popularity of extreme sports sweeping our nation's youth, skateboarding is quickly becoming one of the most recognized adrenaline — enhancing sports of them all. Even aboard Marine Corps Base Hawaii the sport is gaining popularity.

Skateboarding originated in the 1920s and 1930s when boards were simply made by nailing roller skates to pieces of wood. Today's skateboard is

constructed using high-tech aerodynamic technology, as the original roller skate idea was hardly efficient.

A basic skateboard is 29 inches long, which is good for street use. Boards that are 27 inches are optimal for freestyle and stunts, while boards that are 30 inches are primarily used for vertical and downhill skating.

The average age of skateboarders ranges from 12 to 14, but the leeway on each side is increasing dramatically.

Ryan Lau, 22, a sales clerk at 808 Skate in Kailua, has been skateboarding for nine years. He skates at both skate parks and on the streets.

"I've always wanted to skateboard ever since I saw the movie, 'Back to the Future,'" said Lau.

Lau learned to skate mostly from watching

others and meeting people at skate parks. Since surfing is similar to skateboarding, Lau took what he could from that sport as well.

Competitions are available around the island for skaters with more serious aspirations. Contests generally go by divisions and sometimes age groups. Lau has skated not only in the Hawaiian Islands, but also in California and Colorado.

"I don't really like going to the competitions for the mere fact that they can take all the fun out of the sport," said Lau. "A lot of the time, people get too competitive and then their ego just gets in the way."

Although skateboarding can be fun, caution and potential chance for serious injury should not be taken lightly. Safety is paramount. For the beginner, safety pads and helmets are a necessity. But even the most experienced skaters suffer severe injuries, so admitting defeat at the first attempt

and taking the proper safety precautions is a smart thing to do regardless of one's skill level.

There are a series of skate parks on the island of Oahu. Along with the one on Kaneohe Bay, there are skate parks located at Hickam Air Force Base, Kapolei, Hauula, Manana Family Housing, and at Banzai, Waipahu, Kahuku and Kaneohe District Parks.

Not only is it just fun to perform tricks while skateboarding, but also the freedom involved with the sport gives a great feeling, said Lau.

"You can do whatever you want when you're out there on your board," he said. "It can take your mind off things, and you just end up making a lot of friends."

The X Games and other events involve skateboarding, they also put the sport on the rise for increased popularity. What was once thought of as a fun pastime is quickly becoming a highly recognized and respected sport.



Photos by Kristin Herrick

Nicholas Okamoto, 12, works on his moves at Hawaii Loa Skatepark aboard MCB Hawaii, Kaneohe Bay. Boarding is among the fastest-growing sports in the U.S.





Lance Cpl. Rich Mattingly

Members of MCB Hawaii's Intramural Football All-Star Team celebrate after their victory in the NFL Military Challenge.

CHALLENGE, From C-1

After Legros' outstanding performance, with assistance from Chris Watkins as holder, it was time for the rest of the team to spring into action in the training camp obstacle course.

Three members of each team ran through the course, consisting of tackling dummies, a foot-speed drill and hanging dummies. Raymond Bell, a motor transport technician with Combat Service Support Group 3 and a first-year base all star, led the way, followed by Shama Hernandez, a statistics chief, and Julio Pena, an assault man with Weapons Company, 3rd Battalion, 3rd Marine Regiment.

After the fast-paced event saw the Marines' first-place edge slipping to strong performances by the Coast Guard and Navy, the Marines knew they needed to step it up a notch in the long-snapping competition.

"We're going to bring it home this year," said Bell. "We're a very well-rounded team, and while the other teams are also really good, we think we've got the edge."

Nick Chapman, an embarked with CSSG-3, showed Bell's confidence to be well placed, easily clearing five of nine targets with his long-snapping skills.

The Army team, arriving late, managed six of nine, but was considered ineligible after missing two events.

The Marines held a formidable lead over the field going in to the 40-yard dash, but the Army and Navy proved a touch faster, just edging the Marines by a few tenths of a second.

Punting and passing competitions rounded out the day's events, designed to challenge all the skills required for gridiron success.

Watkins took his turn at center stage for the Marines, sending booming punts downrange like so many 155mm shells. The punting competition was based on accuracy and distance, with penalty yards assessed to off-center kicks.

Finally, with the title on the line after another strong showing in the punt competition from the other services, the other five Marines hit the field to receive passes from quarterback Bell. Receivers could not move their feet in any way to assist in catching the ball.

After a questionable call against the Marines — who tied the Army with eight of 10 receptions — officials held a tie-breaking throw-off. Showing a "never-say-die" spirit, the Marines won the throw-off and took the win.

After celebrating died down, the Marines accepted a trophy from the NFL, commemorating their first NFL Military Challenge victory.

"It's been a lot of fun," said Kristin Taft, a consolidated memorandum receipt clerk with Headquarters Bn., MCB Hawaii, who came to Kapiolani Park to support the Marines. "It's also a great feeling to dominate like we did today."

The Marines went home, happy with their victory and said they look forward to competing again next year.



Lance Cpl. Rich Mattingly

Raymond Bell leans forward, anticipating a tag from the streaking Shama Hernandez, during the 40-yard dash relay portion of the 2004 NFL Military Challenge.

SURF & TURF, From C-1

high school. "I like doing these kinds of recreational races. It's a really good time."

Most participants in the race complimented the rerouting of the course, even though it was not what they originally signed up to run. The spirit of competition still held as the top finishers of the race came in within seconds of one another.

Also moving quickly, finishing the race as the top female competitor and fifth finisher overall, was Rachel Robinson, a military family member.

The Marines and Sailors of Headquarters Bn., MCB Hawaii, worked from early in the morning and through the race to put together the annual Surf & Turf. By all accounts from participants and observers, it was a very successful event.



Kristin Herrick

Marco Rivera (left of center), guard for the Green Bay Packers, took time from his busy Pro Bowl schedule to give the kids a mini football clinic Feb. 4, along with K-Bay's Intramural Football All-Stars.

PRO BOWL, From C-1

and Phil Simms).

Completing 12 of his 21 passes (for 152 yards, with just one interception), Bulger's dismantling of the AFC was virtually set in stone when Detroit's Dre' Bly put the NFC on top with his 32-yard interception off of Manning, converting the catch into a game-leading touchdown.

With last-ditch hopes of coming back to tie the game in the last seconds of the game, Colts place-kicker Mike Vanderjagt's failed field goal attempt proved once and for all why it's a good idea not to leave a football game early. The change of fortunes orchestrated by Bulger earned him the MVP award.

"I didn't do it alone; it was a team effort," said Bulger after the win.

Prior to the game, many of Hawaii's military personnel gathered to enjoy the spectacle of the NFL's best players in action. Everywhere you looked, you could find soldiers, Sailors, airmen, Marines and Coast Guardsman showing their patriotism and love for their respective home teams.

"Being here really makes me think of my fellow Marines overseas. It makes me appreciate what America stands for," said Bell. "When the 'National Anthem' was played, I was overwhelmed with feelings of pride. And when that eagle 'Challenger' flew into the stadium, it nearly brought tears to my eyes," he explained.

Those sentiments of patriotism and gratitude were shared by many of the players who were in town to participate in the game too. Denver Bron-

cos running back Clinton Portis said he felt not only privileged to be part of the game, but also humbled by what America's fighting men and women do for him.

"They put their lives on the line for us every day. What I do doesn't even compare," he said.

Offering words of encouragement to those preparing to deploy in support of the war on terror, Hall of Fame Coach Marv Levi said he has tremendous admiration for the Marines.

"My father was a Marine who fought at the Battle of Belleau Wood with the 4th Marine Brigade. There's no one I honor more than Marines.

"They have my very best wishes and my admiration. Our nation is fortunate to have a dedicated fighting force to protect us ... to keep us free."

RIVERA, From C-1

for what they do. A lot of them spend a lot of time away from their children and families to make sure ours are safe.

"I love my country and feel honored to meet and shake the hands of the men and women that defend it," he said.

Rivera introduced himself to fans and then spent some time doing several stretches before running a variety of basic football drills. Several members of the MCB Hawaii Intramural Football Team also helped the kids.

"Once a year, the Pro Bowl comes around, and MCB Hawaii always does its best to show support," said Ed Hanlon, a public relations coordinator for Marine Corps Community Services Hawaii. "This year, we were

fortunate enough to host Marco Rivera. He seemed to be honored to have a chance to spend time with Marines, Sailors and their family members."

Before departing MCB Hawaii, Rivera sat at the front of a long line of fans. He signed shirts, sports jerseys, footballs and a variety of photos of himself.

"I enjoyed mostly playing with the kids out here," explained Rivera. "I have a football camp in San Juan, Puerto Rico. These kids are our future, and I like nothing more than to give them a helping hand and encourage them to excel in life.

"I believe that just playing and talking with children can give them an outlet to learn through sports, and make positive accomplishments in life."

STRIKE, From C-3

to be I was king of the castle, but it seems more to me it would be more accurate to say, she is queen of the castle.

I hope to reverse this trend and regain respect as the sportsman in our family, so here is my best shot: "The Bottom Line" is the single most honest, truthfully-cynical, reality-laden and hard-hitting sports commentary that I've ever read. I know there are haters out there, but they are lost in the sauce.

Keep it real and don't ever go "corporate" on us.

"The Bottom Line" is the BOMB!!!

- Mike Camacho
San Diego