

Hawaii MARINE SPORTS

Hawaii Marine C Section

February 27, 2004

'Quins ruck over HPU, 32-0

Story and Photos by
Lance Cpl. Rich Mattingly
Combat Correspondent

With shouts of "Ruck On," the Hawaii Harlequins took to the pitch at MCB Hawaii, Kaneohe Bay, against the Sea Warriors of Hawaii Pacific University Saturday afternoon. With Windward-side bragging rights on the line, the Harlequins lit into the Sea Warriors with gusto, and didn't let up for 80 minutes.

The Sea Warriors put up several defensive stands early in the match to keep the Harlequins out of the try zone, but after an Andy Sutander blindside run put their first try on the scoreboard, the Harlequins were unstoppable.

The first half's only other scoring came from Harlequins flanker Joey "Krazy" Krezo. He drove like a machine at the flank, driving into the try zone for the score.



After the half, the blue-and-green suited Sea Warriors seemed ready to do some scoring of their own. Repeated forays down the pitch, however, were brutally halted by the larger, more experienced Harlequins. Blue-and-green bodies were tossed about like lost ships in a storm under a powerful wave of Harlequin baby blue.

Kevin Sturm, Hawaii Harlequins head coach, got in on the action to start the half, with a key tackle to halt a Sea Warrior drive.

"I'm an old dog, and I don't usually play much, but I wanted to get out there today," said the hard-hitting Sturm.

The second half's first score came from a no-look pass that would have made Magic Johnson proud. Barreling down the field, the massive Harlequins "T" managed to shed several Sea Warriors en route to assisting Jeremy Woodruff with the try.

The Sea Warriors just couldn't get a break, seeing another try scored by the lightning-fast Sam "Kamehameha Jr." T's brother, "Armani", assisted Robinson.

"I feel fit today," quipped a pumped-up Armani on the sidelines. "I'm not getting a second wind or anything; I'm just ready to go."

Less than a minute later, T showcased his talents again with a monster juke of an HPU defender on his way to a try-scoring clinic.

With the game well in hand, the final try of the match was a second score by Sutander. After being fed the ball, he danced through the tired HPU defenders to cap an excellent



Hawaii Harlequins coach and erstwhile player, Kevin Sturm takes down a HPU ballcarrier while flanker Jeremy Woodruff (also in inset) gets in on the action. Sturm's stop in the second half effectively halted a determined Sea Warrior drive.

match at wing.

The Hawaii Harlequins Rugby Football Club's next match is against a U.S. Navy team at Kapiolani Park in Waikiki at 2 p.m., tomorrow.

"The Harlequins are the closest thing to a 'home team' the Marines have," said Jeremy Woodruff, flanker for the 'Quins. "I hope that we can get some more support from Marines stationed out here."

For more information on Hawaii Harlequins Rugby, visit site at www.angelfire.com/hi3/HawaiiHarlequins/index.html or www.hawaii-harlequins.com.



Harlequin's player "Armani" passes the ball before hitting the pitch in a maul. Armani's passing was a key element in sealing the 'Quin's victory.



Sgt. Joseph A. Lee

A VP-4 base runner steals home, nearly getting hit in the head by the ball. Wild pitches contributed to most of the scores crossing the plate Tuesday.

VP-4 ties 1/12, 5-5

Sgt. Joseph Lee
Combat Correspondent

Patrol Squadron 4 and 1st Battalion, 12th Marines, wrestled out a 5-5 tie in Intramural Baseball Tuesday night, as 1/12 catcher Harold Brown brought down the hammer late in the seventh with a two-run line drive to center field.

The action started off for VP-4 early with an RBI by third baseman Jeremy Housel in the top of the first, putting the squadron on the board with a 1-0 lead. Pitcher Blair Gottlieb of VP-4 also started out strong, leaving 1/12 hitless at the end of the first inning.

The second inning brought another run in for VP-4, when a runner stole home on a wild pitch by 1/12. Gottlieb seemed to be on fire, with another hitless inning, taunting 1/12 to make its move.

Both teams' defenses picked it up through the middle of the game, and 1/12 kept the score within a reachable 2-0 until more wild pitches allowed several VP-4 runners to come home. That spread the VP-4 lead to 5-0 at the bottom of the fifth, so it was time for 1/12 to get a fresh arm in the game.

"Witt threw over 115 pitches during the first part of the game, and we knew ahead of

See TIE, C-6

Bulldogs come from behind in 22-13 win

Cpl. Jessica M. Mills
News Editor

Many may think that youth basketball is just a slow, unexciting process where children learn the basics of the game and no more. But the Bulldogs proved that theory wrong when they left the Thunders lying in the dust, 22-13, during the Termite Division's final game of the regular Kaneohe Bay Youth Basketball Season, Saturday at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay.

In the first five minutes of the game, the Bulldogs took a short lead and scored five points while the Thunders trailed by three. Bulldogs forward Joseph Rodriguez, 10, was

awarded two free throws when the Thunders tried to take the ball in their own hands, but he only scored one.

After numerous attempts at the basket, and continuous round trips down the court, Thunders forward Vallie Rodriguez, 10, finally sunk a two-point layup, slowly closing the Bulldogs lead. But her talent and determination could only take the Thunders so far. The Bulldogs' point strike carried on.

The Bulldogs' luck on the court was greatly improved by point guard Mike Reed, 10, who had no difficulty breaking through the Thunder defense with assistance from team-

See BULLDOGS, C-6



Cpl. Jessica M. Mills

Thunders players jump for the rebound during the teams' final match up, Saturday at the Semper Fit Center.

Golf pro to hold 1-on-1 clinic

Sgt. Joseph A. Lee
Combat Correspondent

Single Marines and Sailors can learn to golf from a pro, Tuesday through March 23, when the SM&SP provides a Golf Clinic at half-price.

Pro golfer Pat Clark, from the Kaneohe Klipper Golf Course, will teach beginner golfers course etiquette and proper basic golf techniques in the clinic, which finishes up one day prior to the Shank & Slice Golf Tournament.

"We want to get more people involved in the golf tournaments," said Leslie Graham, SM&SP coordinator. "If more single service members learn how to play golf from a pro, I think they will be more likely to enjoy our tournaments."

See CLINICS, C-6

BASE SPORTS

Edward Hanlon V
MCCS Public Relations

February

29 / Sunday

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, so spend your day off the coast of windward Oahu, catching some of the ocean's most exotic and tasty fish.

Dive charters are available in the crystal clear waters surrounding Kaneohe Bay. Call 254-7667 for more information.

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.

March

1 / 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 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 cohe-

siveness and enhance confidence 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.

2 / Tuesday

Mixed Bowling League — Every Tuesday, K-Bay Lanes is hosting the Friends of K-Bay Mixed Bowling League. The league is open to all authorized patrons and their guests and begins at 6 p.m.

Don't split; call 254-7664 for more information.

11 / Thursday

Spring Softball Tournament Deadline — This tournament, which will be played March 13-14, will follow ASA rules. For Class C and D players, the tournament will be in double elimination format. The entry fee is

\$175 per team, and the entry deadline is Thursday.

This event is open to the public. For more information, contact Steve Kalnasy at 254-7590.

20 / Saturday

Spring Splash — Join the MCCS aquatics crew for the 2004 Spring Splash at the K-Bay and Manana Housing base pools. These events will be held on March 20 at Kaneohe and March 27 at Manana, both from noon to 4 p.m., and free to military, family members, DoD civilians and reservists.

Enjoy music, games and door prizes along with numerous other events. Plus, there will be free Red Cross swim evaluations and lessons for kids, introductory lessons to scuba diving and surfing, a Pool Hawks Swim Team racing challenge and demonstration, junior lifeguard

registration and information, and even a bouncy house.

Call the base pool at 254-7655 for further information.

Hawaii Championship Wrestling — There's going to be a brawl at Kahuna's, but the MPs aren't bothered. That's because the Hawaii Championship Wrestlers will be at the club, and are set to rock the ring from 7 to 9 p.m. These wrestlers know all of the moves and are ready to show you their skills.

All E-5s and below, DoD personnel and sponsored guests are welcome to Kahuna's to view wrestling in its rawest form. The Budweiser Girls will be present, and there will be prize handouts, too, so come early and secure a seat.

Active duty Marines and Sailors only pay \$8, all others \$10. The action will take place in the ballroom with Hawaii Championship Wrestling. For more details, call Kahuna's at 254-7661.



Intramural Basketball Standings

	Wins	Losses
VP-4 Topside Dragons	4	0
ETD Monsters	4	1
MAG-24 Bulldogs	4	1
3rd Marines	5	1
Mess Hall	3	1
MALS-24 Warriors	3	2
CPRW-2	2	3
HQBN Second2None	1	2
VP-4 Skinny Dragons	1	4
HMH-363 Red Lions	2	3
MCAF	2	3
MALS-24 Supply	2	3
SNCO Academy	0	6
1/12	1	0

(Intramural Basketball standings are current as of Feb. 18.)

Intramural Baseball Standings

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

(Intramural Baseball standings are current as of Feb. 18.)

Base All Stars

NAMES: Jeremy Woodruff (left) and Joey Krezo

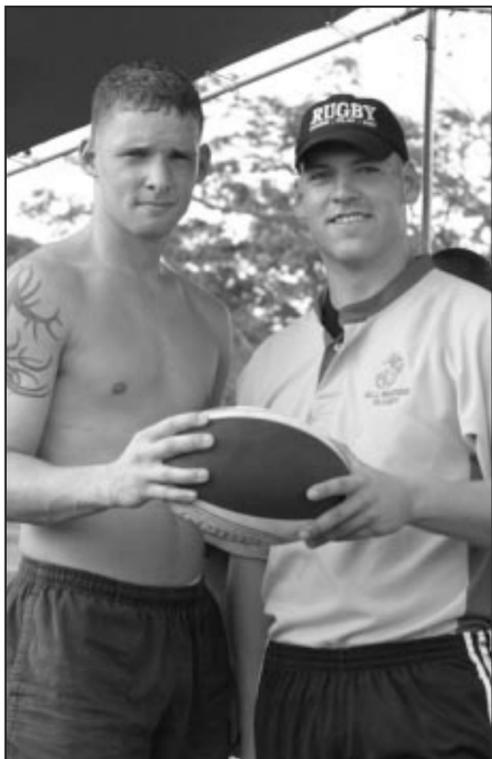
SPORT: Rugby

TEAM: Hawaii Harlequins

• Woodruff, 20, and Krezo, 21, both scored tries in the Hawaii Harlequins pounding of the Hawaii Pacific University Sea Warriors Saturday at Pop Warner field.

• Jeremy Woodruff is a flanker for the 'Quins, with whom he has played for nearly a year.

• Joey Krezo has been playing rugby for four years, and recently made the All-Marine Rugby team at flank.



Lance Cpl. Rich Mattingly

"I got into rugby because I love the sport — it's a test of your will and mind. Playing with the Harlequins has been a great experience."

— Jeremy Woodruff

COMMUNITY SPORTS

HTMC to Hike Waimano Pool, Tomorrow

• Novice hikers are invited to join the Hawaii Trail and Mountain Club during its jaunt down to the refreshing stream of Waimano Pool, just past blooming mountain apple trees, Saturday at 8 a.m. However, make sure you are well rested, because you'll definitely get a workout on the climb back up the hill. If you're interested, call coordinator John Hoover at 528-1206 for more information.

• Calling all volunteers! The HTMC needs you to help beautify and improve the clubhouse, tomorrow. Come assist with painting, tree trimming and hauling away rubbish.

• 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.

Boating Course Offered for Teens

Teens ages 14-18 who are interested in learning to sail and operating a powerboat or steering a boat, or other outdoor adventures such as scuba diving, can do all this and more as members of Sea Scouting.

Sea Scout Ship 64, sponsored by the USS Missouri Memorial

Association at Ford Island, is inviting all interested boys and girls to join the group, which meets aboard the Battleship Missouri (BB-63) at Pearl Harbor and at Keehi Marina. The group owns two 20-foot sailboats.

Sea Scouting is a national program that has been around for more than 90 years. Scouts elect their own leaders, and plan and run their own program under the guidance of experienced adults. Activities aren't just nautical, either, as social events are part of the schedule.

For more information about this invitation to a meeting, call Win Davis at 261-3967.

Women's Basic Sailing Class Offered

Registration for the next "Wet Hens" Women's Basic Sailing Course will go from 8 to 8:30 a.m. on March 18 at Hickam Harbor. Class size is limited, so come early to ensure a spot.

The 10-week course will be held on Thursdays from 9 a.m. to noon; however, sessions will break during the public school Spring Break week. Cost is \$80, and the program is open to women affiliated with the military, either active duty, retired or family members.

The first session will include a

swim test and capsizing recovery; therefore, be sure to dress accordingly with swimsuit and sneakers.

For more information, call Skipper Amy Cawvey at 421-1008, or 1st Mate Katie Lee at 499-3403.

Bellows Offers Adventure Programs

Check out any of the following weekly Bellows Outdoor Adventures programs. For more information, call Turtle Cove at 259-4121, anytime between 8 a.m. and 8 p.m. (Bring bottled water and sunscreen for outdoor activities.)

• Saturdays at 1 p.m., History Tours by Van: Learn about and see 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 while making your keepsake.

• 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 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.

• Saturdays at 8 a.m., Morning Paddle: Take the guided kayak tour to the Mokolua Islands to see birds in their natural habitat. Advanced skill level is required.

Hawaii Marine Accepts Sports and Recreation Briefs

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*.

E-mail items to editor@hawaiiirine.com, or call the *Hawaii Marine* staff at 257-8836 or 257-8837.





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!")

Is the NBA coaching carousel out of control?

Capt. K. D. Robbins
The Professor

Personal beliefs on the morals of professional sports and the "right thing to do" just don't mean a darn thing anymore. So, what else is new?

Yes. It is a grave injustice that Byron Scott has been ousted by his employees (aka the spousal abuse king Jason Kidd). However, all this injustice aside, we do live in America.

Whether you are a janitor with your own special broom, or the owner of an NBA franchise, you have the right to protect that possession which is yours. Byron Scott is yet another in the long line of the multimillion-dollar board games that NBA owners play.

Larry Brown left Philadelphia last year to replace Rick Carlisle, the 2002-2003 NBA Coach of the Year in Detroit. How does that work?

Rick Carlisle then replaced Isiah Thomas in Indiana after Isiah took and developed a group of young players into a title contender. The list goes on and on. Boston, New Orleans, Philadelphia, Toronto. Is there not a trend here?

The coaches that are being fired are in the Eastern Conference. This is a conference where if the season ended today, the last three playoff spots would go to teams with losing records.

There's a severe chemical imbalance

in the Eastern Conference right now. Not to mention a lack of talent. However, when you have a chemical imbalance, you need to do something to buffer the reaction. Coaching changes are one of the only immediate resolutions that an owner has at his disposal.

Cry me a river for Byron Scott. His multimillion-dollar severance package with the Nets, and his half-a-million dollar commentary gig, must make it tough for him to pay his electric bill. Don't worry Byron Scott fans; he will coach again.

Bottom Line: Coaches want to win. Players want to win. Owners want to win.

The Nets are 13-0 since Byron Scott's removal. The Pistons are better under Brown. The Pacers are better under Carlisle. The Hornets are better under Floyd. Don't waste my time or the readers'.

I don't tell the janitor that he has to use my favorite broom; I let him use his own. If an NBA owner wants to hire Mr. Potato Head to coach his team, that's his prerogative.

Stop telling the NBA owners who their coach should be. The proof is in the pudding Goat, and if you don't like it, I suggest you write a \$150 million check to the NBA for the first NBA franchise. I will even throw a franchise title at you: How about the "Hawaii Goats"?

Sgt. Joe Lindsay
The Goat

If the Marine Corps ran itself like the NBA, the Goat coulda' got his Gunny fired by now for not putting "The Bottom Line" on the front page. It worked for Jason Kidd, who got his coach fired for yelling at him.

The Goat's Gunny has yelled at him plenty of times. Both the Goat and Kidd have guaranteed contracts. Kidd signed a six-year, \$103 million contract with the New Jersey Nets. The Goat signed a four-year, \$88,000 contract with the United States Marine Corps.

Both Kidd and the Goat are arguably the best at what they do. Kidd leads the league in assists, while the Goat leads the Marine Corps in hate mail from fema-nazis and metrosexuals. So, why can Kidd get convicted of spousal abuse for smacking his wife down and still get his coach fired, while the Goat can beat an NJP (No Journalistic Prose) rap for writing smack down, but can't even get his Gunny re-assigned?

The reason is because the lunatics run the asylum in the NBA. The players have all the power. Plain and simple. And the reason the players have all the power is because the majority of owners and management are too soft. They cater to their malcontents instead of cutting or trading them. They fire their coaches instead of taking

responsibility themselves for their own dismal trade decisions, draft selections and guaranteed contracts.

Eighteen of the 29 NBA head coaches have either been fired or forced to resign since the end of the 2002-03 season. Already seven have been sent packing this year.

Coaching has never been a profession with a high job security rating, but the NBA, especially the Eastern Conference, has turned it into a joke. The longest-tenured coach in the East right now is Atlanta's Terry Stotts, who took over the Hawks' helm on Dec. 26, 2002. That was 14 months ago. Sickening.

Bottom Line: NBA coaches used to get fired for losing. Now they get fired for winning without coddling. Just ask Kidd's former coach Byron Scott who got the axe at Kidd's behest despite leading the perennial losing Nets to the Finals two years in row.

Just ask Rick Carlisle, who was terminated after back-to-back, 50-win seasons in Detroit. Just ask the latest condemned coach, Randy Ayers, fired 52 games into his first season in Philadelphia when he proved not to be the answer the 76ers' star player was looking for.

The teams who have kept their coaches around for a while — Minnesota, San Antonio, Los Angeles, Sacramento, Dallas — are all in the hunt for a title this year. Thank God.

READERS STRIKE BACK

'I can't decide which one ... made me want to puke more.'

"Bottom Line" Hacks,
I am sick and tired of second-rate journalists dogging out the hallowed Boston Red Sox franchise. Your article was so predicatable [sic] that I knew what you were going to say it [sic] before you said it. How about something original?

The Red Sox are cursed? Wow. Did you guys come up with that theory all by yourselves?

I can't decide which one of the "arti-

cles" made me want to puke more. Let's call it a tie.

As for the World Series this year, we will see who is cursed when the Red Sox win it all. All the money in the world can't keep Boston from the title this year.

If you are wondering why I care, it is because I am from Boston, and yes, we drink beer, but that doesn't make us alcoholics.

Just another cheap shot from the

"Bottom Line." But that's OK; we will have the last laugh come October.

Oh and, bye [sic] the way, we love our Celtics and Patriots too. Your article made no sense.

— Sincerely,
Nathan Maloney

(Editor's Note: Except for punctuation corrections, comments are printed as they are received, or "sic.")

“ quotable ”

If winning isn't everything, why do they keep score? — Vince Lombardi



spotlight on health

Tooth decay is easily preventable



Lance Cpl. Megan L. Stiner

Jennifer Statler works on the teeth of Tom Raiford, a cannoneer with Alpha Company, 1st Battalion, 12th Marine Regiment, Tuesday at the 21st Dental Co. clinic aboard MCB Hawaii, Kaneohe Bay.

Navy Lt. David
Prusakowski
21st Dental Company

Part IV 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 IV of this four-part series during February's National Children's Dental Health Month, 21st Dental takes a look at tooth decay.

What is tooth decay, and what causes it?

Tooth decay is the disease known as caries or cavities. Unlike other diseases, however, caries is not life threatening and is highly preventable. It affects most people, to some degree, during their lifetime.

Tooth decay occurs when your teeth are frequently exposed to foods containing carbohydrates (starches and sugars) like soda pop, candy, ice cream, milk, cakes and even fruits, vegetables and juices.

Natural bacteria live in your

mouth and form plaque. The plaque deposits left on your teeth from sugary and starchy foods produce acids. These acids damage tooth enamel over time by dissolving, or demineralizing, the mineral structure of teeth, producing tooth decay and weakening the teeth.

How are cavities prevented?

The acids formed by plaque can be counteracted by simple saliva in your mouth, which acts as a buffer and remineralizing agent. Dentists often recommend chewing sugarless gum to stimulate your flow of saliva. However, though it is the body's natural defense against cavities, saliva alone is not sufficient to combat decay.

The best way to prevent caries is to brush and floss regularly. To rebuild the early damage caused by plaque bacteria, we use fluoride, a natural substance that helps to remineralize the tooth structure.

Fluoride is added to toothpaste to fight cavities and clean teeth. The most common source of fluoride is in the water we drink. Fluoride is

added to most community water supplies and to many bottled and canned beverages.

If you are at medium-to-high risk for cavities, your dentist may recommend special high concentration fluoride gels, mouth rinses or dietary fluoride supplements. Your dentist may also use professional-strength anticavity varnish, or sealants — thin, plastic coatings that provide an extra barrier against food and debris.

Who is at risk for cavities?

Because we all carry bacteria in our mouths, everyone is at risk for cavities. Those with a diet high in carbohydrates and sugary foods and those who live in communities without fluoridated water are likely candidates for cavities. And because the area around a restored portion of a tooth is a good breeding ground for bacteria, those with a lot of fillings have a higher chance of developing tooth decay.

Children and senior citizens are the two groups at highest risk for cavities.

See *DECAY*, C-5

Military asked to respond to survey

Naval Medical Clinic
Press Release

PEARL HARBOR — The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and the Naval Medical Inspector General (MEDINSGEN) will conduct a joint accreditation survey of Naval Medical Clinic Pearl Harbor, March 9-18. The purpose of the survey will be to evaluate the organization's compliance with nationally established Joint Commission and U.S. Navy standards. The survey results will be used to determine whether, and the conditions under which, accreditation should be awarded the organization.

Joint Commission standards deal with organizational quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives.

Information presented at the interview

will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview with the JCAHO must be made in writing and should be sent to the Joint Commission no later than Thursday. The request must also indicate the nature of the information to be provided at the interview.

Address such requests to the following address:

Division of Accreditation Operations
Joint Commission on Accreditation of
Healthcare Organizations
One Renaissance Boulevard
Oakbrook Terrace, IL 60181

The Joint Commission will acknowledge requests in writing, or by telephone, and will inform the organization of the request for any interview. The organization will, in turn, notify the interviewee of the date, time and place of the meeting.

Concerns may also be brought to the attention of the Medical Inspector General by calling 1-800-637-6175.

DECAY, From C-4

What can I do to help protect my teeth?

The best way to combat cavities is to follow three simple steps:

1) Cut down on sweets and between-meal snacks. Remember, it's these sugary and starchy treats that put your teeth at extra risk.

2) Brush after every meal and floss daily. Cavities most often begin in hard-to-clean areas between teeth and in the fissures and pits — the edges in the tooth crown and gaps between teeth.

Hold the toothbrush at a 45-degree angle and brush inside, outside and between your teeth and on the top of your tongue. Be sure the bristles are soft, not bent, and replace the toothbrush after a few weeks to safeguard against reinfecting your mouth with old bacteria that can collect on the brush.

Only buy toothpastes and rinses that contain fluoride (antiseptic rinses also help remove plaque) and that bear the American Dental Association's Seal of Acceptance logo

on the package.

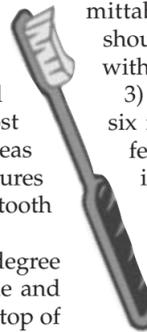
Children under 6 should only use a small pea-sized dab of toothpaste on the brush, and should spit out as much as possible because a child's developing teeth are sensitive to higher fluoride levels.

Finally, because caries is a transmittable disease, toothbrushes should never be shared, especially with your children.

3) See your dentist at least every six months for checkups and professional cleanings. Because cavities can be difficult to detect, a thorough dental examination is very important.

If you get a painful toothache, if your teeth are very sensitive to hot or cold foods, or if you notice signs of decay like white spots, tooth discolorations or cavities, make an appointment immediately.

The longer you wait to treat infected teeth the more intensive and lengthy the treatment will be. Left neglected, cavities can lead to root canal infection, permanent deterioration of decayed tooth substance and even loss of the tooth itself.



TIE, From C-1

time that I would be coming in," said 1/12 relief pitcher Nicholas Cook.

Cook's first set of pitches closed the top of the fifth out with a strikeout, lifting the spirits of the trailing 1/12 team. He repeated the performance in the top of the sixth, allowing no further runs.

While Cook seemed to be turning the game around for 1/12, Gottlieb began to lose control and threw away a few balls in the sixth, allowing 1/12 to gain on its opponent's lead with two runs in the sixth inning. But VP-4 still sat with a comfortable 5-2 lead going into the seventh.

"Our defense has really come together in this game," said VP-4 Coach James Brassfield. "We had a couple clutch hits in the bottom of the order, and our defense got us out of a few jams. We're really happy with the way things are going. We're finally coming around as a team."

As Cook closed out the top of the sev-

enth with ease, VP-4 had reason to worry with 1/12 having the last at-bat, and only three runs to overcome.

In the bottom of the seventh, 1/12 began to rally, as a base runner was brought home and 1/12 filled the corners on two VP-4 shortstop errors.

With the score at 5-3 and runners on first and third, Brown launched a rocket towards center field that skipped through the hands of the outfielder, allowing two runs to score for 1/12, tying the game at 5-5.

"When that ball came off the bat, it felt great!" exclaimed Brown. "He left a fast ball out there and I saw it, and swung on it. I figured it would be caught, but when it wasn't, I was running like Speedy Gonzalez!"

The pressure was on the shoulders of Gottlieb, who, with no outs, was in need of a way to end the 1/12 onslaught when 1/12 center fielder Carlos Moreira smacked a line drive to third base, giving VP-4 the easy double play.

After one base hit, the game was



Gunnery Sgt. Rhys A. Evans

A 1/12 runner stirs up some dust as he slides into base during his team's match up against VP-4. The teams were evenly matched and the game ended in a 5-5 tie.

ended on a fly ball to third, with VP-4 tying 1/12 at 5-5, due to time restraints.

"The team really rallied together all the way to the end," said Moreira. "We

never gave up, and we ended up coming out with a tie. Both teams played an outstanding game, and I'm glad we were able to bring it back in the end."

CLINICS, From C-1

The clinic is being offered to all unaccompanied Marines and Sailors who are E-5 and below for \$40, which is half of the usual \$80 Pro Golf Clinic price.

"Beginner golfers often pick up bad habits from learning on their own, or learning to play from their friends," said Graham. "This course will help those just learning about the game to learn how to play the right way from the start, while also learning about the basic rules of the course and the game of golf."

The clinic will be one hour long every Tuesday in March, starting at 5 p.m., and will include a screening of an etiquette video that teaches service members the basic rules of the course. After watching this video, service members who participate will earn a card good for free range balls at the driving range.

"There is no better opportunity or duty station to learn the game of golf than here at MCB Kaneohe Bay," said Graham. "Single service members have a lot to gain from this clinic, and I hope many Marines and Sailors take advantage of this opportunity."

In case service members don't sign up in time for this course, there will be two more clinics convening in 2004, one month prior to each Shank & Slice Golf Tournament. The next course will begin May 25, and the last clinic of the year will begin Aug. 31. Deadlines for signing up will be one week prior to the start of each Golf Clinic.

To find out more about the clinic or the Shank & Slice, call Leslie Graham at 254-7593.

*BULLDOGS, From C-1*

mate forward Connor Tourek, 10. He scored three times in a row, raising the score to 12-4.

Reed was the high scorer by the end of the game, making 10 out of the winning 22 points.

Before halftime was called, both teams managed to score one more shot, leaving the score at 14-6.

The Thunders returned to the court with a renewed sense of determination, and it was evident from the get-go that their defenses were much stronger and better organized. They started the first minute with a free throw by

player Romar Errickson and raised the score 14-7. Although the Bulldogs were finding more difficulty making it to the net, starting point guard Ashley Reed, 10, still slipped through a hole and made a shot.

Vallie Rodriguez took the rebound and retaliated with a layup raising the Thunders up, 16-9.

As if it was an attack on their dignity, the Bulldogs let it all out, and began repeatedly stealing control of the ball and ripping out shot after shot. The Thunders could not keep up with the Bulldogs stamina, and by the time the buzzer sounded, the Bulldogs had taken the lead, 22-13, and won their final match up.