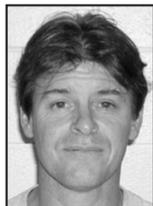


Hawaii MARINE SPORTS

Hawaii Marine C Section

May 2, 2003

On the Side



Steven Kalnasy

▲▲▲
Special to
the
Hawaii
Marine

2003 NFL draft differs from most

Each year, along with millions of other sports fans, I anxiously await the selections in the NFL college draft. Like them, I imagine an improved roster for my team.

My beloved Detroit Lions can only get better, and hopes are that they will exceed last year's record of 2-14 on their way to the glory days of the early '90s when they regularly won the NFC Central Division. Were it not for the horrendous history of the Cincinnati Bengals, Detroit would have no saving grace in the league that pounces on weakness.

After a night of tossing and turning, I found myself in front of my television awaiting the first selection in the 2003 NFL draft. The early selection of Carson Palmer, the Heisman trophy-winning quarterback from the University of Southern California, to Cincinnati, ensured that the Lions would have the first surprise pick of the day. Although there was little doubt about whom they would select, you never really know for sure, until the Commissioner steps up to the podium and announces who will be packing their bags for a future in the NFL.

In the case of Detroit's choice, the team made a good selection by picking Michigan State's Charles Rogers (WR). Had it not been for a knee injury suffered by Willis McGahee (RB) from Miami, Detroit may very well have had a different first pick. Having said that, Rogers should be a good addition to the Lions offense under the leadership of coach Steve Mariucci.

Fans also anticipated the third choice in the draft: The Houston Texans took Andre Johnson (WR) from Miami. Like Detroit, Houston looks to complete its offensive package, headed by quarterback David Carr.

It wasn't until the fourth pick that we saw some wheeling and dealing.

See DRAFT, C-6

Reflective gear can save lives

Cpl. Jason E. Miller
Press Chief

From the time the colors are retired in the evening to the time they're brought back to the top of the flagpole, residents aboard MCB Hawaii are required to wear a reflective vest or belt while exercising outdoors on any of its installations.

Wearing reflective gear greatly reduces the

risk of accidents caused by automobiles and pedestrians during low-light hours. By increasing the visibility of pedestrians, vehicle drivers stand a greater chance of avoiding accidents that could occur.

Units that decide to hold formation runs must also provide reflective gear-equipped road guards, to ensure the safety of Marines and Sailors who are running in the formation while crossing streets and intersections.

Base residents who choose to exercise without the proper reflective equipment risk not only injury by motor vehicle, but also tickets from the Provost Marshal's Office for not adhering to base regulations.

Marine Corps Base Hawaii is known Corps-wide for its dedication to safety and troop welfare. With the help of everyone on the base, the outdoors can remain a safe and beautiful area to enjoy physical fitness.

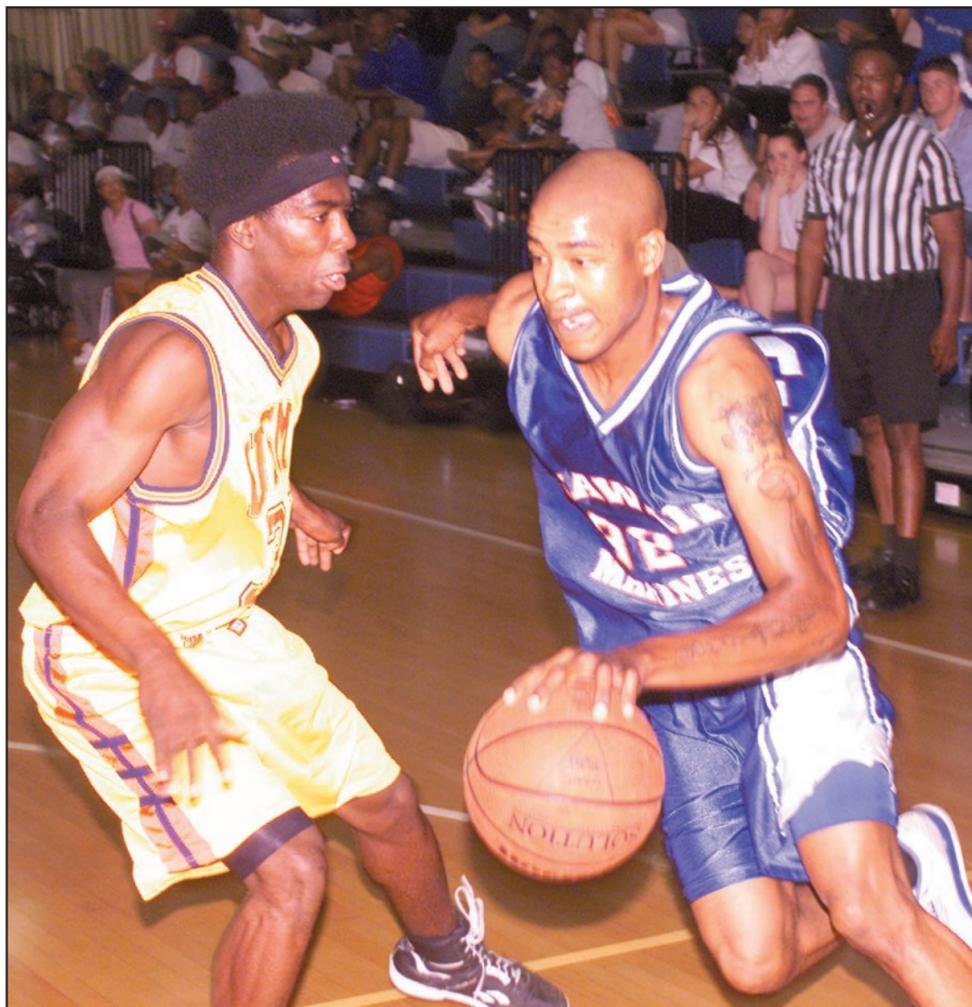
Kaneohe Bay Marines dust 29 Palms

Lance Cpl. Monroe F. Seigle
Combat Correspondent

It wasn't until the second half of the game that the warriors from the Men's Varsity Basketball team aboard MCB Hawaii, Kaneohe Bay, showed the Marines from Twentynine Palms, Calif., what they were really made of during the Aloha Classic Basketball Tournament at Hickam Air Force Base, April 23.

The tournament was comprised of 10 teams, and they were separated into two "pools" of five teams. After playing a round-robin tournament in the five-team pool, each was assigned a number to compete in the single elimination playoff. In order to win the tournament, one team had to go undefeated throughout the playoffs.

The Hawaii Men's Varsity Basketball Team squared off against the 29 Palms Marine Corps basketball team during the competition in what was to be a fight-to-the-end game, which had two, 20-minute



Shooting forward Nathan McQuirter, number 32, dodges around a 29 Palms, Calif., defender during the Aloha Basketball Tournament.

halves and a 5-minute halftime.

During the first half, the K-Bay warriors seemed to be holding out on showing the enemy its secret weapon. At a few points in

the game, the 29 Palms team took a 9-point lead and was holding its head high with confidence that was soon to be destroyed.

Close to the end of the first

half, K-Bay decided to turn up the heat and close the gap. With the assistance of shooting forward Nathan McQuirter, number 32, nailing three, 3-point shots and two layups, the lead became smaller. The first half closed with 29 Palms struggling to maintain a 2-point lead.

During halftime, K-Bay head coach Greg Mitchell gave his boys a bolt of energy before they charged on the court to dominate the second half. They quickly took the lead and put a look of confusion on the faces of 29 Palms with their unexpected blast of energy.

Once the 29 Palms Marines regained their composure, they kept the score within a matter of a few points until the end. With the clock winding down to the final seconds, McQuirter once again reached into his pocket.

See BASKETBALL, C-6

MAG-24 tests teamwork, athleticism

Sgt. Jereme Edwards
Editor

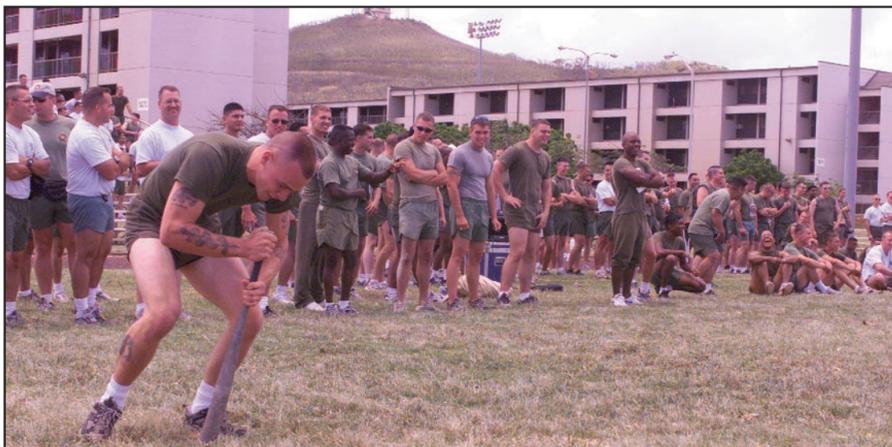
Physical fitness and competitions have always gone hand-in-hand in the Marine Corps. In the spirit of tradition, the Marines and Sailors of Marine Aircraft Group 24 came together April 25 to test the might of the individual units within the MAG.

The annual MAG-24 Olympics was an all-day evolution that pitted squadron teams against each other in friendly competition with events on land and in the water. The games began at 6 a.m., with a face-off on the green for some 3-on-3 Best Ball golf, and carried through 10 other events, including a pull-up competition, track relays and the infamous dizzy izzy, which proved to be more

comedic than an aggressive rivalry. The participants and the onlookers laughed uncontrollably as the disoriented contenders attempted to race back to their respective starting points with their equilibrium thrown into disarray.

The MAG-24 Olympics drew to a close

See FIELD DAY, C-5



Sgt. Jereme Edwards

Lance Cpl. Jeremy Theas, an orders clerk, with MAG-24, stumbles as he attempts to complete 10 spins around the bat during the MAG-24 Olympics.



Sgt. Jereme Edwards

Sergeant Chris Vigil, with flight operations, MAG-24, crawls toward his teammates after falling to the ground during the Dizzy Izzy competition.

BASE SPORTS

Edward Hanlon V
MCCS Marketing



Semper Fit Hosts Bench Press Contest

Headquarters Bn., MCB Hawaii, will be hosting its annual Bench Press Contest, Saturday at 9 a.m. at the Semper Fit Center aboard Kaneohe Bay.

The event is open to all authorized patrons, active duty, family members, reservists, retirees and DoD civilians.

Weigh-ins will go today from 8 a.m. to 4 p.m. and Saturday from 7:15 to 8:15 a.m. Trophies will be awarded to winners.

Entry fees include an event T-shirt.

For more information on the Bench Press Classic and Team

Challenge, call 254-7597.

Marina Staff Invites All to "Sit on the Dock"

The marina will host its annual Day on the Docks Sunday as nothing beats a relaxing day spent fishing, except for a fun-filled fifth Annual Day on the Docks fishing tournament.

The event begins at 9:30 a.m. and includes all of the excitement that you can handle — for a Sunday at least.

Come down to the marina and register for the fishing tournament of the year. Bring the entire family to participate in some fun activities.

Watch demonstrations from numerous organizations including Water Safety, the U.S. Coast Guard Auxiliary, Mahalo Kai Fish & Dive Charters and more.

This year's theme is "Protecting our Fragile Marine Environment," and you can learn about the beautiful ocean ecosystem that surrounds MCB Hawaii.

For more information about the Day on the Docks, call 254-7667.

MAG-24 Sprint Triathlon Comes to K-Bay, May 17

Hardcore athletes take notice: the 7th Annual Sprint Triathlon is right around the corner.

The event will be held aboard MCB Hawaii, Kaneohe Bay, May 17 at 7:30 a.m.; check-in goes at 5:30 a.m.

The triathlon will consist of a 500-meter swim, an 11.1-mile bike race and a 3.5-mile run.

All participants will be entered into a drawing to win a FELT F65 racing bike, with Shimano 105 components valued at more than \$1,000.

This event is made possible by Island Triathlon and Bike, Gatorade, FELT and Marine Corps Community Services.

Registration forms can be printed from the www.mcshawaii.com Web site, or picked up at the Semper Fit Center.

For more information, call 254-7597.

Marina Offers Sailing Lessons in Time for Spring

Spring into spring at the base

marina. Enjoy a day of sailing and sightseeing in one of its sailboats, powerboats — or for larger parties — one of the pontoon boats.

Rentals are available for sailing, water-skiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level and for boat owners.

Two boat-launch ramps are provided, as well as boat storage at the marina pier.

Everyone can enjoy a day by the bay at the base marina.

For more information, call 254-7667.

Massage Away Pain with Semper Fit

Massage therapy, by certified massage therapists, is now available aboard MCB Hawaii.

The massage therapy program will help relieve mental and physical fatigue, improve overall circulation and body tone.

For more information or to make an appointment to massage your pain away, call the Semper Fit Center at 254-7597, or 477-5197 at Camp H.M. Smith.

Adventure Training Makes PT Fun

"Adventure Training" is designed to promote unit cohesiveness and enhance confidence in the water. It 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, at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff noncommissioned officers should call 254-7667 for more information on adventure PT training.

Paintball Takes Aim

Let your "inner-predator" come out to play. Spend a day practicing your combat skills with Paintball Hawaii.

The paintball field is open Fridays, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is \$20 per person.

For more, call 265-4283.



Young Chippers can Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays. Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now. Children are welcome to bring their own clubs or use clubs provided. Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

For more information on the young chippers at the Klipper, call 254-2107.

Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents for Fitness program, a cooperative baby-sitting venture.

Participants must volunteer to baby-sit three times a month at the fitness center, and children 6 weeks and older may attend.

For more information about child care offered, call Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes aboard MCB Hawaii, Kaneohe Bay.

Also, check out Semper Extreme Bowling, Fridays from 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m.; and Sundays, 6 - 9 p.m.

For more strike-saving information, call the K-Bay Lanes at 254-7693.

Base All Stars

NAME: Jeffrey Privott

UNIT: Headquarters Bn, MCB Hawaii

BILLET: Food Service Specialist

SPORT: Basketball

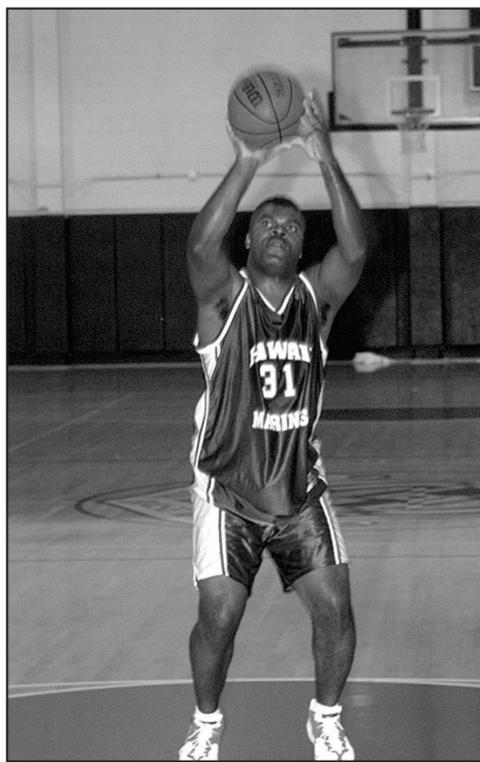
POSITION: Forward

•The Gates County, N.C., native has played basketball for 22 years.

•He was key in MCB Hawaii's intramural basketball team winning two championships.

•He was key in the Gates County division playoffs in high school.

•He was named "most valuable player" his senior year in high



Lance Cpl. Monroe F. Seigle

"I love playing basketball. It is a sport I have been playing since high school, and it has always been positive in my life."

COMMUNITY SPORTS

HTMC Hosts Hikes and Climbs

Saturday at 8 a.m., the Hawaii Trail and Mountain Club will take a 4-mile trip in Ulupaina, a pleasant hike overlooking the Valley of Temples.

The course will start on a contour trail before ascending the ridge where the soft ground under the ironwood trees at the top provides a nice lunch spot.

For more information, call 455-0414.

State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. 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 today, from 5:45 - 10:15 p.m. and Saturday from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture I.D. is required for entry to the sessions.

For more information about outdoor education, call 587-0200.

University of Hawaii to Sponsor Baseball Camps for Youth

Future baseball players from 8 to 18 can attend the University of Hawaii baseball team's annual summer baseball camps, which are conducted by UH coaches and players, as well as other college and area high school coaches.

"I would like to invite you to our Rainbow Baseball Camp," said Mike Trapasso, head baseball coach. "It is a great opportunity to improve your skills in all phases of the game. The instruction will be in depth."

The June 23 - 27 Day Camp will cover all aspects of the game; the June 28 and 29 Pitching or Catching Camps and the July 5 and 6 Hitting Camp will focus only on those aspects of baseball.

Cost is \$175 for the Day Camp and \$110 each for the Pitching, Catching or Hitting Camps. The location of the camps is the Les Murakami Stadium on UH, and sessions will run from 9 a.m. to 4 p.m.

Camps are limited to 200 applicants, and each camper will need proper clothing (shorts may be worn), a hat, baseball glove for pitching and day camps, a bat for hitting and day camps, and catcher's gear for catching and day camps. Campers must provide their own lunch.

For more information, call 956-6247.

Bellows Hosts Outdoor Recreation

This spring you can be awash in Outdoor Activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more details, call 259-8080.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a

five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

Marines and Sailors Invited to Shape Up

Yes, you can win the war on body fat. You may think the way to lose weight is by deprivation or taking a fat-burning pill or some other quick technique, but it's not.

Whether you are just starting a fitness program, or need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your goal.

This eight-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure winning results that will meet your military health and weight standards.

For more details, call 471-9355.

Recreation Gets Advertised

Individuals and organizations may advertise upcoming sports and recreational activities of general interest to the military or Department of Defense community in the "Base Sports" or "Community Sports" columns.

For more details, call 257-8836.

SPORTS AROUND THE CORPS

Team Kamikaze 'shoots' for first SMP paintball tournament

Sgt. Chris Eriksen
MCB Camp Butler

CAMP HANSEN, OKINAWA, Japan — Their mission was to locate, close with and destroy the enemy with fire and maneuver. Their tactic was simple: lay down suppressing fire and close the distance between themselves and the enemy fast. It was with 'the luck of the Irish' that Team Kamikaze, Camp Kinser, came and conquered all.

Marines from several camps recently came together on the field of battle at the Habu Hill Paintball Range here, as part of the Single Marine Program's Leprechaun Shoot paintball tournament.

The tournament included service members from several camps to give them a chance to practice infantry skills against one another.

"The purpose of the SMP paintball tournaments is to allow the Marines and Sailors that participate an opportunity to enhance the training they have received such as cover and concealment, and hand and arm signals," said Sergio Morales, SMP coordinator, Marine Corps Community Services. "This also allows Marines from different units the chance to 'bond' and work in teams. It was also a great morale booster for the Marines and Sailors."

The tournament consisted of six, 5-



Sgt. Chris Eriksen

Lance Cpl. Jason Fetter, Team Kamikaze and a Pittsburgh, Pa., native, prepares to provide cover fire as his team advances up the field to engage an enemy bunker.

man teams in single elimination format, according to Morales.

"Originally we had planned on having six, 10-man teams. Due to the low turnout, we changed it to six, 5-man teams, which actually worked better than the 10-man team format," Morales said. "The games were faster and ammunition was no longer an issue, due to the speed of the games."

Each team received 2,000 rounds at the start of the tournament. This limited supply made planning and tactics an important part of each team's strategy, according to Juan Garcia, Team Kamikazes.

"We had to figure out what kind of strategy we were going to use, so we could come out ahead," the Donna, Texas, native said. "Before each match,

we planned out what our plan of attack was. That helped us out a lot because we went through the whole tournament with only two casualties."

The team's success depended upon good use of infantry skills, according to Adam Camacho, Team Bofa.

"Low crawling, flanking movements, suppression fire, as well as good communications with hand signals played a pivotal role in winning and losing," the Millersburg, Ohio, native said.

The competition was tough between teams Kamikazes and Bofa, who both went into the final round of play undefeated. This resulted in the two teams playing a best-of-three series to decide the winner of the tournament.

"Bofa was the most challenging team

we faced," Jason Fetter, Team Kamikazes, and Pittsburgh, Pa., native said. "They were the only team to give us some kind of competition."

The event was successful, even though the turnout was not as planners had hoped, according to Morales.

"We were expecting 60 Marines to participate — 10 from each of the six camps. Unfortunately, some of the camps couldn't make it," Morales said.

Organizers noted that aside from having fun shooting things, players of varying paintball experience applied their basic infantry skills and became effective teams.

"It's interesting to see the level of play amongst the teams that participated.

"Some of the participants were skilled paintballers, a few were there for the first time, and others were just there to 'shoot' at something," Morales explained. "When placed together, the players became a team and had a great time."

The players enjoyed the chance to use their basic infantry skills and build leadership skills as well, according to Loren Schaefer, Team Kamikazes.

"Overall, the competition was all right," the Denton, Md., native said. "It gave an excellent chance to exercise squad and fire-team level tactics that all Marines should take the time to become fluent in."



spotlight on health

Earlier healthy choices can help later in life

NAPS

Featurettes

Small changes that make you more active at home, at work, or with your children — along with better nutrition — can have a big impact on the quality of your life.

According to the experts at the American Council for Fitness and Nutrition, achieving a healthy balance between daily activity and calorie intake plays a major role in how we look, think and feel. We all need to incorporate enough activity into our daily routine to use the calories we consume.

Here are some examples of how small changes can make a big difference.

- Try substituting diet soda for regular soda.

- Go out and take a brisk 10-minute walk before breakfast, after dinner or both. One brisk 10-minute walk equals 50 calories burned.

- Consider trying the reduced fat version of your favorite milk or cheese product.

- Do a few sets of leg lifts or crunches while watching television. Instead of using the re-



Lance Cpl. Monroe F. Seigle

Service members and community athletes test their cardiovascular fitness during the recent "Surf and Turf" competition as they run through the thick sands of North Beach aboard MCB Hawaii, Kaneohe Bay.

- Mote control, get up to change the channel.

- Replace mayonnaise with mustard on your next sandwich. It will save 100 calories.

- Mowing the lawn for half an

- hour equals 150 calories burned.

- Gardening for 30 to 45 minutes equals 150 calories burned.

- Vacuuming for half an hour equals 100 calories burned.

- Choose leisure activities that

- get you moving. Walk the dog,

- play catch or plan trips with

- f a m i l y

- a n d

- f r i e n d s

- t h a t i n-

volve activities such as biking, hiking, swimming or skiing.

- Add fruits, vegetables and whole grains to your diet.

- Pour and measure your snacks so you know the amount you're consuming.

Setting a good example for your children will help them live healthy, active lives. Start by limiting time in front of the television or video games. As a rule, sedentary activities should be limited to two hours a day, according to the American Heart Association.

Other tips are available from the American Council for Fitness and Nutrition, which is working to improve the health of all Americans — particularly youth — by encouraging a healthy balance between fitness and nutrition.

To learn more, visit the Web site at www.acfn.org.

Prescription drug users should weigh benefits, risks of medicines

NAPS

Featurettes

Although medicines can make you feel better and help you get well, it's important to know that all medicines, both prescription and over-the-counter, have risks as well as benefits.

The benefits of medicines are the helpful effects you get when you use them such as lowering blood pressure, curing infection or relieving pain. The risks of medicines are the chances that something unwanted or unexpected could happen to you when you use them. Risks could be less serious things such as an upset stomach, or more serious things such as liver damage.

When a medicine's benefits outweigh its known risks, the U.S. Food and Drug Administration considers it safe enough to ap-

prove. But, before using any medicine — as with many things that you do every day — you should think through the benefits and the risks in order to make the best choice for you.

Types of risks from medicine

- The possibility of a harmful interaction between the medicine and a food, beverage, dietary supplement (including vitamins and herbals) or another

medicine. Combinations of these products can increase the chance of interactions.

- The chance that the medicine may not work as expected.
- The possibility that the medicine may cause additional problems.

Every choice to take a medicine involves thinking through the helpful effects as well as the possible unwanted effects.

The best choice depends on

your particular situation. You must decide what risks you can and will accept in order to get the benefits you want. For example, if facing a life-threatening illness, you might choose to accept more risk in the hope of getting the benefits of a cure or living a longer life. On the other hand, if you are facing a minor illness, you might decide that you want to take very little risk.

Think it through and work together with your health care team to better manage the benefits and risks of your medicines.

Specific ways to manage the benefits and risks of medicines can be found in the "Think it Through" pamphlet, which can be viewed at www.fda.gov/cder/consumerinfo/DPAdefault.htm, or ordered via e-mail at dpapubs@cder.fda.gov.



Lance Cpl. Monroe F. Seigle

Petty Officer 1st Class Shane Hicks, a pharmacy technician, with the Branch Medical Clinic, Kaneohe Bay, ensures the correct amount of tablets are in a prescription.

FIELD DAY, From C-1

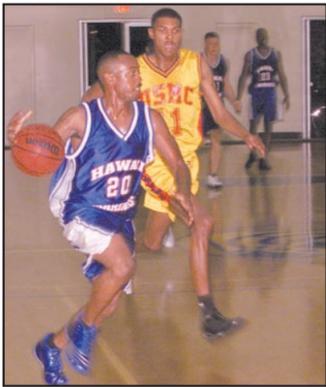
around 3:30 that afternoon, but not before testing the speed, agility and brawn of the squadrons in the tug-of-war. After each squadron showed its muscle, a ceremony awarding the victors of each event and the overall champion, Marine Heavy Helicopter Squadron 463, the 'Pegasus,' was held.

"Sailors and Marines work hard, and today is a day to play hard and have fun," said Col. Greg Reuss, MAG-24 commanding officer. "I've been here a short while, but I felt it was time to take a break and spend more time with the troops. Events like this help build esprit de corps and camaraderie — those positive characteristics that help maintain our ethos, of honor courage and commitment."

"Things like this give the Marines a chance to relax and build camaraderie, and they also help relieve some of the stresses of everyday work off the Marines," said Sgt. Rolys Alvino, a dynamic component engineer with Marine Aircraft Logistics Squadron 24.

"Plus, we get to spend some time with the Marines we don't work with on a regular basis, and get to learn more about them and become an even closer-knit family."

The MAG commanding officer also said he plans to hold more special events to promote camaraderie and friendships in the future.



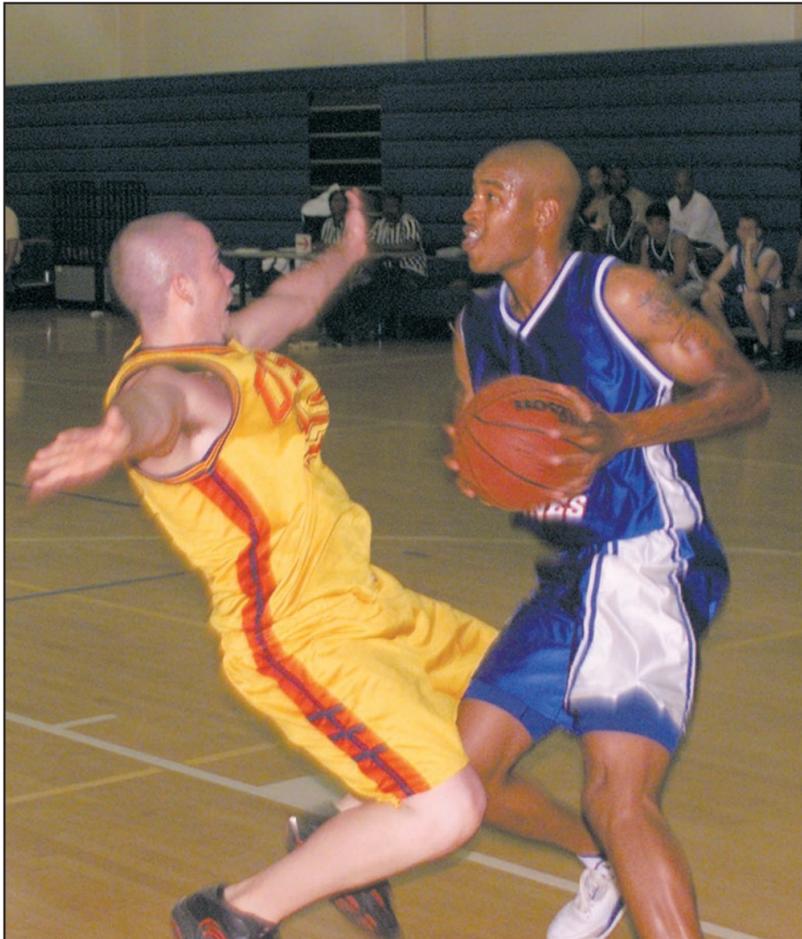
Lance Cpl. Monroe F. Seigle

Shooting guard Ricky Tukufu, number 20, charges down the court towards his team's goal.

BASKETBALL, From C-1

et and sank two 3-point shots and the grueling game ended. A hard-earned victory was handed to K-Bay with a final score of 51-48.

They practiced great teamwork, said Mitchell. "They seemed to be a little timid in the first half, but I knew they would come back. My boys are a high-volume scoring team. They like to hold out on showing the opponent what they are really made of, until later in the game. It catches them off guard, and then we move in for the win."



Lance Cpl. Monroe F. Seigle

Shooting forward Nathan McQuirter lets no one stand in the way of making it to his goal, the net, during the Aloha Basketball Challenge

Did You Know?



Naps

The four athletes to make *Life* magazine's 1990 list of the "100 Most Important Americans of the 20th Century" are Muhammad Ali, Billie Jean King, Jackie Robinson and Babe Ruth.

DRAFTS, From C-1

Chicago made a deal with the New York Jets to trade down for two picks. Getting the 14th (Michael Haynes [DE], Penn State) and 22nd (Rex Grossman [QB], Florida) selections, the Bears hoped to improve their defensive line and ensure a back up for newly acquired Kordell Stewart (QB).

As the morning drew on, a number of surprises were revealed. The highly touted quarterback from Marshall University, Byron Leftwich, went a disappointing seventh overall. After setting a career league record of 11,903 yards, 89 touchdowns, and only 28 interceptions, Leftwich expected to go in the top five.

This draft was different than most. Seeing so many defensive players being picked (11 defensive picks), and so few quarterbacks (4), running backs (2), and wide receivers (3) going in the first round, the draft felt lackluster.

Arguably, the biggest story of the draft was the selection of Willis McGahee (23rd overall and the first running back to be selected). The Buffalo Bills kept him on their board as their first pick, even after he suffered what was thought to be a career-ending knee injury.

After a successful triple ligament surgery, McGahee was a long shot for the first round. Only after hard work and determination toward a full recovery would McGahee earn

the respect of the NFL, especially the Bills. Watching him wait patiently for his name to be called was a tense situation for me.

McGahee's story provides insight into the reasons why so many college stars give up their college career early to go for the draft.

"It only takes one play to change your entire future," said Ashley Lelie, wide receiver for the Denver Broncos. "You have to strike while you're hot, 'cause next year your numbers might not be as good," he explained to me recently.

No doubt, McGahee shared those sentiments.

Probably the strangest thing that happened in this year's draft was the blundering move by Minnesota. Thinking they had made a trade with Baltimore, Vikings Coach Mike Tice failed to make his pick in time — for the second year in a row.

After 262 total picks, I believe, most definitely, the Jacksonville Jaguars were this year's big winners. Getting Byron Leftwich at number seven, and following up with Hawaii guard Vince Manuwai, Rashean Mathis (DB) of Bethune-Cookman, and a host of other great picks, the Jaguars really improved their future.

Hopefully, my Lions will come out of their funk and retake the NFC Central.

With a new coach, some new players and a new stadium, I can't think of a better formula for change.