Mack Strong January 18, 2006

(On the difference the first year guys have made...) "I think no doubt Lofa Tatupu has made a tremendous impact on the defense and transformed just even the whole attitude around it. Leroy Hill has come in and made plays. You look at our free agent acquisitions and you can't say enough about Joe Jurevicius coming in and giving us a big spark in times when we really needed it. It's all worked together and it's helped us to get where we are right now."

(On young players in the league...) "I think the thing that makes those things what they have been so far to this team is being surrounded by veterans. They are surrounded by guys that have been there that have worked really hard. The Chuck Darby's, the Grant Wistrom's and the D.D. Lewis', the guys that have been around football and played a lot of football and know what it takes to win and know what it takes to have a good defense. I think those guys have been sort of a calming and grounding affect for those younger guys and it's helped us to play a lot better on defense."

(On if he has another 35-yard run in him...) "At least another 35 yarder, they have just to call the play."