

Hawaii MARINE SPORTS

Hawaii Marine C Section

November 1, 2002

MAG-24 crunches down 1st Radio

Cpl. Jason E. Miller
Combat Correspondent

The Bandits of Marine Corps Aircraft Group 24 used a punishing ground attack and a defense that wouldn't budge to stun the Red Raiders of 1st Radio Bn. into a 23-7 defeat in Intramural Tackle Football action Oct. 23, at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay.

The Red Raiders received the ball on the first kickoff, but only managed about three yards on the possession and were forced to punt the ball away after only three downs.

The pace for the game was set. The Bandits capitalized off of their first possession when running back Corey Moore broke away from the Red Raider defense and scrambled 30 yards for a touchdown.

After the extra point, MAG-24 vaulted ahead 7-0 and never looked back.

Defensive stands by both teams kept the game a low-scoring affair in the first half though.

Cornerback Nathaniel Acevedo of the Red Raiders picked off Bandits quarterback Josh Monster on one series when MAG-24 was threatening to score again



Cpl. Jason E. Miller

Marine Aircraft Group 24 Bandits running back Cory Moore sprints away from Red Raiders defenders on a touchdown run that helped seal a 23-7 Bandits victory at Pop Warner Field.

in the first quarter, but 1st Radio Bn. failed to convert any turnovers into points.

This wasn't the case for MAG-24. With

1st Radio pinned deep in their own territory early in the second quarter, the Bandits defense rushed into the backfield and stopped a Raiders runner in the end

zone for a safety, which put MAG-24 ahead 9-0.

The Red Raiders mounted one substantial drive in the first half and looked to be headed toward the end zone, until quarterback Jeremiah Barber threw an interception to MAG-24 safety Vic Heaggans.

The score remained 9-0 at the half. But, early in the third quarter, 1st Radio was looking to get back in the game, and did so when wide receiver Armand Mayville hauled down a spectacular 37-yard touchdown pass from Barber.

The catch was one of the highlights for the entire season, but remained 1st Radio's only score the entire night.

Twice more the Red Raiders were punished with safeties as they fell even further behind on the scoreboard.

Defensive tackle Steven Robinson sacked Barber in the end zone for the first.

On the ensuing kickoff, things began to look even more bleak for the Raiders

See FOOTBALL, C-6

B-ball dreams tested at All-Marine trials

Cpl. Kevin Hayner
MCAS Cherry Point

MARINE CORPS AIR STATION CHERRY POINT, N.C. — The top basketball players in the Corps have gathered here to prove to the All-Marine coaches why they deserve a position on the All-Marine men's team.

After the dust settles, of the 30 original players invited, only 12 will retain the title All-Marine.

This is the second year in a row Cherry Point has played host to this camp and with good reason. The Cherry Point Varsity Men's Basketball team has dominated the East Coast Basketball Regionals for the past three years now.

"Physically and mentally, you have to be at the top of your game," said 29-year-old Cherry Point forward Jelani Nix, in his third year trying out for the team.

"These guys put in a lot of work to be here; it's an all-year-round thing."

Twenty-four-year-old Robert Gibbons has been playing in the intramural league at Cherry Point for two years and this is his first year trying out for the All-Marine Men's Basketball Team. He said the competition at this level is much stronger.

"It makes you work harder on every part of your game," said Gibbons, explaining that the rewards gained are worth the work.

Robert Gibbons (left) goes up and over Dushawn Fields (center) for two points, while Norman Capers looks for the rebound in Cherry Point's annual Red and White scrimmage. All three are competing for a position on the All-Marine Team.



Cpl. Kevin Hayner

Local ruggers vie at Armed Forces

Cpl. Jason E. Miller
Combat Correspondent

Two Marines from MCB Hawaii, Kaneohe Bay, recently returned from participating with the All-Marine Rugby Team where they competed against the other military branches at the Armed Forces Rugby Championships, held at

Fort Leonard Wood, Mo., Oct. 9 - 11.

Captain Jason Ormsby, legal assistance officer at the Legal Assistance Center, and 1st Lt. John Hobson, Marine Security Element Liaison for 3rd Marine Regiment, both accompanied the All-Marine Team to the championships, where they, along with the rest of

the Marine team, finished in fourth place out of the five teams involved in the tournament.

The Air Force Rugby Team captured the Armed Forces Championship after handily defeating the other teams in the tournament, then beating the Navy in the championship game.

"The game we lost to the Air Force was really close," said Capt. Ormsby. "[Because during] the tournament, it was pretty much the common consensus that the Marines were the hardest team to play.

"The games we lost seemed to be by either a questionable call or one lucky bounce. We did play well."

The Marines defeated the Coast Guard, the Navy and the Army in one game, but suffered key losses that kept them out of the champi-

onship game. The Marines then fell to the Army in the consolation game.

The All-Marine Team brought together leather-necks from bases all over the world, who ranged in rank from lance corporal to lieutenant colonel. The team practiced together only two weeks before the contest, but still managed to make a good showing.

"It was really an honor just to be selected for the team," said Ormsby. "It felt great to get out and represent our base among all the other Marines from different bases who were on the team."

The commanding general of MCB Hawaii, Brig. Gen. Jerry C. McAbee, recently approved the formation of a base intramural rugby league, and the base is examining the level of interest in fielding teams.



Courtesy of Capt. Jason Ormsby

The All-Marine Rugby team waits in warm-up gear for the Armed Forces Championships to begin.

"Aloha" team takes MarForPac regionals

Sgt. Nathan K. LaForte
MCB Camp Butler

CAMP FOSTER, Okinawa, Japan — "Ole', Ole', Ole'!" chanted the crowd as Adrienne R. Norris, goalkeeper for MCB Hawaii, held off two last-minute corner kicks to help his team clinch a 2-1 win against 1st Marine Aircraft Wing during the championship game of the 2002 Marine Forces Pacific Regional Soccer Tournament.

The annual tournament took place on Foster Field here, Sept. 30 through Oct. 4. During play, six Pacific teams were pitted against each other to determine who would win the championship. This year, MCB Hawaii came out on top by defeating all comers in the single-elimination contest.

The five-day tourney began with a three-day seeding, which culminated with two days of single-elimination play leading to the championship.

Roughly three minutes into the championship game, MCB Hawaii had jumped out to an early lead after midfielder Peter L. Lee fired a shot past the 1st MAW goalie to score the game's first score.

After the initial momentum, MCB Hawaii hit a snag when a yellow card was issued to forward Joseph T. Wilges for unsportsmanlike conduct, for sweeping the legs of Arturo Escamilla, defender, 1st MAW.

"Sometimes the play gets rough, and sometimes rules are broken," said Scott Samdahl, the head official. "It's my job to keep it safe; the cards are my tool to do that with.

"Injuries are going to happen. I really don't think that you can prevent all of them."

According to Samdahl, who also serves as the area administrator for the U. S. Soccer Federation and president of the Ryukyu International Soccer Association, injuries sustained from

the tournament are a result of "the game within the game," where players try to see what they can get away with.

As play continued, MCB Hawaii was further disheartened by yet another violation when a hand ball penalty was called that resulted in a penalty kick by 1st MAW. The air wing's Jose Pena, forward and midfielder, promptly scored to level the playing field, 1-1.

Both teams were more aggressive in the second half of play. In particular, Timothy J. Legros was one of the athletes who put everything he had into the game, by running all over the field in an attempt to keep 1st MAW from seizing any advantage. He even helped his goalie with a saving slide to keep 1st MAW from taking a lead.

His increasingly aggressive play, however, caused him to receive a "yel-

See SOCCER, C-6

BASE SPORTS

Debbie Robbins

MCCS Public Relations

Turkey Shoot Set for Saturday

Get on target Saturday during the annual archery tournament held at the Base Archery Range.

Contestants may compete in the Juniors (15 and under), the Compound Bow or the Traditional Bow categories.

On-site registration begins at 7:30 a.m., and the event kicks off at 8:30 a.m.

The K-Bay Rod and Gun Club will provide a free barbecue lunch for everyone, and spectators will enjoy free introductory archery instructions.

Many contestants will walk away with prizes, to include turkeys and more. Mahalo to the Turkey Shoot sponsors: Safeway; Archery Headquarters, Inc.; and the K-Bay Rod and Gun Club.

Call 254-7666 for more info.

Athletic Shoe Clinic Takes Place Saturday

Is getting in shape reeking

havoc on your back and knees? Maybe you're wearing the wrong athletic shoe.

Don't take chances; get in shape the right way.

Now you can get professional athletic advice, all while sporting the latest in fashion trends during the Athletic Shoe Clinic from 11 a.m. - 3 p.m. at the Marine Corps Exchange's Shoe Department.

Representatives from New Balance, Reebok, Asics and Adidas will be on-site to assist customers with selections and answer questions.

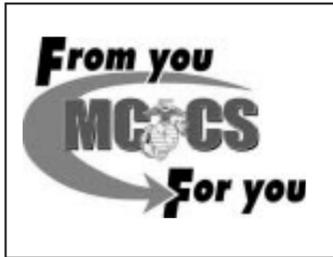
Additionally, customers will receive a 20 percent discount on all represented athletic shoes (discount does not apply to shoes already on sale).

For more, call 254-7522.

Fast Pitch Seeks Players

Varsity Sports Coordinator Joe Au is seeking command interest in fielding intramural baseball teams for January 2003.

This will be a fast-pitch baseball league.



Interested military members should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

Rocker Room Rolls with Pigskins

Cheer on your favorite NFL football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.

Doors open at 4:30 p.m., and plenty of free prizes and pupus will keep you and your gang coming back for more.

Each week the Rocker Room will feature a guest bartender. Also, a King and a Queen of the Quarter will be crowned. Every

King and Queen becomes eligible to win the regal recliner during Super Bowl Sunday.

E'Club Hosts Sports Night

Don't forget that you can ease back at the E'Club every Monday night during its weekly "Sports Night."

For more information, call the Enlisted Club at 254-5592.

Flag Football Makes Its Camp H.M. Smith Debut

All persons attached to Camp H. M. Smith may now look forward to the upcoming flag football season. Sports Coordinator Angela Pittman is currently reserving spots.

For more, call 477-0498.

Paintball Takes Aim

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

The field is open Saturdays, 9 a.m. - 4 p.m., and Sundays noon - 5 p.m. Select Fridays are available for training exercises and

unit events, upon request.

The cost is \$10 per person, including mask and paintball marker. Players have the option of bringing their own paint or buying it at the field.

For more information, times and locations, contact Oceanside Paintball owner Robert Brumley at 254-7593.

Throw Strikes at K-Bay's Lanes

Bowling is back, and 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.

Bowling leagues for youth, women, intramural and a Wednesday night mixed foursomes are starting. All bowling levels are welcome.

Check out Semper Extreme Bowling Fridays 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 information, call K-Bay Lanes at 254-7693.



Cpl. Jason E. Miller

Base All Stars

NAME: Capt. Jason Ormsby

BILLET: Legal Assistance Officer

UNIT: Legal Services Center, Headquarters Bn., MCB Hawaii

SPORT: Rugby

POSITION: Center

• Ormsby began playing rugby in 1997 while attending the University of Houston.

• He recently was selected for the All-Marine Rugby Team and competed in the Armed Forces Rugby Championships at Ft. Leonard Wood, Mo.

"It's really a blast to play. Rugby is one of the few sports where you can just go out and trash people, and it's all a part of the game."



Friday, November 8, 2002
E-6 & Above • 1200 Shotgun Start
1100 Check-In Time on Klipper Lanai

Name _____ Rank/Grade _____

Service _____ Unit _____

Phone # _____ Email Address _____

Handicap
(If you do not have an established handicap, please include your best estimate of what you think it might be.)

ENTRANCE FEE: SNCO - \$40; Company Grade and DoD equivalent - \$45; Field Grade and DoD equivalent - \$50; Guests - \$55. Cash or checks accepted. Please make checks payable to MCCS. Deliver all registration forms & fees to Todd Murata (Klipper Golf Course, 254-2107.)

NON-GOLFERS: For those who want to attend the post-tournament festivities only - \$25.

TOURNAMENT FORMAT: Four-Person Scramble Best Ball. Hit a tee shot, the team then decides who had the best shot and plays the next stroke from that spot. This format continues through each hole. The team with the lowest score after 18 holes wins!

PRIZES: To be given to First, Second and Last Place Teams, as well as "Closest to the Pin" and "Longest Drive." The Longest Drive Competition will be conducted on hole 9 (for high handicaps, 15 & above) and hole 10 (for low handicaps, 1 - 14.) Closest to the Pin Competition will be conducted on hole 4 (for high handicaps, 15 & above) and hole 11 (for low handicaps, 1 - 14.)

COMMUNITY SPORTS

All-Girl Hike Goes Tomorrow

The Hawaii Trail and Mountain Club is calling on all wahine to participate in its third annual women's only hike, Saturday at 8 a.m.

A standard favorite, but still a bit of a challenge, this five-mile, intermediate-level outing will allow women to relate to their gender to their heart's content.

The hike stretches the Na Ala Hele trail and guarantees to exercise away troubling stress.

As with all HTMC hikes, wahine should bring their own lunch and water, wear sturdy shoes and clothing, and exercise caution on all trails.

A \$2 donation is requested of non-members, and children under 18 must be accompanied by a responsible adult.

Trails and lunch sites must be kept litter free. Firearms, pets, radios and other audio devices are prohibited on all hikes.

Trekkers Invited to Hike, Nov. 10

Visiting hikers are welcome to join the Hawaii Trail and Mountain Club, Nov. 10 at 7 a.m. when it takes a chest-heaving, toe jamming, knee cracking, butt-

wrenching climb.

The mountain views will be spectacular, and the company will be sublime, when the crew tackles Pu'u Heleakala.

If you're interested in participating on this six-mile, advanced-level trek in Nanakuli, contact coordinator Fred Dodge at 696-4677, for more information.

Hunter Classes Offered

Hawaii's Department of Land & Natural Resources hosts its next series of Hunter Education Classes Nov. 8 (from 5:45 - 10:15 p.m.) and Nov. 9 (from 7:45 a.m. - 4 p.m.) at 1130 N. Nimitz Highway, Suite A-212A on the second floor.

Learn about archery safety, wildlife identification, conservation and more.

This free class is open to anyone 10 years old and above who enjoys outdoors. Attendance is required both days for certification.

Preregister by calling 587-0200.

Hale Koa Offers Tennis Tournament

The Hale Koa Hotel is offering a tennis doubles classic Nov. 15 - 17. There will be a men's and women's division, as

well as mixed doubles.

The cost is \$30 per team, and the entry deadline is Nov. 8.

Make checks payable to the Hale Koa Hotel and mail them to the following address:

D. Conroy, Hale Koa Hotel Tennis
2055 Kalia Road
Honolulu, HI 96815

Entry forms are available at the POiNT Health Club.

Charity Fishing Tournament Scheduled, Nov. 15 - 17

All ages, whether boating or shoreline, are invited to participate in Haleiwa Joe's Charity Fishing Tournament, Nov. 15 through 17, beginning at sunset (about 6 p.m.)

Plenty of prizes will be awarded in categories such as largest ulua, largest papio, largest reef and largest game for manini (7 and under), keiki (8 to 12), teens (13 to 17) and adults (18 and over).

T-shirts (\$13) and banquet tickets (\$10) will be available for entries received by the Nov. 13 deadline. (Late entrants will not be guaranteed a T-shirt on

the day of the event.)

Final weigh-in time will go Nov. 17 from 12 - 2 p.m. for boaters, and from 2:30 - 4:30 p.m. for shoreline fishers.

Cost is \$15 for 12 and under, \$25 for teens and \$40 for adults.

Proceeds benefit Haleiwa Joe's Windward Scholarship Fund. For more details, contact Tim York at 247-6671.

Bellows Hosts Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Recreation (at 259-8080) offers plenty of outdoor activity.

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.

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.

Pay for classes and pick up your life jacket at Equipment Check Out.

Tackle Football Schedule and Standings (Records as of Oct. 28)

Today
HQBN
vs MAG-24
at Pop Warner Field
6 p.m.

Standings
•HQ, 3rd Marines
Bone Crushers (5-1)

•MAG-24
Bandits (4-1)

•HQBN
Warriors (3-2)

•1/3
Raiders (3-3)

•CSSG-3
Outlaws (3-3)

•1st Radio Bn.
Red Raiders (2-4)

•Camp H.M. Smith
Mountain Warriors (0-6)

**Post Season Play
begins Monday**

SPORTS AROUND THE CORPS

Brits put on rugby display for 29 Palms team

Cpl. Julie A. Paynter

Marine Corps Air Ground Combat Center

MCAGCC, Twentynine Palms, Calif. — Royal Marines from 40 Commando taught the Combat Center not to mess with the experts, when the British beat the U.S. Marines, 41-0, in a rugby match at Felix Field Oct. 16.

With the support of the Marine Corps Community Services, Combat Center rugby player Mike Fitzgerald coordinated with the Royal Marines and the base team to take part in the British sport similar to football or soccer, but played with a violent twist.

"The lads really enjoyed it," said Sgt. Rob McIntyre, physical training instructor, 40 Commando Royal Marines. "They gave us a good game, and we were hosted well afterwards with food and drinks."

"It's something different, playing someone from a different country," said Marine Carl Gilson, 40 Commando Royal Marines. "I think they had six blokes who had never even played before."

Traditionally, rugby is played for two 40-minute halves on a football-sized field, but due to the recreational nature of the match, the Oct. 16 game was played in three 20 minute periods.

Fifteen players on each team duked it out on the field by kicking, carrying, passing and grounding the ball to score.

"I always tell people that rugby is a hybrid between soccer and American football," said Charlie Lamont, Combat Center rugby team. "If you understand both those sports, then you will have no problem understanding rugby."

"With the help of the veteran players the [new players] picked up the game very quickly."

"One first



Cpl. Julie A. Paynter

Royal Marine ruggers streak past their American opponents during a rugby exhibition Oct. 16 at Twentynine Palms.

lieutenant of the Royal Commandos noted that rugby is the national sport of Wales, and there were at least 12 Welshmen playing out there."

It had been five months since the base rugby team competed last, but they were still up to the challenge.

"We gave the Brits a good, hard-hit-

ting physical match," said Scott Flagg, Combat Center rugby team. "At one point, we held them 10 meters from the try zone [or goal] through at least five or six phases of offensive plays."

"All in all, it was a great experience for the Marines of Twentynine Palms," said Lamont. "We can hold our heads high for a good match and start getting ready for the upcoming season. Despite the score, the new guys are hooked and definitely want to join our base team and learn the game."

"In my opinion, one of the best parts of rugby is the socializing after the game. You will hardly ever see this in any contact sport the world over."

"No matter how much you may hate and despise the players on the other team, when it's over; it's over. You socialize, sing songs and kick back with a beverage and talk about the game with them. It is truly one of the best parts about the sport," Lamont explained.

The Twentynine Palms team is currently working on making the match versus the Royal Marines an annual event.

'Brain attacks' can be reduced

NAPS
Featurettes

The numbers are grim: in the United States, someone has a stroke, or "brain attack," every 53 seconds. Nearly 600,000 Americans suffer from strokes each year.

According to pathologist Ray Sukumar, M.D., F.C.A.P., while the death rate from stroke is declining, it is still America's third leading cause of death.

"Many of the deaths from stroke are preventable," said Dr. Sukumar. "Controlling your diet to help reduce the chance of diabetes and reduce cholesterol, eliminating unhealthy lifestyle habits such as smoking, preventing or managing high blood pressure, and scheduling regular checkups with your physician are critical to reducing your risk of stroke."

A stroke occurs when a blood vessel that brings oxygen and nutrients to the brain bursts or is clogged by a blood clot or some other particle.

Because of this rupture or blockage, part of the brain doesn't get the blood and oxygen it needs. Deprived of oxygen, nerve cells in the affected area of the brain can't work and die within minutes. When nerve cells can't work, the part of the body they control can't



How to Reduce Your Risk of Stroke:

- Don't smoke.
- Eat healthy foods.
- Maintain a healthy weight.
- Exercise 30 minutes a day.
- Drink alcoholic beverages moderately.
- Do not use nonprescribed drugs.
- Visit your physician regularly. 

work either.

Regular visits to a physician are especially important for those individuals with unavoidable risk factors, like advancing age or a family history of stroke.

The risk of stroke nearly doubles after age 55, and the chance of a stroke is higher if your parents or grandparents suffered from one.

Dr. Sukumar, a physician who specializes in treating patients through laboratory medicine, says cholesterol levels, blood pressure, and other related conditions such as diabetes, all put a person at a

higher risk for a stroke and are only effectively diagnosed and treated by regular monitoring.

"High blood pressure is the most important risk factor for stroke. Because this and other stroke-related conditions, like high cholesterol, can often go undiagnosed, early detection is essential for stroke prevention," said Dr. Sukumar.

"Regular checkups, including appropriate blood work, can catch these problems early when they can be most effectively treated by medication and lifestyle changes," he added.

Lowering blood pressure five points can reduce the risk of stroke by 42 percent.

Many stroke risk factors are controllable through exercise. Regular physical activity also reduces weight, which can control high blood pressure and the risk for diabetes. It controls cholesterol levels and reduces stress, which can lower your blood pressure and give you a greater sense of well-being.

Dr. Sukumar says to help live a stroke-free life: "Don't smoke, eat plenty of fruits and vegetables, avoid fatty foods, and exercise regularly."

"Losing as little as ten pounds can significantly reduce your risk for stroke and improve your overall health," he explained.

Blood pressure levels highest in the morning

NAPS
Featurettes

If you're one of the millions of Americans who suffer from hypertension, there's eye-opening news you should be aware of. A higher rate of cardiovascular events — including heart attacks, strokes and sudden cardiac deaths — occur in the morning.

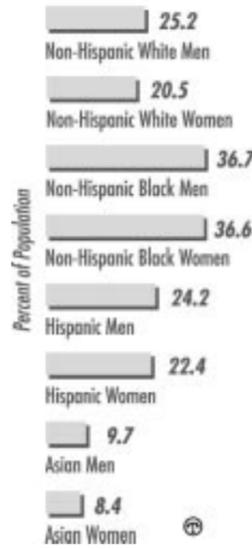
Doctors say blood pressure rises in the early morning, peaks in the late morning, then slowly declines, reaching its lowest level during sleep. This is because blood pressure has a circadian rhythm (the body's natural "clock" that is believed to dictate biological cycles and functions).

To compensate for the rise in blood pressure in the morning, doctors have concentrated on ways to deliver hypertension drugs in greater amounts when blood pressure is higher (mornings) and in smaller dosages when blood pressure is lower (the middle of the night) — while not disturbing the sleep cycle. The science is called chronotherapeutics.

"Cardiovascular researchers have known for some time that blood pressure rises rapidly in the early morning as a person wakes and begins activity," says president Ron Stratton of Schwarz Pharma Inc., marketers of medical drugs. "The medical community is beginning to appreciate the importance of a patient's natural body rhythms as they relate to timing of medications."

The clinical significance of reducing the early-morning rise in blood pressure has not yet been established.

Prevalence Trends for High Blood Pressure: United States



(Data for Non-Hispanic Whites and Blacks, and Hispanics, ages 20 - 74, are modified from the NHANES III (1988-94), CDC/NCHS, American Heart Association. 2002 Heart and Stroke Statistical Update. Dallas, Texas: AHA; 2001.)

Data for Asian and Pacific Islanders comes from NHIS (1986-90) CDC/NCHS, American Heart Association. 2002 Heart and Stroke Statistical Update. Dallas, Texas: AHA; 2001.)

First Radio Bn.'s Armand Mayville is taken down in the backfield by the MAG-24 defensive line during the first quarter of the 23-7 Bandits' victory.



Cpl. Jason E. Miller

FOOTBALL, From C-1

when kick returner Christian Gonzales returned the ball 65 yards for another touchdown that made the score 18-7.

Halfway through the fourth quarter, the Raiders again were stopped for a safety when they fumbled the ball in the end zone and fell on top of it to prevent a touchdown.

The safety gave the Bandits a comfortable lead

at 20-7.

When the two-minute warning hit, the Red Raiders were in the midst of what was to become another unsuccessful drive. Cornerback Matthew Michaels intercepted Barber and sealed the deal for the MAG win.

In the final seconds, Bandits kicker Tim Legros set a new league record when he booted a 51-yard field goal to finalize the score at 23-7.

SOCCKER, From C-1

low card" later when he pushed Luis A. GarciaLopez, 1st MAW's goalkeeper.

His indiscretion was shortly thereafter forgotten, as his teammate, midfielder Marvin M. Jacob, scored off a corner kick midway through the second half, boosting MCBH to a 2-1 lead.

Although this would be the winning point of the championship match, action between the two teams was nonstop until the final second of play.

The crowd held its breath, as 1st MAW rallied to overcome its 2-1 deficit. Its efforts were in vain, however, as Norris fended off all attempts to score.

"I believe that we won the game from the start. We came out very strong, and we played our game from the beginning to end," said Legros, who added that this was simply his team's year to take home the regional title.

The regional tournaments hosted by the Marine Corps serve as an opportunity to get the most highly qualified athletes to try out. According to Sonny Jones, sports specialist, MCCS, other services request resumes to apply for their teams. This tourney allows players to show how good they are instead of being viewed by the merit of application packages.

Did You Know?



NAPS

In baseball, of the 10 all-time batting leaders, eight hit left-handed.