

The Fort Huachuca **SCOUT** Time Out

Vol. 48, NO. 7 Published in the interest of Fort Huachuca personnel and their families February 21, 2002

Pvt. Murphy's Law
By Mark Baker



Sports shorts

e-mail: thescout@hua.army.mil
website: huachuca-www.army.mil/USAG/PAO

Combat Medic Run set

Raymond W. Bliss Army Health Center will host its 5th Annual Combat Medic Memorial Run Saturday, sponsored by the Sierra Vista Regional Health Center and sanctioned by the Thunder Mountain Running Club.

The event will include a 10K race and a 2K fun run/walk.

The starting point is RWBAHC at 8 a.m. for the 10K and 8:05 a.m. for the 2K. Prizes will be awarded will be awarded by age divisions to include 14 and under and through 60 and over. Early registration is only \$10, with an additional \$1 off for TMRC members.

For registration information call Staff Sgt. Glenn Rawl at 533-9011 or email glenn.rawl@cen.amedd.army.mil.

An alternate point of contact is Barbara Chavez at 533-8009 or cahvezba@epg.army.mil.

Youth volleyball players needed

Sports For Youth Foundation Inc. is currently accepting applications from boys and girls ages 15-20, who are accomplished volleyball players to represent the U.S. on the 2002 Goodwill Ambassadors World Tour July 1-22.

2002 marks the 20th year that the Goodwill Ambassadors have conducted world tours for junior volleyball players. This year's tour is to Europe (London, England; Paris, France; Geneva, Switzerland; Venice, and Rome, Italy).

Our tour is both a cultural and athletic enrichment program. We will play in International age group volleyball tournaments, as well as play local club team in each city.

Full sightseeing tours are scheduled in each city as well.

For more information, e-mail The Sports For Youth Foundation at info@sportsforyouth.com. Visit the tour Web site at www.volleyballtours.com to see photos from previous tours, see the daily itinerary or sign up with the online registration form.

Adult volleyball players needed

Sports For Youth Foundation Inc. is currently accepting applications for the Adult Euro-Volley-Bash Volleyball Tour to Europe.

Adults, ages 21 and over, who are accomplished volleyball players who want to sight-see, play volleyball and meet new people are encouraged to enroll.

For two weeks during June you could be playing volleyball in London, England; Paris, France; and Venice, and Rome Italy.

For more information, e-mail The Sports For Youth Foundation at info@volleyballtours.com or visit www.volleyballtours.com.

PGA tournament free

Tournament chairman Morgan North announced that active military personnel would be admitted free to this year's Tucson Open PGA TOUR golf tournament.

The offer is valid through Sunday with presentation of identification at the entrance gate at Omni Tucson National Golf Resort & Spa.

The offer extends to military personnel from local and regional bases, as well as military bases throughout the world.

The 2002 Touchstone Energy Tucson Open is Feb. 18-24 at Omni Tucson National Golf Resort & Spa.

For more information, call the Tucson Conquistadores at (520) 571-0400, toll free at 1-800-882-7660, or online at www.tucsonopen.pgatour.com.



Johnston Elementary School photos

First and second grade students at Col. Johnston Elementary School paraded through the school with their dragon on Tuesday.

Children celebrate Chinese New Year

By Spc. Jessica Espinosa
Scout Staff

First- and second-grade students from Colonel Johnston Elementary School celebrated the Chinese New Year with a parade and cultural celebration Feb. 12.

Jane Boss, one of the first-grade teachers, said she encourages cultural teachings and promotes ethnic awareness throughout the year with the help of geography studies and normal observances and celebrations throughout the year.

Three first-grade classes constructed the dragon used during the parade.

Second-grade students joined in the actual festivities.

The dragon, which was constructed after a lesson on symmetry, fits 15 students beneath it. Each student was allowed to contribute one item to complete the dragon, as long as it kept with the laws of symmetry.

Some of the students made their own dragons for the celebrations, while others played various instruments.

"The reason why we feel it's important to do activities like these is to help students better understand the similarities and differences of other cultures," Boss said, who has a particular soft spot for the Chinese New Year festivities because she lived in Hawaii where it was highly celebrated.

Students were also helped to better understand the Chinese culture by preparing Lo Mein noodles and eating them in class with chopsticks. At the end of the meal the children had fortune cookies for dessert.

"Before we had the students sample the



First graders, Jamie Liu and Tyler Anderson, display their talents by making dragon puppets for the Chinese New Year's Day parade at Col. Johnston Elem. School.

Lo Mein noodles, we read a book about a little boy who could use chop sticks very well, named 'Cleaver Sticks,' that way they could learn about them before they used them. The children loved the celebration," Boss said.

Some of the children had experience with chopsticks prior to the celebration. But all learned more about the culture.

"I put blue paper on the side of the dragon and got to play an instrument for the parade," said Jamie Liu, 6, who already knew how to use chopsticks and was born in Tokyo, Japan.

Her friend, Christy Mata, 6, explained that the dragon was decorated with flowers and glitter for the celebration. "It was like a girl dragon," Mata said, who also knew how to use chopsticks. "I got to play an instrument for the parade, but I broke it. I loved eating the food, though."

"It was yummy," Liu said.

The classes that also contributed to the celebration were Alana Fletcher's first grade class, Donna Beck's first grade class and Georgia Bernheim's second grade class.

Soldier shoots for sportswear spokesmodel

By Sgt. Sharron L. Stewart
Scout Staff

2nd Lt. Malida Ruiz, rear detachment commander for Company B, 86th Signal Battalion said bodybuilding has given her the confidence to tackle other goals in her life. She's been a bodybuilder for two and a half years and has three children.

Ruiz said she really started to focus on bodybuilding after she entered a competition and lost even though she didn't train for it. "I'm just that competitive. I felt like I should have won, but that made me even more determined. You don't have to let your current situation stop you, you can use it as a building block," she said. Bodybuilding not only serves to help her relax but has also created modeling opportunities for her.

"When you take control of your body you can take control of your mind also. Bodybuilding has helped me to build my confidence and has helped me to develop more discipline. It has encouraged me to try to develop all of the gifts that God has given me," she said.

Ruiz has won numerous body building and physical fitness competitions. An Officer Can-



Photo by Sharron L. Stewart

2nd Lt. Malida Ruiz prepares herself for the sportswear spokesmodel competition Saturday.



Tombstone photo

Experience the Old West like no other place. Daily gunfight reenactments and other live entertainment punctuate the many reasons to see Tombstone.

Weekend get-a-way

Tombstone: Real Wild West

By Spc. Jessica Espinosa
Scout Staff

You could mosey on over to the land of rustic men, fancy ladies and huge horses in no more than 30 minutes, but feel like you're years away from Fort Huachuca.

Tombstone is no doubt the most famous and glamorized mining town in America.

Prospector Ed Schieffelin was told he would only find his tombstone in the San Pedro Valley. Instead he named his first silver claim Tombstone, and it later became the name of the town.

Incorporated in 1881, "The Queen of the Boom Towns" is situated on a mesa between the Dragoon and Huachuca Mountains at an elevation of 4,540 feet.

While the area became notorious for saloons, gambling houses and the O.K. Corral shootout, in the 1880s Tombstone had become the most cultivated city in the West. Underground water flooded the mines though, and falling silver prices ended the boom in 1904.

Surviving the Great Depression and relocation of the County Seat to Bisbee, in the 1930s Tombstone became known as "The Town Too Tough To Die."

So who wouldn't love a visit to the real Wild West? With all its history and toughness it's sure to bring out the outlaw in any man and the damsel in any woman.

Gun shows are a trademark of the once famed city. Shows portray the city when it was in its hay day and air daily, along with other live entertainment throughout the city.

Gifts shops have everything from magnetic horses for the fridge to real live guns for the cowboy in you.

Guests can be whisked back to the Wild West in a matter of minutes at various photo salons. Groups can dress up as Wyatt Earp and his posse, while damsels can pose as Calamity Jane in various western settings.

Even the toughest cowboy has to eat.

Various restaurants, saloons and stands offer up some of the heartiest meals. Food's prepared to entice the palate of the toughest cowboy in town.

The icing is put on the cake for visitors as townsfolk are dressed to impress with rustic wear and fancy dress.

Guests who wish to stay overnight can choose from regular motels all the way to top of the line bed and breakfasts.

Though it may be "The Town Too Tough To Die," it isn't too far to visit.

To get to Tombstone from Fort Huachuca take the bypass to Charleston Road next to Wal-Mart. Follow Charleston Road for 16 miles and you'll be there.

See Sportswear, Page B3

In the Spotlight

See your MWR activity highlighted in The Fort Huachuca Scout, call 538-0836.

MURR

COMMUNITY CENTER

Movies shown at Murr Center

Murr Community Center in cooperation with AAFES and MWR will be offering movies for AAFES patrons each Wednesday through Sunday during the renovation of the Cochise Theatre. Evening show time is 7:00 p.m. Saturday and Sunday matinees will be at 2:00 p.m. Admission is free and so is the popcorn.

Feb. 20, 21 & 24, 7:00 p.m. **HARDBALL**
Rated: PG 13
Starring Keanu Reeves, Diane Lane

Feb. 22 & 23, 7:00 p.m. **RAT RACE**
Rated: PG 13
Starring John Cleese, Whoopi Goldberg, Cuba Gooding, Jr.

Feb. 23 & 24, 2:00 p.m. **PRINCESS DIARIES**
Rated: G
Starring Anne Hathaway, Julie Andrews

Feb. 27 & 28, 7:00 p.m. **SOUL SURVIVORS**
Rated: PG 13
Starring Melissa Sgemma, Casey Affleck

Mar. 1, 2 & 3, 7:00 p.m. **JAY & SILENT BOB**
Rated: R
Starring Kevin Smith, Jason Mewes, Shannon Doherty

Mar. 2 & 3, 2:00 p.m. **THE MUSKETEER**
Rated: PG 13
Starring Catherine Deneuve, Mana Suvari, Stephen Rea

On your mark! Get set!

Thunder Mountain Marathon held March 23

The 2002 Thunder Mountain Marathon and Relays takes place on March 23 at 6:00 a.m. with a total purse of \$2,500. This is a USA Track and Field certified race. Runners from all over Arizona and many out-of-state participants will run this fine course again this year. Those planning to take part are encouraged to register and train early for this challenging event.

The race route climbs to the base of the scenic Huachuca Mountains, follows the base of the mountains, then continues on to the flat lands for the finish.

Full marathon entry fees are \$30 for military and \$40 for civilians up to March 12; \$40 for military and \$50 for civilians after March 12. Entry fees for half marathon are \$25 for military and \$30 for civilians up to March 12; \$35 for military and \$45 for civilians after March 12. Entry fee for relay teams is \$100 for military and \$125 for civilians up to March 12; \$140 for military and \$150 for civilians after March 12. Entry fees for the 5k Fun Run are \$10 for military and \$15 for civilians up to March 12; \$20 for military and \$25 for civilians after March 12. There is also a wheelchair divi-



sion for the half marathon with an entry fee of \$35 up to March 12 and \$45 after March 12.

All units on Fort Huachuca are encouraged to register a relay team for the Commander's Cup relay competition. The relay teams registered under the Commander's Cup categories will receive 50 participation points for the Commander's Cup program and additional points depending on placement at the finish line.

All relay teams registered under this program must be from the same unit. The Thunder Mountain Marathon is a major Commander's Cup sport on Fort Huachuca.

Entry forms are available at Barnes Field House and after completion, need to be mailed to TMM, MWR Sports Branch, P.O. Box 12100, Fort Huachuca, AZ 85613. Registrations are also accepted on the internet at active.com. Confirmation notices will be sent to all applicants.

Runners must pre-register to participate in the Thunder Mountain Marathon. For discount fee, all registration forms must be postmarked no later than Monday, March 11, 2002.

Call race director, Michelle Kimsey for further information at 533-3180.

'STYX' coming June 22 to Fort Huachuca

The annual Miller Genuine Draft Army Concert Tour, presented by Army Entertainment and the Directorate of Community Activities will star the renowned band, "STYX" on June 22, 2002.

The Recreation Services Division is preparing another block buster outdoor concert to be held at Libby Army Airfield. Fans who enjoyed past concerts with the talents of "Foreigner", "Kansas", "Sugar Ray", "Uncle Kracker", the "Doobie Brothers", "Edgar Winter Band", "Rick Derringer", the "Commodores", "Earth, Wind & Fire" and "War", will not be disappointed. The MGDACT attracts over 8,000 spectators from Sierra Vista, Fort Huachuca and the surrounding communities.

The admission price for this year's concert will be the same as last year: \$20 in advance or \$30 at the gate. The gates will open at 6:30 p.m. and the concert will begin at 7:30. Chair rentals will be available or spectators may bring their own chairs.

The concert venue will offer a variety of snacks, food and beverages. Souvenir t-shirts and other items will be on sale promoting "STYX" and the guest entertainment to be announced

at a later date.

"STYX" will headline this 2002 MGDACT. Recreation Services is searching for an young exciting opening act to attract the younger crowd, similar to last year's group, "theStart."

Tickets will go on sale the beginning of May at MWR Box Office, MWR Rents, Desert Lanes and Ozone on Fort Huachuca, and at area Safeway Stores off post.

"STYX" is in the midst of a career resurgence that includes nabbing a gold record for their 1997 double live "Return to Paradise" comeback disc and having their hits "Mr. Roboto" used in an automobile commercial. "Come Sail Away" was featured in a "South Park" episode and the group was celebrated in Adam Sandler's "Big Daddy" movie.

Join the crowd at Libby Army Airfield for a rockin' good time in June. For those who would like to be a real part of this event, consider becoming a volunteer. Volunteers are needed in a variety of areas, so sign up now by calling 533-4823. For general information, call 538-1690.

Fort Huachuca Morale, Welfare & Recreation Updates

The Directorate of Community Activities is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or e-mail germanp@hua.army.mil.

Resumé class offered

A resumé class is being offered by the Employment Readiness Program at Murr Community Center. Class is scheduled for Feb. 28 and Mar. 1 from 8 a.m. to 10 a.m. and is open to family members of active duty, retired military personnel and DoD civilians. For details, contact Beverly Kaufman at 533-6870 or 533-2330.

Desert Lanes announces coming events

A Midnight Marathon Singles Tournament takes place Saturday. Entry fee is \$40 per person with a guaranteed first place award of \$300. Handicap is 80% of 200 and pay-out is one to five entries. Sign up now to ensure space reservation. Call 533-2849 for information.

Youth Services offers Tae Kwon Do

Youth Services offers Tae Kwon Do classes for ages four through adult at the Youth Services Center, bldg. 49013 located on Cushing St. across from Smith Middle School. The classes are held every Tuesday and Thursday at 6:00 p.m. Classes cost \$25 per month with discounts available for families of multiple participants. The first class is free for all participants, so feel welcome to attend a class and try it out. Call 533-3205 for more information.

Youth Sports sets registration dates

The last day for Sierra Vista Ponytail registration and try-outs is Saturday at "C" Field, located behind the Sierra Vista Police Dept. The season starts April 6. Registration fees are \$35 for T-ball and coach pitch, \$40 for ages ten to 14 division and \$50 for seniors division. A birth certificate, registration fee and completed registration form are required to register. Contact Vickie Bernard at 533-3180 or Felicia Brown at 439-4351 for information.

The final day for Sierra Vista Little League registration is also Saturday at Big 5 Sporting Goods store from 9 a.m. to 1 p.m. The season starts April 6. Little League is open to players ages five through 16 years. Registration fees are \$45 for T-ball and coach pitch, \$55 for minors, majors, juniors and seniors. Families with more than two league players need only pay \$25 for each additional player. Call Vickie Bernard at 533-3180 or Nancy Milo at 459-6923 for information.

Eifler announces court closure

All racquetball courts at Eifler Fitness Center will remain closed through March 4 for floor resurfacing. Courts will reopen at 6:00 a.m. on March 4. Call 533-4723 for information.

MWR Rents February Specials

MWR Rents offers a Cabin Rental Package now through March. The cost is \$25 per day or \$50 for the entire weekend and includes cabin rental, two lanterns, an ice chest, two chairs and a five-gallon water can. Also during February, the Water Mouse is available for \$25 per day or \$50 for the weekend.

Jump into spring with the MWR Rents March special. Throughout March the bouncing castle, funhouse or lasertag are available for a special price. Rent either of these great

backyard entertainment items for two hours and receive an additional two hours for free.

MWR Rents is located on the corner of Irwin and Hunter and is open Monday through Saturday from noon until 6 p.m. Call 533-6707 for information.

Lil' Skeeters adds new food items

Visit Lil' Skeeters restaurant for great barbecue, located across from Barnes Field House. Hours are Monday through Thursday 11:00 a.m.-1:30 p.m. for lunch and 3:30 p.m.-7:30 p.m. for dinner; Fri. 11 a.m. to 1:30 p.m. for lunch and 3:30 to 9 p.m. for dinner; Sat. 11 a.m. to 9 p.m. for lunch and dinner; closed Sunday. Lil' Skeeters has a "family/party pac" menu for take-out or any party gathering. Call 533-3837 or 533-3876 for more information.

Lil' Skeeters is now offering Sara Lee desserts; apple or cherry pie for \$1.95, and pecan pie for \$2.25 each. Whole jalapeño peppers are also available, five for \$1, or twenty-five cents each.

Choose a Trail Ride at Buffalo Corral

Buffalo Corral is the place to enjoy horseback riding, scenic trails and beautiful Arizona weather. A variety of regularly scheduled rides are available for beginning and experienced riders. Weekend trail rides are offered on Sat. and Sun. from 9 a.m. to 11 a.m. and 2 p.m. to 4 p.m.

Sunset trail rides are available each Thursday from April through September at 6 p.m. Reservations are required by close of business the Wednesday before the ride.

Moonlight trail rides will start in May. They are offered every full moon through September and the rides begin at 7:30 p.m.. All of these trail rides are \$12.50 person and rides are two hours in length. Rides proceed through the Fort Huachuca foothills and into the beautiful Huachuca Mountains.

Trail rides are open to riders seven years of age and up. Prepayment is required by close of business the day before the scheduled ride. All rides require a minimum of 15 riders and when filled, second rides are often scheduled.

Birthday parties for kids are special at the Buffalo Corral. Instead of the same old pizza parties, children will enjoy a party at the Corral. For one price, the Corral offers two lead-around horses, picnic area with barbecue and tables available for a three hour period. The cost is \$33 for authorized MWR patrons and \$40 for civilians. Parties even available for children under the age of seven years. Reservations and prepayment are required at least two weeks in advance.

The Buffalo Corral's hours of operation are now Thursday through Sunday from 9:00 to 11:00 a.m. and 2:00 to 4:00 p.m. For more information, call 533-5220.

FAP offers family violence prevention class

The Family Advocacy Program at Army Community Service, bldg. 50010 will offer a class on family violence prevention. This class will be held in the ACS conference room today from 6 p.m. to 8 p.m. The community is invited to attend. You may register at the ACS building or call 533-2330 for information.

Parent/Tot Play Group meets

The Parent/Tot Play Group meets every Tuesday from 9:30

to 11:30 a.m. in the Youth Services Building, 51301. This group is open to parents and children from birth to five years of age. Class is designed to provide activities for parents and their young children and interaction with other parents and children. The program is free, but reservations are encouraged. Volunteers are always welcome. For information or registration, call the Army Community Service Family Advocacy Program at 533-2330.

AFTB offers Level One "marathon" session

March 2 is the date set for a Level 1 class marathon by Army Family Team Building. The entire level will be completed in only one session from 9:00 a.m. to 4:00 p.m. This is a rare opportunity, so call now to take advantage of this class. Pre-registration is required. To register or obtain more information, call 533-3686 or 533-2330.

Center adds airplane modeling to roster

MWR Arts Center offers a new class for airplane modeling enthusiasts. This basic class is taught by Mr. Larry Lietzau on Tuesday and Thursday evenings. The class fee is \$25. Call 533-2015 for information and registration details.

This week at LakeSide Activity Centre

The new Sunday Brunch, so popular in the past, is now on alternating Sundays from 10:30 a.m. to 1:30 p.m. The next brunches are this Sunday and March 17. The brunch menu includes the Omelet Station and Chef Chewy's special Eggs Benedict with pastries, and breads and a variety of specially prepared dishes of baked salmon, sausage, cod, pasta, pork, beef and chicken on a rotating basis. The cost is \$13.95 for adults and \$7.00 for children ages six to ten years. Children under five dine for free.

Set your calendars for tomorrow night and March 8, when the LakeSide will host CG's Right Arm Nights again. These great social evenings take place twice a month. The fun starts at 4:00 p.m. and continues until 6:00 p.m. Free snacks and music accompany the "pay as you go" bar. Call 533-2194 for information on any of these services.

Black History Month observed at Arts Center

The MWR Arts Center has an exhibit of African American art on display now through the end of February. This show is in honor of Black History Month. The show is open during regular operational hours: noon until 8:00 p.m. on Tues., Wed. and Thurs.; 9:00 a.m. until 5:00 p.m. on Fri. and Sat. The center is closed on Sunday and Monday. For more information, call 533-2015.

New classes for March have been added to the roster at the Arts Center. Scrapbooking, the newest craft rage, will be offered on March 1 and 2. The class fee is \$65 and includes all supplies. Call 533-2015 for information.

Winter trap shoot set for March

The Sportsman's Center will conduct their winter trap shoot on March 4 through 10. Scorekeepers are needed. Any interested person is invited to become a part of this fun shooting event. Scorekeepers can earn up to \$50 a day. Call Mic at 533-7085 for information.

Tone ab muscles with exercise, diet

By Sgt. Sharron L. Stewart
Scout Staff

(Editor's note: This is the fourth in a series of articles on physical fitness.)

Kathy Gray, post fitness coordinator, stressed the importance of knowing how to properly work the abdominal muscles.

"People need to realize that there is one main abdominal muscle, the rectus abdominus, which stretches from the rib cage to the pelvis," Gray said. She said this is the muscle that is responsible for producing the "six-pack" like appearance. These muscles can be strengthened by doing regular crunches or reverse crunches.

"There is no such thing as 'spot-reducing.' The only way a difference will be noted in your physical appearance is by controlling body fat. To see an improvement in the abs you have to watch your diet and increase your cardiovascular activity. To get the results you want you have to watch your diet," Gray said.

She said the oblique muscles are located on the side of the stomach and are responsible for producing "handle-bars."

"The oblique muscles help to rotate the trunk. Toning these muscles can be done by doing the exercises I mentioned earlier and

incorporating a twisting motion and by doing side-bends," Gray said.

She said the easiest way to train your transversus abdominis muscle, which is the muscle that lies at the bottom of your stomach, is by simply holding in your lower stomach muscles for 10-20 seconds even while you are not exercising.

"Train this muscle by simply pulling your navel into your spine, and exhaling thoroughly, especially while crunching, but you can do this sitting at your desk," Gray said. She noted that this is not pulling in the diaphragm and holding your breath.

Gray said it's possible to work your transverse abdominal muscles on a daily basis. "Proper form is the key to everything," she said. Your chin should not touch your chest when doing ab exercises.

Gray also stressed the fact that there are many alternate forms of strength training available for those who do not want to lift weights. Barnes Field House has Dyna Bands, Strength Bands and the Dyna Fit Ball available for use by the general public.

These alternate methods of strength training would benefit the average female or a male who is recovering from an injury.

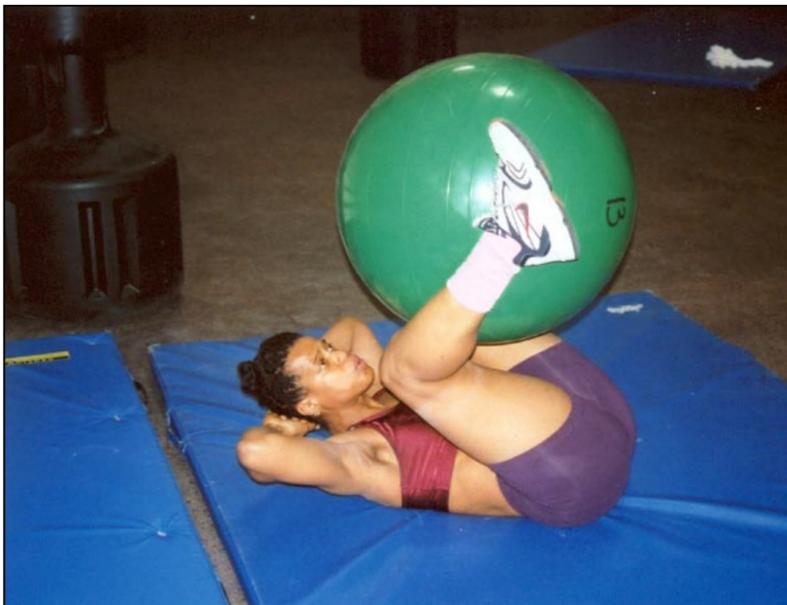


Photo by Sgt. Sharron L. Stewart

Kathy Gray demonstrates how to use an exercise ball to help improve abdominal muscles. She said the easiest way to train your transversus abdominis muscle, which is the muscle that lies at the bottom of your stomach, is by simply holding in your lower stomach muscles for 10-20 seconds even while you are not exercising. Gray also stressed the fact that there are many alternate forms of strength training.

Sportswear from B1

didate School graduate she won the Super Army Physical Fitness Test for Class 0-3-01.

"I beat the Navy and the Air Force competitors," Ruiz said. Last year she was the fourth runner up for Mr. and Mrs. Fitness Atlanta and she received a "Salute" from Flex magazine in November for outstanding muscularity.

She recently made the first cut for Arizona Dream Girl and will have a photo shoot Saturday that will determine if she makes the final cut. The competition is in April. She also has a Team Universe competition March 9. "Team Universe is sort of a body building Olympics," she said.

Ruiz said she reads about bodybuilding and watches herself in the mirror so she can see exactly what muscle group she is working. Before a competition she cuts back on her carbohydrates and drinks one and a half gallons of water each day. She said drinking water flushes her system and shows more muscle definition.

She believes in staying in top shape even when she's not competing because she wants to be prepared for modeling opportunities, but admits she does indulge in fat free chocolate ice cream every once in a while.

She said her scores on her PT test have improved since she began bodybuilding. She's able to do 90 push-ups and

between 87-90 sit-ups in two minutes. She said she even trains while she's out in the field by doing sit-ups and push ups and packs five-pound weights in her ruck sack. She watches her diet by eating the vegetarian pasta Meals Ready To Eat.

She said her children are really supportive and enjoy watching her compete. Her daughter Bianca has won six ribbons for running in Smith Middle School's Presidential Running program and is an all honors student. Her son Jonathon is an all honor student at Johnston Middle School and plays basketball. Her youngest son Israel is an A and B student. "He's really into Pokemon," she said laughing. Her and her children run four miles on a weekly basis.

"My daughter wrote an essay saying that I was her favorite person and after competitions my son's walk around flexing their arms saying 'See Mommy, I have a muscle too.' It is wonderful to realize that I'm impacting my children in a positive way," Ruiz said.

She also hopes that she can encourage and motivate her soldiers male and female to achieve. "We've all had obstacles and setbacks to overcome but when you get down to it, there are really no valid excuses not go after your goals. It's all about how bad you want it. I've had three children and three C-sections so if I can do it, anyone can," she said.

Bisbee student's work on display

Cochise College release

A mixed-media presentation of the artwork of Bisbee High School students kicked off this week with a reception at the Student Union.

The students' art, which includes recent drawings, paintings and ceramics, will be exhibited until March 7 in the Student Union lounge on the Douglas campus. The work was completed under the instruction of art teacher Dana Dorner.

Both the reception and the exhibit are open to the public.



Have we got news for you!
Read it online
Click on huachuca-www.army.mil/USAG/PAO

Soldier wins gold in Olympic debut of women's bobsledding

By Master Sgt. Bob Haskell
Army News Service

WASHINGTON — A soft-spoken National Guard soldier steered her two-woman bobsled to a gold medal Feb. 19 by winning the first women's bobsled competition ever featured in the Olympic Games.

Spc. Jill Bakken, 25, of the Utah Army National Guard and a member of the U.S. Army's World Class Athlete Program, drove herself and civilian brakeman Vonetta Flowers from Alabama into the pages of Olympic history.

The unheralded duo's two-run total time in their bobsled — USA 2 — of 1 minute, 37.76 seconds, at the Utah Olympic Park, easily beat the two German teams that walked away with the silver and bronze medals.

The better-known American team of driver Jean Racine and brakeman Gea Johnson, in USA 1, finished fifth. Johnson was hobbled by an injured left hamstring and could not push that sled as hard and as fast as she needed to for that team to gain the gold or any other Olympic honors.

"We were the other team," said Flowers. "It's an amazing feeling. We had a lot of fun today," said Bakken afterward. "There was a lot of tough competition, so we definitely had our work cut out for us. The Germans are tough teams to beat.

"I just knew that I had to put in two solid, clean runs," added Bakken who has come back from her own significant injuries, including back surgery and two knee operations, within the past four years to become an Olympic champion.

"I knew we had to have a good start, and I knew we were going to do really well on that," she said. "I was thinking about how I needed to get down the track clean."

It was a golden moment for two other Army Guard soldiers, Bill Tavares from New York and Tuffy Latour from Vermont. They are the coaches for both of the women's teams and members of the Army's World Class Athlete Program.

Tavares, the head coach, is a three-time Olympian who competed in the luge during the 1992 Winter Games. Latour is the driv-

ing coach. His grandfather was a bobsled driver for the United States in the 1948 Games.

History was in the winning team's corner. Vonetta Flowers became the first African American to ever win a gold medal in the Winter Olympics, ironically during African American History Month. The bobsledding medal was the 21st overall for the U.S. team whose goal was 20 medals when the Salt Lake City Games began on Feb. 8. affilia

Bakken became the first Army athlete to ever medal in bobsledding, according to World Class Athlete Program spokesperson Harriet Rice.

Bakken and Flowers gave the USA its first Olympic bobsled medal since 1956 when the U.S. men claimed the bronze. And the sixth gold medal that they won tied the United States' Winter Olympic record from four previous Games.

"They were double trouble," said a de-

See Bobsled, Page B5



Photo by Robert Trubia

Spc. Jill Bakken holds flowers aloft and enjoys her moment of triumph after winning the gold in the first-ever women's Olympic bobsled race Feb. 19. Her brakeman Vonetta Flowers is also being lifted by teammates on the left.

Bobsled from B4

lighted Col. Willie Davenport, chief of the National Guard Bureau's Sports Program and a five-time Olympian who won a gold medal in the high hurdles during the 1968 Summer Games in Mexico City.

"This is proof that we are one Army. We come together in war, and we come together in athletics," Davenport added. "This is also proof of how strong the National Guard is in athletics."

Bakken joined the Utah Guard's 115th Engineer Group headquarters in Draper in March 2000 before becoming an Army World Class Athlete after completing her basic and advanced training by the middle of that year.

"She went from boot camp back to bobsledding," beamed her mother, Peggy Smith, who maintained that "I knew she had it in her. I'm so happy for her. She's gone through a lot of injuries and come back to do this."

Bakken had the luxury of competing in the first official Olympic bobsledding race in her hometown of Park City, Utah. About 40 members of her family, including her mother and older brother Joel, and 10 family friends witnessed the gold medal efforts that included a track record time of 48.81 sec-

onds during the first run. Many of her followers wore ornate red and white hats and clanked cowbells.

Bakken is one of America's bobsledding pioneers. She was born in Portland, Ore., and she attended the fledgling U.S. team's first training camp in 1994 when she was a high school junior. That made her, at 17, the youngest bobsledder in the sport's history, although she did play soccer for Oregon State in 1996.

Within the past four years, her mother recounted, Bakken has undergone back surgery and operations on both knees. She has withstood the pain and repair of a torn Achilles tendon, and part of a bone has been removed from her foot.

"I had a ton of relatives there. It was awesome," said Bakken Tuesday night, admitting that she thought she was dreaming.

"They've supported me through the whole thing - not just this race - but ever since I started sliding.

"I never really wanted to quit. There were tough times injury-wise, but I never wanted to quit. I wanted to go the Olympics, and now I'm here," said America's newest National Guard soldier with an Olympic gold medal.

Sports Minded

Who is the reigning U.S. Chess Champion?

— Boris Gulko.

Where is the annual All-American Soap Box Derby held?

— Akron, Ohio.

Name the only sport to be discontinued from the Summer X Games?

— Bungee jumping (in 1997).

What team has captured the Women's Major Fast Pitch softball title the past four seasons?

— The California Commotion from Woodland Hills, Calif.

How many times has a team from Pennsylvania won the Little League World Series?

— Four (1947, 1948, 1955 and 1960).

Where is the site of the 2000 NCAA College Hockey championship?

— Providence Civic Center, Providence, R.I.

Where were the 1999 World Track and Field Championships held and what country claimed the most medals?

— The championships were held in Seville, Spain, with the United States claiming the most medals (11 gold, 3 silver, 3 bronze).