

Rams lose snap, game, bone

By Diamond Ross
Sentinel-Voice

The Las Vegas Wildcats will keep the Sir Herkemer until next year, thanks to an errant punt snap by the Rancho Rams.

Las Vegas and Rancho were tied 14-14 with 51 seconds left in the game when Rancho was forced to punt from its own 20-yard line.

The snap sailed over punter Donald Williams and into the Rancho endzone. The Rams recovered the ball. But the Las Vegas defense arrived almost simultaneously, tackling the Ram player for a safety and squeaking out a 16-14 victory during Friday night's 40th annual Bone Game.

Las Vegas improved to 2-1 in the Sunrise Division, 3-2 overall. Rancho fell to 1-2, 1-3.

"We've lost two games in the last minute," Wildcat coach Kris Cinkovich said. "If anyone is deserving of a break, it's Las Vegas High School."

In the first quarter it was the battle of tailbacks: Las Vegas senior Jermaine Lewis and Rancho senior Michael Thomas. Lewis was sensational in the first quarter, amassing 180 in total offense (83 yards in kickoff returns, 97 yards rushing).

Lewis sandwiched two touchdown runs of 20 and 1 around Thomas's 73-yard TD run up the middle to make the score 14-7. Thomas finished with 221 yards on 26 carries.

After a 20-yard TD run by Thomas in the second quarter to tie the score at 14, both defenses clamped down.

Stellar in the first half, Lewis was anything but in the second as the Ram defense held him to 18 yards.

The Las Vegas defense stepped up its play too, forcing Rancho quarterback Todd Blaise to throw more interceptions (three) than completions (two). The defense gave up only eight passing yards.

Despite the beating the defenses took from both teams' smashmouth running attacks, they tightened up in the red zone-scoring territory. Las Vegas had one scoring chance, but Joe Mahaffey's 38-yard field goal attempt in the fourth quarter was wide left.

Though a bad snap cost Rancho the game, Rancho coach Cary Mitchell thinks a penalty had more of an effect on the outcome.

Late in the first quarter, Rancho's David Conway scooped up a John Dickerson fumble on the goal line and ran it back 100 yards for a touchdown. But an official trailing the play threw a flag for a chop block, nullifying what would have been the go-ahead score.

"That (bad punt snap) didn't hurt us. We can live with our mistakes," Mitchell said. "But when an official 40 yards downfield took that touchdown away from us, and then gave us two wrong numbers for which player it was, that kind of took a little steam out of us."

For the second consecutive year, Las Vegas High will keep the Sir Herkemer Bone. Rancho holds the series advantage, 25-14-1.



Hair today, icon tomorrow

Special to Sentinel-Voice

(NAPS)—"Hair's" what's new with colorful basketball star Dennis Rodman: his funky, multicolor "do" has gained notice by fashion experts. He was recently the recipient of the 1997 Wella Haircolor Icon of the Year Award in Las Vegas, Nevada. Although considered by many as the best rebounder in the National Basketball Association and a key player for the Chicago Bulls, Rodman is equally known for his vivid haircolors, theatrical clothing and makeup, and extravagant personality both on and off the court. "Dennis Rodman has helped bring haircolor—in many shades and combinations—to the forefront of fashion," said Karl-Heinz Pitsch, chairman and chief executive officer of Wella USA/Canada, as he presented the award to Rodman. "He has helped make haircolor fun and free, while extending its appeal to people of all ages, ethnic backgrounds and genders." Rodman, sporting neon orange hair with a blue Wella logo, thanked the standing-room-only crowd and joked that he'd be back to win the award the following year. Wella is a leader in the beauty industry nationwide and is in 140 countries worldwide.

Untraditional sport wins over new fans in America

Special to Sentinel-Voice

Pop quiz: Which of the following is America's fastest-growing pastime? 1) Mall walking. 2) Taekwondo training. 3) Slipping into a second theater at the multiplex.

If you guessed #2 — taekwondo — you'd be right. The 1990's has seen explosive growth for this newest of all Olympic sports. The United States Taekwondo Union reports that participation in all 50 states has grown from 1.6 million people at the start of this decade, to 6.3 million, where it stands today.

The reasons may surprise you. Fitness? Sure. Personal safety? You bet. While

Americans have turned to numerous forms of training and exercise, such as jogging,



A young competitor demonstrates her athleticism during the United States Taekwondo Union's recent Jr. Olympics program in Louisville, KY.

health, tennis and golf clubs and personal trainers, concerns over crime rates have sent them to taekwondo faster than to any other sport.

That's because no one perceives a golf club or a tennis racquet as something to ward off a mugging. But taekwondo provides skills that can immobilize a threatening situation... a way to feel safer, while slimming down and getting stronger. Yet even beyond that, there's an even more significant factor—discipline.

When kids are enrolled in taekwondo (31 percent of all taekwondo students across America are school age or

younger) those youngsters quickly learn to respect the master, rules and customs and develop a polite regard for everyone involved in the program. And as Willis or Debbie progresses from a taekwondo yellow to black belt, he or she becomes increasingly softer-spoken and considerate.

Cyclists discover healthy and enjoyable exercise

Special to Sentinel-Voice

More than 95 million bicyclists are expected to set their wheels in motion this year, whether that means dusting off the old two-wheeler, throwing on bright-colored racing gear, or planning for that long-distance cycling adventure.

One of the reasons bicycling has long enjoyed popularity is that all ages and athletic types can easily pick up the sport. And, what may come as a surprise to many cyclists is the great physical and mental workout they're getting while riding through the countryside. Bicyclists averaging 15 mph burn up to 401 calories/hour—at the same time strengthening muscles, improving endurance, and reducing stress.

"An aerobic activity, such as cycling, helps people be more successful at anything they do. Regular cyclists will notice that their sleeping and eating habits improve, and they feel better in general," says Michael Olstad, member of Team PacificCare, 1993 champions of the 2,900-mile

bicycling relay, Race Across America (RAAM).

While other sports, such as running, may cause joint and muscle problems because of the sport's high-impact nature, bicyclists can ride into the

"Golden Years" with little or no complications. According to Bicycling's New Cyclist, cycling can dramatically reverse many physiological changes accompanied with aging.

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