

# Sophomore boosts Cornhuskers to win

By Richard Cooper  
Staff Reporter

Frank Graham got the ball rolling for the Nebraska men's track team at the Big Eight Track and Field Championships Saturday at the Bob Devaney Sports Center.

Graham, a sophomore from Nebraska City, won the mile in 4:08.20 minutes, to finish .72 seconds ahead of Kansas' Craig Watcke and Iowa State's Ronald Pauwels.



Graham

Teammate Jacques van Rensburg finished fourth out of 13 runners as the Cornhuskers scored 14 points in the second running event.

Nebraska track coach Gary Pepin said Nebraska's distance runners did well in their races because they scored 24 points. The men's team scored 114.66 points to win the Big Eight Championship, while Iowa State finished second with 96.66.

Nebraska cross country coach Jay Dirksen said he's proud of his runner's contributions to the second consecutive Big Eight Indoor title for the Huskers. He said that because the cross-country season lasted until November, the runners didn't have time to get in shape and work on speed for the indoor season.

"We had to hold up our end of the stick in this meet," Dirksen said.

Graham, who was seeded sixth entering the race, said he wanted to increase the Huskers' momentum because they seemed dull after Friday's competition. Nebraska was in third place with 12 points, behind

Iowa State's 14 and Kansas State's 16.

"I guess that all I wanted to do was get things rolling, and I did," he said. "After I won, we got 10 points in the 55-meter dash and 10 points in the high jump so I kind of got the ball rolling."

"I wasn't expected to do as well as I did," he said. "I think all the coaches expected out of me was a sixth-place finish."

Pepin said he didn't expect Graham to win the mile.

"I think one of the great efforts of the meet was in the mile," Pepin said. "Graham just ran a super race. We had hoped he would place well but we didn't figure he would do that well."

"His win really helped bring the team's spirit and attitude up," he said. "When a guy who wasn't favored won — that was a big lift."

Graham said he stuck with the leader's pace to win. He said nobody wanted the lead because the leader never wins.

"I knew I couldn't go out too fast or too slow, I just had to stay with the pack," Graham said.

Graham said another reason he didn't want to lead the race was because the other runners were more experienced. He said the last 400 meters, he ran hard to win.

Graham said his indoor season is over because he didn't qualify for the NCAA Indoor Championships March 11-12 in Oklahoma City.

He said the fall cross-country season prepared him for Saturday's meet.

"Cross-country gave me the strength to run fast," Graham said. "I don't like running indoor track because the turns are too tight. I'm glad

it's over with."

Pepin said the Huskers had to do well in the distance events and not let Iowa State dominate the meet like they have done in the past.

"I felt like our guys really came in there and added to the team," Pepin said.

Dirksen said he is glad the indoor season is over because it slows his runners' progress. He said he will need a month to get his runners ready for the outdoor season, which begins April 2. Nebraska will face Kansas State and South Dakota at Ed Weir Stadium to open the season.

"We'll get a good distance base down for the runners in the next month and then start working on speed," Dirksen said.

He said the young runners were not in shape for the indoor season but they got experience during Saturday's meet.

## Ivy says 'champions' has a nice ring

BECK from Page 8

presses," Beck said. "I wasn't pleased on how we attacked it because I thought we could have flushed it out and scored some easy layups."

Nebraska built its lead to 21-16 and then ran off 12 straight points before the Cyclones' Lynn Lorenzen scored on two free throws to narrow the gap to 33-18. Center Kim Harris and guard Amy Stephens each had four points in the run.

Iowa State then came no closer

than 11 points behind Nebraska as the Huskers' lead increased to 15 half-way through the second half.

Wettig said the confidence made the difference.

The Cyclones ended the regular season 13-13 overall and 5-9 in the Big Eight.

"We have good players that are not playing very well at all," Wettig said. "I think we can match up with them."

Beck said Nebraska's work paid off.

"We had the motto 'ITHWTBAC' — 'It takes hard work to become a

champion,'" Beck said. "I think those kids worked very hard. We've thought about being a champion all year long."

Nebraska will face Kansas State in the first round of the Big Eight tournament Saturday in Salina, Kan. Ivy said the Huskers will prove their regular season championship wasn't an accident.

"We're picked as the underdog," Ivy said. "They picked us not to win the tournament so we have to surprise some more people. I guess we like proving people wrong."

## Sooner or later, Cornhuskers defeat Oklahoma

By Mike Lange  
Staff Reporter

The war of words that originated prior to the Nebraska-Oklahoma football game last November continued Saturday as a flare of controversy ended the Big Eight Track and Field

Championships at the Bob Devaney Sports Center.

The vocal battle, which was silenced after Oklahoma proved Nebraska's claim of being No. 1 was erroneous by handing the Cornhuskers a 17-7 loss, was rejuvenated after the Sooner's Steve Lambeth dropped his baton in the backstretch

See CONTROVERSY on 10

**Pitzel**

**FAST, FREE DELIVERY**  
(limited area)

**476-FOOD (3663)**

featuring  
The Authentic Pitzel-spicy fried pizza.  
And authentic Mexican and Chinese Dinner.  
Also hamburgers and other sandwiches.

Delivery Times:  
Sun.-Thurs. 5-11 p.m. Fri. & Sat. 5-1 a.m.

**BEST FOR LESS**

Guaranteed For As Long As You Own Your Car

**BRAKES \$59.00**  
PER AXLE MOST CARS AND LIGHT TRUCKS  
\* We install new guaranteed Brake pads or shoes. (Semi-metallic pads extra) \* Inspect calipers \* Recondition drums & rotors \* Inspect wheel cylinders \* Inspect brake hardware \* Road test your car

**TIRE ROTATION FREE**  
WITH ANY FREE MIDAS BRAKE INSPECTION.  
Offer expires 7/31/88

**NOBODY BEATS MIDAS**

2118 "N" Street 477-7724  
7030 "O" Street 464-2252

**MIDAS**

**Contact Travel**

**Europe for the Independent Traveler**

Castle Hotels	from \$39**
"Go As You Please"	
Britain & Ireland	from \$210**
On the Continent	from \$250**

\*\*5 night minimum for "Go As You Please" program, all rates are per person double occupancy.  
Call for this summer's rates on Eurail & Britrail Passes.

**Free passport photos** when you book your international travel with us.

**Now just 2 blocks from Campus at NBC Center.**

4001 So. 48th NBC Center Miller & Paine, Gateway  
483-2561 467-8252 464-7451

Advertisement

It's good for you. It's bad for you. It causes cancer. It prevents cancer. It makes you more fertile. It makes you less fertile. You should get on it. You should get off it.

All the conflicting information floating around about the Pill is enough to make you contemplate abstinence. We recommend a far less drastic measure: educate yourself. Gather all the information you can from reliable sources and, together with your doctor, make the decision that's right for you.

Here are a few facts to start you

women may experience a short period of readjustment after discontinuing the Pill. Even so, they usually become pregnant soon.

Some women wonder if their bodies need an occasional rest from the Pill. The simple truth is, they don't. And switching to a less effective form of birth control increases your chances for unplanned pregnancy. So much for giving your body a "rest."

# TRUTH RUMOR

off. First, the Pill is actually many pills. Since its introduction in 1960, it's evolved from one high dosage product into many much lower in dosage. From 150 mcgs. of estrogen in 1960, down to 35 or less today. Yet, it's still the most effective form of birth control available to you other than sterilization.

What about the Pill and breast cancer? Although there are conflicting reports concerning this issue, the Centers for Disease Control reported that women who took the Pill—even for 15 years—ran no higher risk of breast cancer than women who didn't.

The CDC also reported that ovarian and uterine cancer are substantially less common among women who use oral contraceptives. In addition, Pill users are less likely to develop benign breast disease, pelvic inflammatory disease (tubal infections) and ovarian cysts.

One of the Pill's greatest areas of misconception is conception. Does the Pill make you less fertile? Studies indicate that if you were fertile before you took the Pill, taking it should not affect your ability to have children later. However, some

You've also probably heard that there are risks associated with taking the Pill. That is a fact. And you should know what those risks are. For example, if you are taking the Pill you should not smoke. Especially if you are over 35. Cigarette smoking is known to increase the risk of serious and possibly life-threatening adverse effects on the heart and blood vessels from Pill use. What's more, women with certain conditions or medical histories should not use the Pill.

Even if you're already on the Pill, you should see your doctor at least once a year.

Decisions about birth control aren't easy and shouldn't be taken lightly. Moreover, they should be based on information from first-rate sources, not secondhand advice. If you're a Pill user, read the patient information regularly. Learn everything you can about what you're taking.

Whether you're considering getting off the Pill or getting on it, the better informed you are, the better you'll feel about your decision. And that's the truth.

**When the topic is the Pill, they're hard to separate.**

*A message from the Association of Reproductive Health Professionals through an educational grant from Ortho Pharmaceutical Corporation.*