

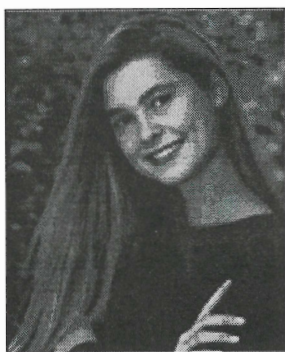
THE LHS NUGGET

Volume 74 No. 7 March 29, 1996

320 South Main Lead, SD 57754

UPCOMING EVENTS IN APRIL

April 2- Track
@ Douglas
April 5- Good
Friday Vacation
April 8- Easter
Vacation
April 9- Girl's
Golf @ Pierre
Inv
April 13-Track-
O-Rama @
Rapid City
April 16- Girl's
Golf @
Spearfish
April 19- No
School(mod.)
April 20- BH
Relays @
Spearfish.
April 20-
PROM
April 23- Girl's
Golf @
Spearfish
April 27- Track
@ Newcastle
Classic
April 30- Track
@ Spearfish

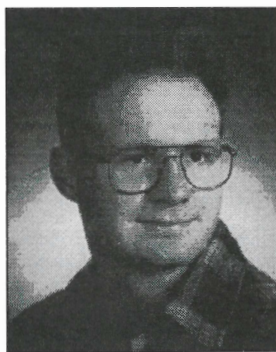


Kiwanis announces Students of the Month

By Steph Engel

The Kiwanis Club has chosen Seniors Andraea Collins-Erikson and Gus Murra as March Students of the Month.

Collins-Erikson is the daughter of Les and Ellen Erikson. Her brothers are Spencer and Tyler. Collins-Erikson is involved in Talent Pool, National Honors Society, L-Club and Student Council as a Representative. She is also secretary-treasurer for Computer Club and French Club, co-captain for the Touch of Gold Drill Team and Senior Class Secretary. She also enjoys exercising, shopping, skiing, playing volleyball, playing softball, reading, relaxing and going out with her friends.



Collins-Erikson want to major in psychology with a minor in physical training. She also wants to be successful, adventurous, travel and most importantly, have fun.

Collins-Erikson plans to attend South Dakota State University in Brookings for two years and then transfer to Colorado State University in Ft. Collins.

Murra is the son of Les and Delores Murra. His sister and brother are Shawn and Chris.

Murra is involved in band and youth group. He hopes to continue to work for the City of Lead.

After graduation, Murra plans to go to a vocational school to become a chef.

Grinager attends state

By Krissi Sack

The State Volleyball Tournament, which was followed by the State Junior Miss Pageant, was a busy two weeks for Senior Heather Grinager. She attended the volleyball tournament on Feb. 22-24 and returned just in time to head to the pageant.

The pageant took place in Sturgis on March 1. There were 19 girls from the state participating.

The contestants were judged on a personal interview, a physical fitness routine, a talent and a presence and composure segment.

Grinager sang "Far from the Home I Love" from *Fiddler on the Roof*.

The winner of the state pageant advances to the national competition in Mobile, Alabama. Jacque Garry from Sioux Falls won the title, but will not be able to compete at the national competition so first runner up, Cayln Cronin will go in her place.

Grinager is the daughter of Eric and Ruth and sister of Robin and Michelle.

The local Junior Miss pageant will no longer be held in Lead. The sponsoring Beta group retired the event.

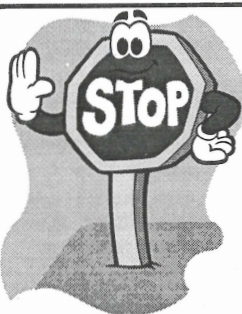
Girls that would like to participate will send an application to a panel of judges and one girl will be picked to compete at the state level.

Grinager said, "I understand that the local group got burned out and needed a year off. I know there are younger girls still interested in the program, so I hope someone decides to sponsor it again."

Junior Miss provided valuable experience for Grinager. She said, "I had a wonderful overall experience. I improved from the local to state competition and was very happy about how I did at state. The Junior Miss program gave me confidence and if I had a choice, I would definitely do it again."



Seniors
have
35 days
left



& CHECK IT OUT

Francis takes flight
Violence
Band returns from Ca.
Spring coaches preview

page 3
page 4-5
page 6
page 8



Contrary to popular belief, Steve Forbes and Ross Perot are not related.

LeRichard F oral

Letter to the Editor

Dear Editor,

Respect. After hearing that, you're probably expecting another whining letter from someone who doesn't think they're getting enough respect. Students need to wake up. I don't care if you're a senior or a freshman, either way respect is earned, not given to you because you're in a higher grade than somebody else. Respect is a two-way street, treat it that way.

Respect starts when you

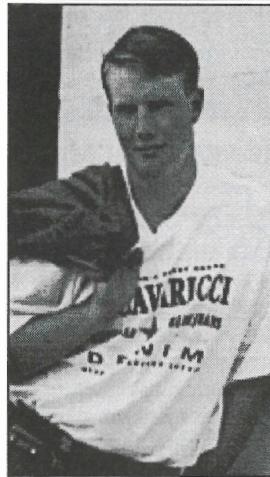
open your mouth, so before you open your trap think about what you're going to say. If you're going to talk, get the facts straight. If you don't know what you're talking about, you're going to look stupid, make someone mad, or both. Don't mistake an opinion for disrespect. If you ask someone, "What do you think of my shirt," and they say, "I don't like it," it doesn't mean they don't like you. You ask for an opinion and usually, that's what you

get. Another thing people forget is to use their manners. You know, please, thank you, excuse me, etc.

In conclusion try to remember nobody is perfect. I realize I don't always do the things I talked about in this letter, but at least I think about it. This is only the opinion of one person sick of the whiners demanding respect when they don't put in the effort to give it to other people and if your opinion differs, I can respect that. - LeRichard D. Foral

Keller prepares to go to Australia

By Jenni Berry



Jason Keller

For the last three years, the state of South Dakota has participated in the annual Down Under Bowl in Brisbane, Australia. Forty-three seniors from high schools in the state are chosen to play in two games as All Stars. They will leave Rapid City June 22, and will return of July 4. After the team is done with the games, they will travel to Hawaii for three days.

This year, Jason Keller was chosen by the LHS football coaches, along with the Down Under Bowl Head Officials. He stated, "I'm very pleased to be accepted for this

honor. It will be a experience I will never forget." Keller has been active in football for three years. The positions he will be playing are offensive tackle and defensive line-backer. He is really excited to play football again, since it will probably be the last time he plays.

In order to participate in this event, Keller had to raise \$2,500. With the help of local businesses, he has raised most of the money needed to attend. "Most of the community was cooperative with giving donations. Overall, I had a lot of support," stated Keller.

Williams receives a National Award

By Crista Weiers

The United States Achievement Academy announced today that Danielle Williams has been named a United States National Award in Foreign Language.

This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognizes less than 10% Of all American high school students.

Williams, was nominated for this national award by Ms. Ramirez.

Williams will appears in the United States Achievement Academy Official Collegiate Yearbook, which is published nationally.

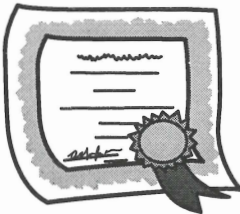
"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, United States Achievement Academy winners should be congratulated and appreciated

for their dedication to excellence and achievement." said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects USAA winners upon the exclusive recommendation of teachers, coaches, counselors,

and other qualified sponsors and upon the Standards of Selection set forth by the Academy. The criteria for selection are a student's academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship attitude and cooperative spirit, dependability, and recommendation from a teacher or director.

Williams is the daughter of Patricia and Earle Williams.



Postmaster: Please send the address changes to The LHS Nugget, 320 South Main St. Lead, SD 57754 (USPS 307-280). The LHS Nugget is published monthly from September to May. The LHS Nugget is a free publication for limited subscribers. Second class postage is paid at the Lead Post Office, SD 57754

Editorial Policy adopted September 5, 1995

The views in the LHS Nugget (artwork, stories, and editorials etc.) are not necessarily the views of the entire publications class, this merely represents one opinion from one or more people. The Nugget will accept only signed letters which must meet certain standards and moral principles. The Nugget will be published on the last Friday of every month.

All photographs and artwork will be approved by either an editor or the adviser before publication. In no way will a photo including captions, in the paper be used to humiliate or publicly demoralize a person, groups of people, or any activity and/or club that the person is representing on the picture. No person of the local audience shall personally be the focus of ridicule in any of the artwork published in The LHS Nugget.

The Nugget's editorial policy has been approved by the Nugget staff, the adviser, and the current LHS principal.

Co-Editors: Crista Weiers, Krissi Sack
Photo Editor: Kelly Sexton
Copy Editor: Vanessa Foxworthy
Sports Editor: Kristy Eastman
Photographers: Jeremy Larson, Jen Berry, Stephanie Engel, Jen Harlan

Circulation Editor: Steph Engel
Darkroom Technicians: Kena Juso, Jen Harlan
Reporters: Kena Juso, Stephanie Engel, Jeremy Larson, Stacia Berscheid, Narissa Stahl, Mary Tyler, LeRichard Foral, Jen Berry
Adviser: Kim Loeffen



Dream becomes reality, Space Camp just a beginning

By Jenn Harlan

"What is your dream?" Most students might say having lots of money or becoming famous; but one sophomore, Jessica Francis, has a dream of becoming a pilot.

Francis tells how she began to dream about flying. "When I was in eighth grade, I remember Mrs. Thorp telling us about a space academy where we could learn to fly and learn many other things about the space program, but I had an idea that I wanted to fly even before then. My father flew helicopters in the

Army. I remember thinking that since I was a girl I could never fly airplanes."

Last June, Francis took a step toward reaching her dream. She attended the Space Academy in Huntsville, Alabama. She and other kids from around the country spent eight days gathering valuable information on various subjects such as new inventions for space stations and current problems with them.

There were about 40 other kids at the camp. They

were divided into three or four teams depending on the field choice." I went into the aerospace field because I want to fly small planes. These teams had to try to solve different problems," said Francis.

While at camp, the students spent time in many simulated situations, such as mission control, jet or in the space shuttle. The EDM, or extended deranged mission, takes 12 straight hours to complete. In this situation, the students either go into the

shuttle or go to the mission control tower and act out a complete mission just as they would if they were really going into space. Computers then make up problems for the students to try to solve. These simulations had to be taken seriously and the students had to do their best to solve them. "It is somewhat like the video arcade games that are enclosed and feel as if you are right there in the action," said Francis about the simulations.

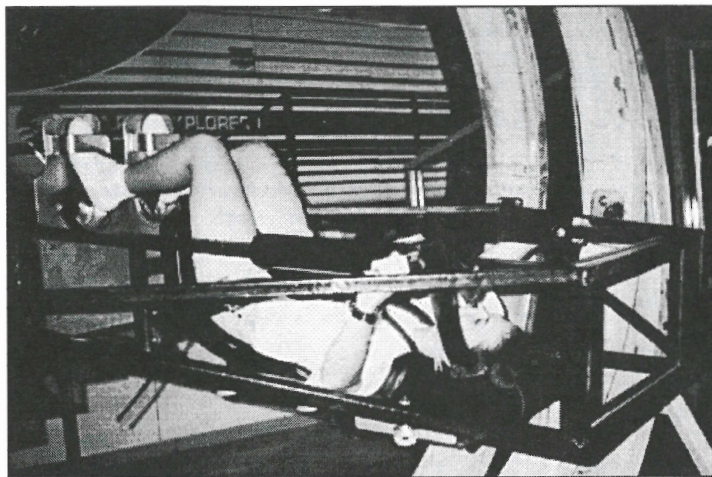
Francis also got the

chance to fly a real plane while at the camp. She flew an airplane for 2 hours from Huntsville, AL to Chattanooga, TN.

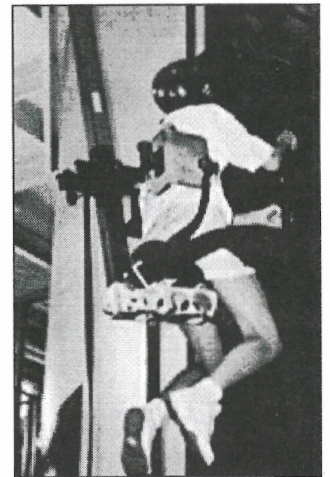
Francis said she would definitely attend the Space Academy again, if given the chance. "It was one of the most exciting places I have been to. I would encourage parents to send their children to Space Camp or Academy if they are interested. It was a wonderful experience and helped me tremendously to open up to new things."



The simulator teaches student how to control the backpacks.



Francis using the centrifuge, which simulates gravitational effects.



The moonwalk lets Francis feel weightless.

Violence

Violence issue raises concerns

By Crista Weiers & Vanessa Foxworthy

In the old days it used to be safe to express your character by wearing what you wanted, saying what you thought was right and just being yourself. Fighting used to be a big event when I was in Elementary and Middle School. Students would run to where this "big event" was happening. A fight would happen maybe once a week but was usually broken up before anyone had gotten hurt. I have noticed a change in how younger kids act and react to certain things in their life. Anyone who says or does something someone else doesn't like could pay consequences.

Mrs. June Treber, fourth grade teacher at Deadwood Elementary has been a teacher for twenty four years. During her years in teaching she has not really seen a change in the amount of violence in school. It has become a bigger problem but it is not a BIG problem. Treber thinks that the people who have down attitudes bring the other positive attitudes down. Now if one person gripes about a little thing this often leads to violence. Treber believes everyone needs to laugh, smile and take time to appreciate what we really have, instead of concentrating on everything we don't have.

Mrs. Mary Ticknor has been principal at the Deadwood Middle School for four years. She moved to the Deadwood/Lead area after working at North Junior High in Rapid City. Ticknor hasn't seen an increase in the amount of violence in the middle school. She believes that the behavior she sees every day in school is typical middle school behavior. Ticknor thinks that there are other ways to solve peoples problems rather than fighting but encourages students to stand up for themselves. She said, "We had an unfortunate gun incident recently. It could happen again and we are just kidding ourselves if we think it won't happen again. We need to be pro active about weapons."

Stat Box

*between 1970 and 1987, 3,000 people were killed by gangs in LA County.

*gang (as defined by the California Council on Criminal Justice)-a group of people who interact at a high rate among themselves to the exclusion of other groups. A gang has a group name, claims a neighborhood or other territory and engages in criminal or other antisocial on a regular basis.

*every two hours, a child in this country is killed by a gun.

*more teenagers have been arrested in the past five years for violent crimes than in past few decades.

*death by a gun has become one of the leading causes of death among major city teenagers.

*in many courts around the United States, the age to be tried as an adult for committing a serious crime is getting lower and lower.

*in one statement by a police officer, he said, "The saddest thing about these kids is that most do not feel any regret for the crimes that they commit."

*in an LA high school, a girl was hung for wearing red shoes in Crip territory; it was her first day of school.

Do we expect violence?

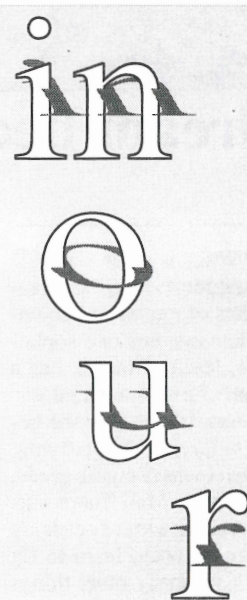
By Crista Weiers & Vanessa Foxworthy

Turn on the television. Read a newspaper. Watch cartoons. Listen to your favorite tape or CD. No matter where you look, violence has become a part of America's society.

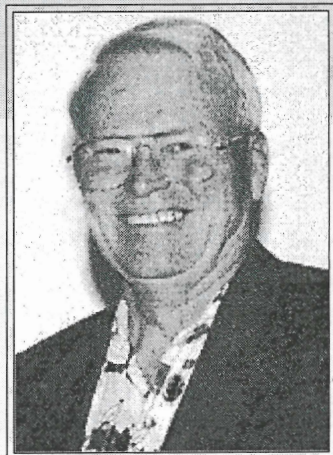
In the past ten years, the number of violent crimes has skyrocketed in the United States. And every year, the people who commit those crimes become younger and younger. Minors (those under the age of 18) are committing some of the most serious crimes that are on police record.

There are preventative measures that are being taken, such as stiffer punishments, boot camps that are designed to change behaviors and teaching kids early on that violence is not the way to go. But for some kids, these measures are not enough.

Violence among adolescents has been blamed on everything from gangs, to violence on TV, to poor parenting. These claims can all be backed up by substantial evidence, but there is no one thing that is the cause of all this violence. Often times, there is a vicious cycle that leads to violence.



Reports of violence in the country have increased. How do you feel this has affected our communities?



"Our Community is unique and it appears that we do not have a great deal of the violence you see in other parts of the country. The student bodies we have in our towns have higher standards than the rest of the country. That is why the Lead/Deadwood area is such a unique and good place to live."

Lead Mayor Denny York

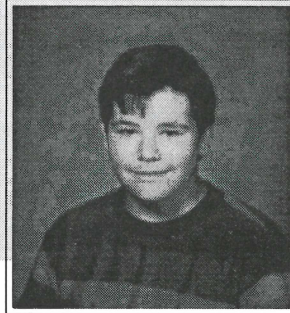
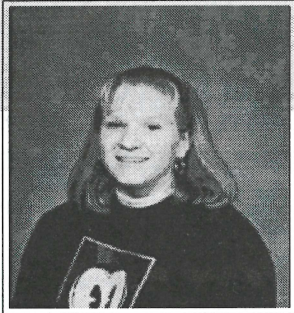
"The increase of violence in the United States is very hard to relate to. Most of us find the increase of violent crime unbelievable, we feel fairly safe here. While I am glad about this, at the same time, we in government and as parents and neighbors need to make ourselves aware of the signs of violent behavior and be prepared to act against it. We can't draw from experience on this one. Education is the key and no one is exempt from the need to become better informed."

Deadwood Mayor Barb Allen



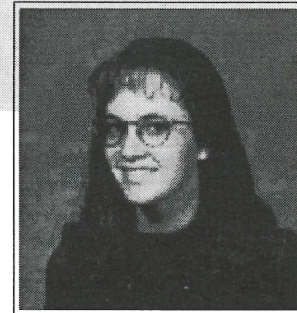
Violence in schools is affecting students everywhere. Do you think that violence has become a problem at our high school?

"We're okay as of right now, but I think we need to take preventative measures before we have a big problem."
Heather Cooper, junior



"I'm not affected by violence. The only problem I see is the fighting."
Curtis Roth, freshman

"I wouldn't say violence is a problem, but some people have negative attitudes about school."
Amanda Sheldon, sophomore



Experience provides valuable insight

By Dylan Brandenburg, guest commentator

This summer, I moved here from Tucson, Arizona; which over the past few years had grown greatly in population and size. This increase in population has led to a great growth of gangs and gang violence, which is now greater than Phoenix and the rest of Arizona.

The main gangs in Tucson and the rest of the United States are the Crips and the Bloods. These gangs are deadly rivals, but often fight with different sets, or divisions, of the same gang. Bloods and Crips are identified by the colors or brands of clothing that they wear. Crips wear blue and might wear British Knights brand shoes, because the initials B.K. have come to mean "Blood Killer." Bloods will always wear red clothes.

Most of these gang members are African-American, although there are may be an occasional members who are of a different race. Much of the violence between these two gangs is due to the drug trade. They (the gangs) have become the main distributors of crack throughout the west-

ern United States. They sell their drugs on their turfs, which are bordered by invisible boundaries around their neighborhoods. Crossing into another's turf while wearing the wrong colors can mean a severe beating or even death. Nowadays, almost every Crip or Blood carries or has a gun near them at all times. Today, the inner city streets of 187 American cities and occasional smaller cities, are run by youths carrying beepers and guns and openly dealing crack and cocaine.

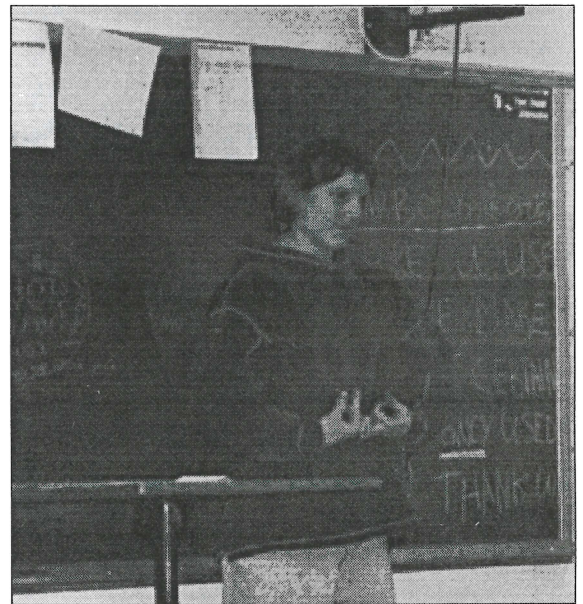
Hispanic gangs are becoming more popular, but their numbers aren't nearly as large as the Bloods and Crips. Hispanic gangs are more old-fashioned and are mainly concerned with turf. They are much more dangerous to rival gangs or other sets of Hispanic gangs than they are to their communities.

Another up and coming gang is the Skinheads, which is made up of all-white males with shaved heads. These gangs are built on racism and white power; they strive to reach an all-white America.

Skinheads wear three different colors of shoelaces and Doc Martens as a symbol of their membership. White laces stand for racial purity, red laces stand for the blood that they are willing to shed, and yellow laces are a symbol that they have shed the blood of someone else.

Although most skinheads thrive on racial prejudice, there are those who oppose it. These people are called the Skinheads Against Racial Prejudice or SHARP. SHARP members were the original skinheads, who were just ordinary white men with shaved heads and a different style. They didn't become a gang with the other people who started shaving their heads, the racist skinheads. SHARP members are rare, but they can be identified by wearing a swastika with a diagonal lines slashed through it and black and white breast pocket patches with SHARP written over the top.

A lot of things influence people to join gangs, but don't let them influence you, because they just lead to heartache and trouble.



Dylan Brandenburg explains a sign made by members of the Bloods gang, to his audience.

Community



Below: Vanessa Foxworthy and Beetlejuice compare smiles. It is pretty obvious that Vanessa has taken much better care of her teeth.



Above: Kristy Eastman sure seems happy that she has met Prince Charming. However Kristy, you are too late because Cinderella has already snatched him from everyone.



Back row: Cass Novotny, Gus Murra, Mickey Mouse, Krissi Sack, Josh Robinson and Kelly Sexton. Front Row: Kristy Eastman and Vanessa Foxworthy. They all gather for a group hug in Mickey's house.

Above: Mickey Mouse signs his "John Hancock" for Krissi Sack.

Band spends Spring Break in California

By Krissi Sack

"It is just five more minutes." This is the most familiar saying used in California by the 80 people that went on the Spring Break band trip.

After arrival at the Los Angeles Airport, the band headed to Long Beach Harbor where they boarded a ferry and headed to Catalina Island.

During their two day stay, the band went on a glass bottom boat tour of the Catalina Bay area, had free time to shop and sight-see, went on a guided tour of Avalon and then staged a concert in Wrigley Plaza Square.

Disneyland was the band's next destination, where they spent the third day of their trip.

After a performance at Carnation Gardens, everyone

was free to roam about the park. "My favorite part of Disneyland was Space Mountain because the anticipation in line was great," said Freshman Curtis Roth. "My favorite parts of Disneyland were driving the jeep during the Indiana Jones ride and Space Mountain because the anticipation was great," said Freshman Sarah Mason.

The fourth day of the trip included spending the day at Universal Studios Hollywood and then attending the Wizards dinner theater that evening. "I really enjoyed Universal Studios. My favorite part was the Back to the Future ride and meeting Clark Gable," said Senior Vanessa Foxworthy.

During the fifth day of the trip members attended a

band clinic at the University of Southern California and a guided tour of Hollywood and Beverly Hills. Lunch at the Hard Rock Cafe in Los Angeles finished off the trip for the band. Following lunch, the band headed back to the airport and home.

"I was very pleased with the trip. Our performances were excellent and a lot of fun was had by everyone. There were a few surprises that made things interesting, especially on Santa Catalina Island. We all got our exercise. I can hardly wait for our next trip. I would like to compliment our students on their behavior and great attitudes. We all worked very hard to get to go on this trip and it all paid off. It was great!" said band director Pat Jones.

Girls golf season begins

By Kristy Eastman

The girl's golf season opens up with a duel at Meadowbrook on April 14, at 4:00 p.m. The team has three returning letter winners. Seniors Jennifer Berry and Erin Phillips and Sophomore Betsy Berry. The girls started practice on March 11, at the Boulder Canyon Country Club, which is the home course for the Lady Digger's. The girls use the Boulder Canyon course because the Lead Country Club and Tomahawk are too wet to practice on. The girls share the course with the Sturgis Scoopers.

This year's members are Jennifer Berry, Erin Phillips, Suzanne Terrill and Missy Aberle, seniors; Leah Ruff, Nicole Kightlinger, Mindie Pinkerton and Heather Cooper, juniors; Betsy Berry, Lacey Woodle and Amanda Martin, sophomores; and Meri Richards and Sara Reausaw, freshmen.

Coach Joan Rachetto said, "I'm anticipating having a successful season this year with the girl's golf team. We would like to again qualify a team at Region for state, and regain our Black Hills Conference title. Another goal is to place third or better, like last year, at the state meet."

OM team wins division three competition

By Narissa Stahl

Odyssey of the Mind won the Division III, Classics...The Great Impressions Regional competition March 2, in Spearfish.

OM is a team of 5-7 members that work together solving long and short term problems as creatively as they can. As in all competitions the team must show good sportsmanship. The team practices spontaneous problems, brainstorm for ideas, build props, write and practice skits and then perform them at competitions.

On the high school team is Jarrod Olson, Ben Grosek, Jess Reausaw, Toby Fousek, Desiree Thorp, Vanessa Foxworthy and Jamie Ballard. The team is coached by Robert Thorp and Sue Slaughter.

Before the competition the members met 4-5 times a week to practice their skit. The skit the team put on took place at the Midsummer Festival in medieval times. William Shakespeare is the main character and the whole presentation is revolved around two paintings and two poems.

Now that the team has won its Region they will travel to the state competition in Pierre on April 13. If they take first place in Pierre they will then travel to the World Finals in Ames, Iowa. In 1993, the OM team went to the World Finals. Thorp and Foxworthy went to that competition so they have the insight and experience and want to be there again.

Not only did the team win the regional competition, the judges also awarded them the Ranatra Fusca Creativity Award. Judges give this award to teams who work together well, show a great amount of creativity in problem solving and work in the spirit of OM. They were only one Ranatra Fusca Award given at the regional competition.



WHAT?

What did you think of the state tournament?

"We had a lot of ups and downs, more ups than downs. I wish we could have finished the season better, but we had many great accomplishments this year that I will treasure forever. Like beating Belle Fourche during Districts. We got to go to state and play while they got to sit there and watch us."

Narissa Stahl, senior.

"I think it was an experience that our team deserved after a hard season of hard work. It was a lot of fun and a time I will never forget."

Michelle Wiswell, junior.

"I was really disappointed with how the tournament went and the outcome of the tournament, but we can't let that disappointment overshadow the whole season. Oh yeah, the beds were too little at the hotel too."

Heather Grinager, senior.

"I thought it was a lot of fun and a good learning experience. I feel it helped out our team a great deal. It was a new feeling being at a state tournament and playing in a big arena. I felt that we played nervous but we will overcome that. I will never forget waking up Angela at 3:30 a.m. Ha! Ha!"

Kristy Eastman, senior.

"We (seniors) have had a great past four years, and it was amazing to see everyone learn and grow individually and as a team. Everyone in the program helped to build a strong base for the future of volleyball at LHS. I'll never forget the state tournament at 3:30 a.m. and me suddenly waking up."

Angela Sukstorf, senior.

Ski club places nineteen

Boys 13 & 14

Mike McNeil 1st

Boys 15 & 16

Kyle Wilkinson 2nd
Kaleb Phinney 3rd
Matt Peterson 4th
Troy Kucera 4th
Ronnie Burns 5th

Boys 17 & 18

Jason Keller 2nd
Adrian Hahn 3rd
Robert Hobernicht 3rd

Girls 13 & 14

Desiree Phinney 1st

Girls 15 & 16

Heather Cooper 1st
Meri Richards 2nd
Susan Hobernicht 4th
Tacy Kennison 5th

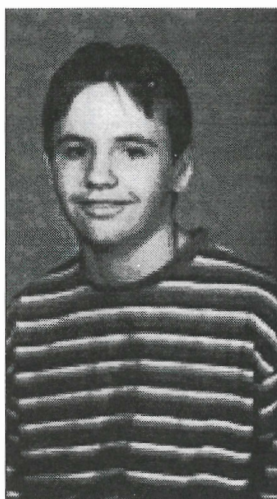
Girls 17 & 18

Sarah McNeil 1st
Dawn Richards 2nd

SKIING SKIING SKIING

Meet student John Trimble

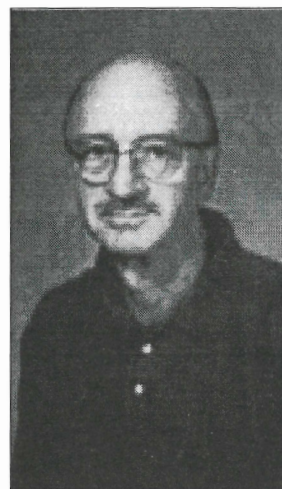
Name: John Trimble
Grade: 9
Family: Father, John; mother, Janet; sisters, Joan, Eve, Angie
Hobbies: Playing sports and the drums and traveling
Favorite Class: Band
Favorite Food: Cheeseburgers
Favorite Movie: Friday
Biggest Pet Peeve: Rap music
Future Plans: College, dealing with computers



John Trimble

Meet teacher Terry Gukeisen

Family: Sons: Ray, Hans; Mother, M. Eleanor
Teaching Position: Biology, Anatomy Physiology, coaching assistant-track
Hobbies: Golf, working on my home, frittering and



thinking deep thoughts
Favorite Food: Lobster, various breads, pasta and shrimp scampi with Snooki and a bottle of wine.
Favorite Movie: Scent of a Woman
Colleges Attended: South Dakota State University and The College of the Real World (US Navy)

Coaches prepare for upcoming spring season

By Mary Tyler

The weather this spring isn't exactly encouraging, but the track and girls golf coaches are enthusiastic and ready for a great season.

Joan Rachetto has been coaching both boys and girls golf for the past 10 years. "I enjoy being acquainted with the teenagers and seeing them improve their skills and game," said Rachetto. She also enjoys watching them mature; she has had many of the athletes since they were in middle school. Rachetto would like to see the girls reach their potentials this spring, score high in meets, see their entire level of golf improve and "regain our BHC title, qualify at Regions, and do well at the state meet in Watertown." Rachetto anticipates a full team this year at the state level. Before they can head to state Rachetto believes they need to stress individual improvement in skills, relaxation techniques and course management, which will eventually lead to better scores. Rachetto has played golf in the area for the past 20 years. She also works with the junior golf programs during the summer, as well as being involved in the women's

league. Besides playing and coaching golf, Rachetto is a teacher's aide in the Resource Room. In her spare time, she enjoys spending time with her husband and family, walking her dog, reading, visiting her "kids" at college, shopping, skiing, talking with friends and visiting with LHS staff and students.

Head Track Coach, Darren Paulson has been active in track for many years, as a coach and athlete. Paulson coached track at Todd County High School for two years and is in his fifth year at LHS. Paulson enjoys coaching track because, "...it allows kids to compete on an individual basis. I have a lot of respect for these students and athletes who compete in track and field." Paulson stresses attendance, conditioning and preparation during practice. The most important thing he would like to accomplish this season is that each person improves daily and is able to reach his or her goals. Paulson believes state is within reach. "We have a number of track athletes returning with state experience, so the outlook is good," said Paulson. Along with coaching, Paulson is assistant Prin-

icipal and Activities Director. When he has free time, he enjoys weight training, watching the NFL Sunday Ticket, watching the NBA with his League Pass, and watching Major League Baseball at home through his extra innings package on his satellite at home.

Assistant Track Coach, Jim Phillips has been coaching track for the past 14 years. Phillips enjoys the individuality of the sport, "no one to blame, but yourself," he said. Phillips stresses two things in practice, "Give what you have and achieve to your potential." He would like to accomplish "self discipline, work ethic, pride and accountability for one's self" during the course of the season. Among other things, Phillips would like the team to have fun and be successful. Jokingly, Phillips said, "personally I would like to keep Coaches Paulson and Gukeisen under control for the entire season."

Phillips has coached many different sports other than track, including: swimming for 16 years, football for 10 years, basketball for 5 years, volleyball for 9 years, and baseball for 5 years. In his

spare time Phillips enjoys, running, spending time with his wife, swimming, and spending time with his dog, Bufalo.

Lorna Squyer is coaching high school track for the first time, as the distance coach, but she is no amateur to the sport. Squyer has run long distance for 16 years, coached middle school track for 3 years and is also the cross-country coach. Squyer said she likes coaching because, "I enjoy seeing kids set and reach goals, improve their performances and get satisfaction and fulfillment from that improvement. I like being around high-energy kids."

Squyer would like to help the kids set realistic high goals and meet them. Personally, she would like to learn more about the sport itself and be a positive, helpful and encouraging person to the team. During practice, she stresses fun, while encouraging kids to work hard on the "hard days." She would like the team to support each other during meets and to try their best. "State qualifying times are in reach for many distance runners and for a couple of relays," said Squyer about state.

Squyer is a counselor at the elementary school in Deadwood and LHS. When she finds free time, Squyer enjoys running, bicycling, skiing and watching good movies, especially foreign films.

Assistant Track Coach Terry Gukeisen has been coaching for many years, along with participating as an athlete in junior high, senior high and in college. The most important aspect Gukeisen would like to accomplish this season is, "to do the best with the ability we have." He enjoys watching the athletes improve over the season and "reach their full potential." Gukeisen also enjoys sharing joy and gratification with the kids when they reach their goals. According to Gukeisen, practices require time and effort so they can be as competitive as possible by the time meets come around. He believes this can be accomplished by a consistent work ethic. Gukeisen is also a Biology, Human Anatomy and Physiology teacher.

In his free time, Gukeisen enjoys playing golf, working around his house and enjoying the Black Hills through biking, fishing and shooting.