



KAYLA CORNETT/Colby Free Press

Junior Haileigh Shull went up for a basket last Friday during the Colby High varsity girls basketball game at the Community Building. Shull had 21 points in the game to help the Lady Eagles win 47-33 over Hugoton.

# Girls basketball team overcomes Hugoton

By Kayla Cornett

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The Colby High varsity girls basketball team added another win to its record Friday night against Hugoton at the Community Building, winning 47-33.

The Lady Eagles (3-2 overall) played a close game, barely leading Hugoton by the end of the first quarter 11-10.

Heading into halftime, Colby trailed 15-14 after making just one basket and one free throw in the second.

The Lady Eagles picked up their game in the third, though, and outscored Hugoton 14-9, giving them a good lead. However, Hugoton closed the gap to 4 by the end of the quarter and were down 28-24.

Colby kept Hugoton's scoring low again in the

fourth, putting in 19 to Hugoton's 9 to get the win 47-33.

Junior Haileigh Shull the led the Lady Eagles, sinking a game-high 21 points. She made 8 two-point field goals and was 5 of 5 from the free-throw line.

Senior Lauren Bell followed with 10 points, including 2 three-pointers; senior McKenna Ortnier scored 6 points from 2 three-point baskets; senior Karly Kriss finished with 4 points from two baskets; and senior Kenzie Curry and freshman Lara Stephens each scored 3 points off of one basket and one free throw.

The girls committed only 8 fouls, 2 in the first half and 6 in the second, and were 7 of 10 from the free-throw line.

The varsity girls played their next game at 6:30 p.m. Thursday in Ulysses before taking a couple weeks off for the holidays.

# Steroid use looms in college football

By Adam Goldman,  
Jack Gillum  
and Matt Apuzzo

The Associated Press

WASHINGTON — With steroids easy to buy, testing weak and punishments inconsistent, college football players are packing on significant weight — 30 pounds or more in a single year, sometimes — without drawing much attention from their schools or the NCAA in a sport that earns tens of billions of dollars for teams.

Rules vary so widely that, on any given game day, a team with a strict no-steroid policy can face a team whose players have repeatedly tested positive.

An investigation by the Associated Press — based on dozens of interviews with players, testers, dealers and experts and an analysis of weight records for more than 61,000 players — revealed that while those running the multibillion-dollar sport believe the problem is under control, that is hardly the case.

The sport's near-zero rate of positive steroids tests isn't an accurate gauge among college athletes. Random tests provide weak deterrence and, by design, fail to catch every player using steroids. Colleges also are reluctant to spend money on expensive steroid testing when cheaper ones for drugs like marijuana allow them to say they're doing everything they can to keep drugs out of football.

"It's nothing like what's going on in reality," said Don Catlin, an anti-doping pioneer who spent years conducting the NCAA's laboratory tests at UCLA.

Catlin said the collegiate system, in which players often are notified days before a test and many schools don't even test for steroids, is designed to not catch dopers. That artificially reduces the numbers of positive tests and keeps schools safe from embarrassing drug scandals.

While other major sports have been beset by revelations of steroid use, college football has

operated with barely a whiff of scandal. Between 1996 and 2010 — the era of Barry Bonds, Mark McGwire, Marion Jones and Lance Armstrong — the failure rate for NCAA steroid tests fell even closer to zero from an already low rate of less than 1 percent.

The AP's investigation, drawing upon more than a decade of official rosters from all 120 Football Bowl Subdivision teams, found thousands of players quickly putting on significant weight, even more than their fellow players. The information compiled by the AP included players who appeared for multiple years on the same teams, making it the most comprehensive data available.

For decades, scientific studies have shown that anabolic steroid use leads to an increase in body weight. Weight gain alone doesn't prove steroid use, but very rapid weight gain is one factor that would be deemed suspicious, said Kathy Turpin, senior director of sport drug testing for the National Center for Drug Free Sport, which conducts tests for the NCAA and more than 300 schools.

Yet the NCAA has never studied weight gain or considered it in regard to its steroid testing policies, said Mary Wilfert, the NCAA's associate director of health and safety. She would not speculate on the cause of such rapid weight gain.

## Big gains, data show

The AP's analysis found that, regardless of school, conference and won-loss record, many players gained weight at exceptional rates compared with their fellow athletes and while accounting for their heights. The documented weight gains could not be explained by the amount of money schools spent on weight rooms, trainers and other football expenses.

Adding more than 20 or 25 pounds of lean muscle in a year is nearly impossible through diet and exercise alone, said Dan Bernardot, director of the Laboratory for Elite Athlete Performance at Georgia State University.

The AP's analysis corrected for the fact that players in different positions have different body types, so speedy wide receivers weren't compared to bulkier offensive tackles.

It could not assess each player's physical makeup, such as how much weight gain was muscle versus fat, one indicator of steroid use. In the most extreme case in the AP analysis, the probability that a player put on so much weight compared with other players was so rare that the odds statistically were roughly the same as an NFL quarterback throwing 12 passing touchdowns or an NFL running back rushing for 600 yards in one game.

In nearly all the rarest cases of weight gain in the AP study, players were offensive or defensive linemen, hulking giants who tower above 6-foot-3 and weigh 300 pounds or more.

Four of those players interviewed by the AP said that they never used steroids and gained weight through dramatic increases in eating, up to six meals a day. Two said they were aware of other players using steroids.

"I just ate. I ate five to six times a day," said Clint Oldenburg, who played for Colorado State starting in 2002 and for five years in the NFL. Oldenburg's weight increased over four years from 212 to 290, including a one-year gain of 53 pounds, which he attributed to diet and two hours of weightlifting daily.

Oldenburg told the AP he was surprised at the scope of steroid use in college football, even in Colorado State's locker room.

The AP found more than 4,700 players — or about 7 percent of all players — who gained more than 20 pounds overall in a single year. It was common for the athletes to gain 10, 15 and up to 20 pounds in their first year under a rigorous regimen of weightlifting and diet. Others gained 25, 35 and 40 pounds in a season. In roughly 100 cases, players packed on as much as 80 pounds in a single year.

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