

Steroid use by teens on rise

Quite sometime back I wrote an article regarding anabolic steroids. But just recently I received some new information from the National Institute on Drug Abuse, which I would like to share with you.

Since the 1950's, some athletes have taken steroids to build muscles and boost their athletic performance. Increasingly, other segments of the population have been taking these synthetic substances.

The Monitoring the Future study, an annual survey of drug abuse among middle and high school students across the country, showed a significant increase from 1998 to 1999 in anabolic steroid abuse among middle schoolers.

During the same year, the percentage of twelfth graders who believed that taking these drugs causes "great risk" to health declined from 68 percent to 62 percent. Studies show that over time, anabolic steroids can indeed take a heavy toll on a person's health.

Anabolic steroids are synthetic substances related to the male sex hormones (androgens). They promote growth of skeletal muscle (anabolic effect) and the development of male sexual characteristics (androgenic effects), and also have other effects. The term "anabolic steroids" is used because of its familiarity, although the proper term for these compounds is "anabolic/androgenic steroids."

These steroids are used by doctors to treat conditions that occur when the body produces abnormally low amounts of testosterone, such as delayed puberty and some types of impotence, and to treat body wasting in patients with AIDS and other diseases.

Anabolic steroid use is increasing among adolescents and most rapidly among females. The 1999 Monitor-



cris lovington

- prevention center

ing the Future study, recorded that 2.7 percent of eighth graders, 2.7 percent of tenth graders, and 2.9 percent of twelfth graders reported having taken anabolic steroids at least once in their lives. These figures represent increases since 1991 of approximately 50 percent among eighth and tenth graders and 38 percent among twelfth graders.

Its use is probably widespread among athletes and would-be sports competitors at all levels, although little data is available to provide exact estimates of prevalence. Many anabolic steroid abusers are unwilling to report the practice, because the International Olympic Committee and many other amateur and professional sports organizations have banned these steroids.

These persons are motivated in most cases by a desire to build muscles and improve sports performance. Some individuals are motivated by erroneous perceptions of their own bodies (that is, a mistaken belief that they look underweight or obese) and others by a desire to prevent recurrence of physical or sexual attacks they have experienced.

Anabolic steroids are taken orally as tablets or capsules or as ointment preparations rubbed into the skin. Doses taken by abusers can be up to 100 times more than the doses used for treating medical conditions. In combinations, a practice called "stacking," abusers frequently take two or more anabolic steroids together, mixing oral or injectable types, sometimes adding drugs such

as stimulants or painkillers.

The rationale for stacking is a belief, which has not been tested by science, that the different drugs interact to

produce a greater effect on muscle size than could be obtained by simply increasing the dose of a single drug. It is done in cyclic dosage regimens, a practice called "pyramiding."

At the beginning of a cycle, the person starts with low doses of the stacked substances and then gradually increases the dosage for six to 12 weeks. In the second half of the cycle, the doses are slowly decreased to zero. This is sometimes followed by a second cycle during which the person continues to train, but without drugs.

Abusers believe that this practice allows the body time to adjust to the high doses, while the drug-free cycle allows time for the body's hormonal system to recuperate. As with stacking, the perceived benefits of pyramiding have not been scientifically substantiated.

Health consequences associated with anabolic steroid abuse in boys and men include reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, and irreversible breast enlargement (gynecomastia).

In girls and women, the consequences include development of more masculine characteristics, such as decreased body fat and breast size, deepening of the voice, excessive growth of body hair, and loss of scalp hair, as well as clitoral enlargement.

More information can be obtained regarding anabolic steroids or other drugs by contacting the Regional Prevention Center office at (785) 899-3848.

Teacher negotiations finished quickly

SCHOOL, from Page 1

teacher duty days, the teachers had proposed a wording change to clarify when the duty day could be extended beyond the regular 7 hours and 40 minutes. The teachers suggested that the yearly open house, a monthly faculty meeting of no more than 30 minutes and three special education staffings per semester for the regular education staff should be considered at reasonable additions to the duty day. The teachers also added a final sentence saying, "If more staffings are required, they will be paid at \$15 an hour." The board agreed to the teacher's proposal.

On the issue of insurance benefits for retirees, the teachers made a counter-proposal which added language to the eligibility section saying that they would not be eligible if the retiree "... is eligible to be covered under another employer's primary group health insurance plan." The board accepted that proposal.

There was considerable discussion about the Professional Development Council point system and how it relates to teacher recertification and movement across the district salary schedule. Sharon Gregory, district head of the plan, explained how the process was working. She said that the current system is a plan approved by the state Department of Education. It was explained that the point system, which can be used for recertification, is separate from a system handled within the district for movement on the salary schedule. In the end, the language was left as it is in the current year's agreement, and Russell suggested that if the teachers wanted it changed, they request the members of the council to amend the plan and get it approved again through the state.

The teachers had presented a counterproposal dealing with supplemental contracts which included the peer counselor position and the elementary year book and student council sponsors. The board countered with a list-

ing that did not include these positions. Porterfield asked why the board did not include the two elementary positions.

"How do you start a program and get paid for it," she asked. "These people have been working hard on these programs and we feel they should be paid."

"When the people came to the board asking for permission to start the programs," Russell replied, "they told the board there would not be any cost to the district."

In the agreement, the teachers accepted the board's list. That included the addition of two positions for scholars bowl and debate.

On the final issue, but probably the most important, the teachers proposed a salary schedule with an increase of 1.5 percent on the base (\$400) and an increase of 3.8 percent (\$1,500) on the top end. The total of the proposal was an increase of \$143,429. Also the teachers proposed an added education step across the schedule from \$600 to \$700 and \$800. They also added \$50 to the experience level.

When presenting the board's proposal, Russell said the board and teachers were within \$1,600 of each other's figures. The board's proposal was to add more on to the base, with an increase of 2.9 percent (\$750), and an

increase of 3.4 percent on the top (\$1,370). The board proposal added \$20 to the experience step, and accepted the additional education step. Russell said the district was able to add additional money to the proposal because the insurance costs will drop by 6 percent for next year.

"We felt it would be good to return the savings to the staff in the form of salary," Russell said. "We want you to know that we are happy it worked out this way, but it might be different next year if the insurance costs rise again."

Selby, who said he had received the good news on the insurance rates on Monday, agreed that it was unusual for the insurance rates to drop. He said the total of the district's salary proposal was \$141,829, which was an addition of 4.2 percent of new money added to the total salary schedule.

"We feel this accomplishes what we want in being able to increase the base to make it more attractive for hiring new teachers, and provides and increase for the experienced teachers," Russell said.

"We appreciate the salary schedule and the inclusion of the philosophy we wanted to get into the schedule to reward the staff," Porterfield said. "I can't remember in history when the insurance rates have gone down."

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Rural America 'at crossroads'

KANSAS CITY, Mo. (AP)—More than a century ago, America lured settlers to remote regions with 160 acres and the promise of a better life.

Today, the country needs a modern equivalent of the Homestead Act — with new incentives — to bring people back to rural America, said Martin Jischke, president of Iowa State University.

New technologies give people greater flexibility in where they choose to live. But to attract and keep its so-called human capital, rural communities must better develop infrastructure such as Internet access and transportation, he said. And they need to give education a higher priority in today's information age.

Jischke was among 260 economists, bankers and other rural leaders gathered in Kansas City to attend a Federal Reserve conference called "Beyond Agriculture: New Policies for Rural America."

Attendees listened via a live video

linkup as Federal Reserve Chairman Alan Greenspan told them that 100 years ago rural citizens would have been incredulous had they known of the migration of millions of workers and the eclipse of many small towns and villages.

They would not have anticipated the diversity of modern rural America brought on by electricity, highways and modern communications, Greenspan said.

New technologies are again changing the rural landscape. Remote locations now have satellite television and telemedicine. And information technologies allow businesses to locate away from their central markets.

Agriculture, too, has changed, as well as many livestock operations that have become more like factories, he said. Electronic technologies, including satellite links, allow more precision farming. Genetic discoveries raise the productivity of both crops and livestock.

"Although dislocations are bound to accompany economic growth, we should not shrink from accepting the changes that technology will bring," Greenspan said, "but rather should rise to its challenges and look forward to the great benefits that it can provide over time to all our people, whether they live in congested urban areas or in the still-open spaces of rural America."

That was not something that Ann Jorgensen, a board member of the Farm Credit Association and an Iowa farmer, found easy to hear.

"I found it very depressing in terms of where rural America is going," she said after Greenspan's speech. "I think it is accurate, and it is up to us to figure out what to do next."

Jeffrey Walser of the Kansas City-based Federal Deposit Insurance Corp. said Greenspan's remarks had little new. "Forces affecting rural areas are very fundamental, very long-term — not conducive for quick policy fixes."

Teeth put into Open Records act

BUDGET, from Page 1

Senators got bogged down on how to spend the \$4 million that one of its committees had not yet allocated from the state's tobacco money.

Republicans rejected efforts to pay corrections officers at state prisons more money. The push started with Democrats.

However, Republicans approved two proposals to provide about \$3 million to teacher programs.

Meanwhile, negotiators reached agreement on legislation to strengthen the Kansas Open Records Act.

"I think it's a victory for the people," said House Local Government Chairman Carlos Mayans, R-Wichita.

Mayans, who is handling the bill, said he's confident both chambers will pass the plan, which includes a maximum \$500 fine, and send it to Gov. Bill Graves.

Negotiators also agreed to give the attorney general's office and local prosecutors authority to subpoena individuals and records when someone complains about being denied access to public records.

They also restored House language to eliminate all 44 exemptions to the

Open Records Act on July 1, 2005, unless the Legislature votes to save them.

In other legislative action:

- The House passed, 123-1, a bill that would increase the maximum benefit to families of workers who die on the job from \$200,000 to \$250,000. The Senate hopes to act quickly to get the bill to Graves.

- A bill sought by Graves to modernize and strengthen the state's antitrust laws won final legislative approval.

- A bill that supporters see as the state's first step toward dealing with racial profiling went to Graves.

Fallout from raid claims Miami police chief

MAYOR, from Page 1

left at his office were not returned.

The police chief had an hour's advance notice of the 5:15 a.m. raid, but did not but tip off the mayor, a Cuban-American who had openly sided with the Cuban boy's Miami relatives. O'Brien said today he had never made a practice of telling mayors about plans for police raids.

The chief's resignation came as city officials prepared for plans by Cuban exiles to converge into a street in Little Havana on Saturday for a peaceful rally denouncing the U.S. government's seizure of Elian.

All week, Cuban exile leaders have

spoken on Spanish-language radio stations to urge people to participate in the rally.

Meanwhile, Elian's Miami relatives, who returned from Washington early Thursday, were coping with their inability to meet with the boy and the aftermath of the raid.

"We feel humiliated," Elian's great-uncle Lazaro Gonzalez told The Miami Herald. "The world needs to pay attention to this case so there are no more families like the Gonzalezes."

Thursday, a federal appeals court in Atlanta ruled Elian's father, Juan Miguel Gonzalez, may intervene in the appeal of a government decision to

reunite him with his son. But the court put off a decision on the father's request that he be substituted for Elian's great-uncle as the boy's representative in the case. Such a move would allow the father to drop the appeal.

The court also denied a request by Elian's Miami relatives to visit the boy and declined to appoint a guardian for the boy other than his father.

The appeals court is scheduled to hear arguments May 11 on whether Elian can seek an asylum hearing without his father's permission and whether the Immigration and Naturalization Service should have interviewed the boy to determine his wishes.

Starting Time:

10 AM

Location:

**VFW, 824 Main
Goodland, Kan.**

**Another
FUN**

BANE AUCTION

Saturday, May 6, 2000

Faye Blue Estate

FURNITURE

2-Bedroom sets w/queen beds, chests, dressers w/double mirrors night stands; Maple bedroom set w/double bed, chest, vanity w/mirror; 3-nice hide-a-bed sofas; Rocker love seat; Mauve rocker recliner; 2-brown rocker recliners; Several other occasional chairs; Several end & coffee tables; Wall china hutch; 2-Corner glass china hutches; Glass book shelf; Dining table w/4 chairs; Lowrey Console organ; Zenith 19" TV w/remote; RCA console TV w/remote; Zenith console TV & record player; Magic Chef gas stove, apartment size; Maytag washer & dryer; Domestic sewing machine; Small writing desk; Desk chairs; Kenmore and Dirt Devil vacuums; Card table & chairs; 2 bar stools; Exercise bike; Lots of nice lamps including 2 brass lamps

ANTIQUES

Solid oak desk; Buffet w/mirror; Large Pen collection; High back chair w/leather seat; Waterbury Clock Company mantel clock, numbered; Bulova anniversary clock; Duncan Fife corner cabinet, nice; Foot stool; Ant. end table; Singer record player; Lard press; Hoke; Cheese wood box; Scales; 50's Lava lamp; Lots of small items from the 50's; Rogers & Sons 1904 set w/2 tea pots & tray, cream & sugar, Victorian Rose pattern; Sterling set from Japan; Sterling coffee pot; Onida flatware w/wood case; Set of 16 Onida flatware; Delta pop down toaster; Boxes of books; Pictures; 78 records & 8 track tapes; Music box figurines; 3 mouth harps

COINS

Silver dollars-1886, 1887, 1889, 1898, 4-1922, 2-1921, 6-1972; 52-Kennedy half dollars; 4-Susan-B-Anthoney dollars; 1982 American Eagle commemorative coin; 1982 Roosevelt commemorative coin; 56 V-nickels; 1896, 1902, 1904, Indian head pennies; 1-Indian head nickel; 1886-1886 US Liberty Coins mint set; Several other coins coming from the safe deposit box

GLASSWARE

Occupied Japan set w/teapot, cream, & sugar, S & P, very nice; Occupied Japan saucer; Set of 12 Haviland china; Several American Fostoria dishes & glasses; Tilson Japan dishes; Sets of Stem glasses; Duck soup bowl; Hand painted cups & saucers; Several pieces of Avon & Fenton ruby red dishes; Fostoria glassware; Fenton Carnival Glass pieces; Wales Saucers 3 footed cut glass candy dish; Fenton baskets; Large set of hand painted dishes from Japan; Pink depression glass w/lid; Edward N Knowels china set; Dryden pottery; Ironstone Wedgwood bowl; Blue glassware; Lots of collectors plates; Square cut glass bowl; 4 foot Carnival Glass bowl; Haggart pottery; **NOTE:** We will find lots more glassware and antiques as the cabinets are cleaned out. They are FULL.

MISC. ITEMS

3 Nativity sets & lots of Christmas decorations; Jewelry boxes & costume jewelry; House full of blankets, sheets, towels; Complete line of kitchen cookware, roasters, dishes; Food dryer; Smith Corona typewriter; Coat rack; Extension ladder; String trimmer; Yard tools; Hand tools; Chain saw; Girls AMF bicycle; Redwood picnic table & benches; Gas BB grill

SPECIAL CONSIGNMENT

1984 GMC Suburban, good fishing vehicle; Covered pickup trailer

John Kite as executor.

You won't believe all of the items that have been stored in the home. This will be an absolute auction so plan now to attend another fun Bane Auction where everyone has "Satisfaction at the sound of the gavel". Lunch will be served by the VFW Auxiliary.

This is a partial list only. For more information contact Bane Auction/Homestead Realty, 1023 Main, Goodland. Maynard Bane (785) 899-4385 or 899-2328 or Terry Richardson (785) 899-2328 or 800-974-2426.



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