



Perry and Wolak

December wedding planned

Shandon Anthony Wolak and Tina Renae Perry of Goodland plan to marry Saturday, Dec. 27, 2003, at the Our Lady of Perpetual Help Catholic Church in Goodland.

A reception will follow at the National Guard Armory.

His parents at Ed and Kathy Wolak of Goodland, and hers are David and Cheryl Perry of Scott City.

The prospective groom graduated from Goodland High School in 2001, attended the Northwest Kansas Technical College and graduated from Colby Community College in 2003 with an associate's degree.

He works at Herl Chevrolet in Goodland.

The bride-elect graduated from Scott Community High School in 1996, attended the Northwest Kansas Technical School and received an associate's degree from Colby College in 1998.

She teaches in the business technology department at the technical college.

Steroid users who inject risk HIV infection

Steroid users who inject the drugs with a needle are at risk for contracting HIV (human immunodeficiency virus), the virus that causes AIDS, if they share needles with other users.

People who use dirty needles are also at greater risk for contracting hepatitis, a disease of the liver, or bacterial endocarditis, an infection of the inner lining of the heart.

It can be impossible to tell if your friend or an athlete on your team is sick. It's not enough to take their word for it; they may not know. Sharing needles is never safe.

Some people combine or "stack" anabolic steroids with other drugs. Other steroid users may "pyramid" or "cycle" their steroid doses, start-



cris lovington

- prevention center

ing with a low dose of stacked drugs and then periodically increasing and decreasing the dosage of the steroid, which users believe helps their bodies recuperate from the drugs.

Because it is difficult to understand how the drugs interact, there is the possibility of taking a deadly combination. As with medications that should not be taken together,

anabolic steroids have the potential for negative interactions.

Emergency department have reported

cases of vomiting, tremors, dizziness, and even coma when patients were admitted after taking combinations of steroids.

A lot of people tell themselves they'll only use steroids for a season or a school year. Unfortunately, steroids can be addictive, making it hard to stop taking them when you want to.

Steroid users may spend lots of

time and money trying to get the drugs. And once users stop taking steroids, they're at risk of developing irritability, paranoia, and severe depression, which may lead to suicidal thoughts or attempted suicide. Teens who use steroids may also be at greater risk for using other drugs, such as alcohol or cocaine.

Some of the long-term effects of steroids may not show up for many years. Lyle Alzado, a former Los Angeles Raiders defensive lineman, believed his prolonged use of steroids and growth hormones caused the rare form of brain cancer that affected his central nervous system before he died.

Anabolic steroids are controversial in the sports world because of

all the health risks associated with them. Most are illegal and are banned by professional sports organizations and medical associations. As we know too well from a few high-profile cases, if an athlete is caught using steroids, his or her career can be destroyed.

When it comes right down to it, harming your body or getting disqualified aren't smart ways to try to improve your athletic performance. Being a star athlete means training the healthy way: eating the right foods, practicing and strength training without the use of drugs.

Learn more about steroids at teenhealth.org or samhsa.org.

Colby hospital's former administrator sues four officers

By Patty Decker

Colby Free Press

Colby hospital's former administrator has filed a civil lawsuit against four officers of a grassroots organization that he claims made false and defamatory statements about him.

Michael Boyles, the former chief executive officer of Citizens Medical Center, filed a suit against John Kern, Henry Vette, Dennis Horney and Carol Voisin, who are or have served as officers of the Area Citizens for Healthcare.

In the petition filed Sept. 24, Boyles through his attorney, Larry G. Michel of Salina, alleges that all four made remarks that led to Boyles' termination by the hospital.

Within the petition, Boyles seeks damages on two counts — one for "tortuous interference" with his

contractual relationship with Citizens and the other for alleged slanderous remarks by the four individuals.

Those allegations include that Boyles misrepresented managerial issues to the hospital board and circumvented hospital board bylaws, that he was inconsistent and unfair in the application of standards and policies with doctors, that he was irresponsible and unethical and that he was leading the Colby hospital to "financial ruin."

The suit, filed in Thomas County District Court, charges that Kern, Vette, Horney and Voisin circulated a memorandum suggesting the Boyles made threats to one of the physicians and that he was "a known child abuser." (In a separate criminal case, Boyles has been charged with battery against his

son.)

Boyles in the petition said these alleged statements are not true and that because of the statements, he was terminated at the hospital.

In addition to economic loss, the petition said, the defamatory and wrongful actions have caused Boyles emotional distress, embarrassment, pain and suffering.

Boyles is asking the court to make the defendants liable for his damages and requests a judgment in his favor in the amount in excess of \$75,000.

He asks the court to assess costs of the lawsuit to Kern, Vette, Horney and Voisin and grant any other further relief "as it deems fair and equitable in the circumstances."

On behalf of his client, Michel is asking the court to conduct a case management conference by telephone, along with requesting a pre-trial conference after completion of discovery. Michel is asking for a trial by a jury of 12 people.

The defendants have not as yet filed any response to the allegations.

Students listed on honor roll

Several area students have been named on the Northwest Kansas Technical College honor roll for September, including four from Goodland in the automotive technology program.

Brian Bauman, Lee Salman, Justin Lohr, Thomas Tompkins and Abel Ontiveroz, all of Goodland, are on the honor roll in the auto tech department.

Other students in that department to make the honor roll were Cory Franz of Burlington; Peter Caines of Colby; David Rose of St. Francis; Neil Bolyard and Kyle Underwood, Bird City; Adam Ketterl of Herndon; Jason Mayo of LaCrosse; Josh Cahoon of Cimarron; Jeremy Apsley of Olathe; James Carrico of Olathe, Colo.; Travis Morris of Haigler, Neb.; and Travis Epp of

Minden, Neb.

Students in the communications technology program on the honor roll were John Brown and Derek Redmond of Colby; Michael Young of Salisbury, N.C.; Derik Schneider of Great Bend; Landon Tucker of Scott City; Ben Haydock of Ashland; and Lacy Schick of Cheyenne Wells, Colo.

4-H news

The meeting for the Prairie Dale 4-H Club was held Sunday, Oct. 5. Since it was 4-H Sunday, the members met at the United Methodist Church for Sunday service and then went to Gambino's for lunch.

The newly elected officers for 2003-04 were voted on, and a motion was passed as a unanimous vote

throughout the club.

This year the club has a new leader, Judy Herl, who had taken over for Jodi Miller. Shari announced that enrollment sheets need to be turned in as soon as possible.

Also discussed was the club's new officers should try to attend the

upcoming officers' training from 9-11 a.m. Friday, Oct. 31, with lunch being served afterward.

The club's next meeting will be Monday, Nov. 10; this meeting will be Parents' Night. Derrick Ihrig made a motion to adjourn the meeting.



Come Out,
Spooks And Goblins!
Bring Your Mummy!

MOONLIGHT MADNESS

Tuesday, October 28, 5-8 p.m. MDT
Downtown Goodland


- Merchant sales all day throughout town
- Downtown stores will be open until 8 p.m.
- Trick-or-Treat goodie bags for kids, Goodland Police, Crimestoppers, businesses and other organizations.
- Madd Hatter will perform
- Halloween Games
- Children's costume contest sponsored by Kiwanis



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Leave the premises immediately, go to a neighbor's house and call Aquila at 800-303-0357. Leave doors and windows open, but don't open them if they're not already open. Natural gas, as a source of energy, has an excellent safety record, but it is possible to have a leak by accident or misuse. Don't take chances. Do take immediate action if you smell gas.



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