

# Claim that depressant builds muscle not proven

What are GHB and Rohypnol? They are central nervous system depressants. Because very small amounts of GHB are found in the human body, GHB is often billed as a “natural” supplement, or as an anabolic steroid that helps build muscle mass (this claim was never proven).

In actuality, GHB is made from a substance called GBL, which, when ingested, turns into GHB in the body and has the same effects. It is a solvent found in nail polish and floor cleaning products. BD (1,4 butanediol) also converts to GHB in the body. It is illegal to manufacture or distribute any of these three substances for human consumption.

Rohypnol is the brand name for flunitrazepam, and it is also a central nervous system depressant. It is in the same drug family as Valium, Halcyon and Xanax, but it is ten times as strong.

Rohypnol is produced by Hoffman-LaRoche Inc. in both Eu-



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rope and Latin America as a sleep aid, but it is illegal in the United States.

GHB is also known as “G,” Georgia Home Boy, Gamma-OH, Liquid Ecstasy, Liquid E, Liquid X (GHB is not ecstasy), Grievous Bodily Harm (from the common misabbreviation GBH), Organic Quaalude and Scoop.

GBL and BD are often marketed under the names Blue Nitro, Thunder Nectar, Revivariant, Renew-er, Revitalize Plus, SomatoPro, Invigorator, Firewater and Verve. Rohypnol is also called roofies, roachies, rophies, roofenol, roche

be produced as a clear liquid (which has a salty taste but no smell), a white powder, or a tablet or capsule. It is most commonly used as a liquid — which is packaged in a small, clear, plastic bottle — and taken orally by the capful, but powder use is on the rise (which is typically dissolved into a beverage).

Rohypnol comes as a pill, in 1 and 2 milligram doses, that is taken orally, or dissolved in a liquid. The tablets are white and have a line across one side, and a number “1” or “2” inside a circle with the name “Roche” above it on the other. It is frequently used in combination with

alcohol, and sometimes with other drugs such as marijuana, cocaine, and heroin (to either accentuate or help the user come down from the typical high of these drugs).

Both GHB and Rohypnol have a reputation as date rape drugs, as they are being used to sexually assault women and men. How it happens — the drugs are easily slipped into someone’s drink (GHB is usually a liquid, and Rohypnol dissolves quickly), and the person becomes either very open to suggestion and physically weak, or passes out entirely, leaving them vulnerable to the person who spiked their drink.

Rohypnol is even more disturbing, because it causes people to black out — they have no memory the next day of what has happened to them. It’s important never to accept a drink that has already been opened or to leave your drink unattended — even if it is just a soda or water.

Hoffman-LaRoche has begun to take steps against this (but remember, any U.S. use is illegal) by producing Rohypnol that turns a clear beverage blue (or a dark beverage cloudy), but the former version is

still widely available and still an issue.

The drugs are also used as “party drugs” with serious consequences. Both GHB and Rohypnol are inexpensive, which has made them increasingly popular at raves and with younger users.

The short-term effects of GHB and Rohypnol follow a similar pattern. The effects of Rohypnol begin within a half-hour, but don’t peak for almost two hours.

GHB takes effect within 10-20 minutes but doesn’t peak for almost an hour. The feeling the user gets from both drugs are the same — first they feel an intoxication similar to alcohol (the user feels relaxed, sociable, affectionate, playful and uninhibited), followed by a feeling of drowsiness.

Higher doses can lead to a sleep from which the user cannot be woken. The effects can last from 4-24 hours.

Both GHB and Rohypnol present a serious overdose threat. Since they are depressants, both drugs can be fatal when mixed with alcohol (although an overdose of Rohypnol, on it’s own, is not generally fatal).

With GHB, another problem is the fact that it takes a while for the peak effects of the drug to take effect — people often take another dose thinking they haven’t taken enough (and GHB can be fatal on it’s own).

GHB is also tricky because it is manufactured by individuals, and the strength can vary from batch to batch. Symptoms of overdose can include intense drowsiness, unconsciousness or coma, muscle spasms, disorientation, vomiting and slowed or stopped breathing (fatalities usually occur from respiratory failure).

Right now, the long-term effects of GHB use are not known. However, since it is made from industrial chemicals, there is a risk of severe burns to the mouth, throat and stomach from GHB that has been improperly produced.

Rohypnol is both physically and psychologically addictive. Withdrawal symptoms peak three to five days after last use and include extreme anxiety, muscle pain, headache, hallucinations and seizures. Some withdrawal symptoms, including cardiovascular collapse, can be fatal.

# Board games provide memories

As we approach the Christmas season, our thoughts turn to families getting together, kids receiving presents and looking forward to a possible chance of seeing Santa Claus.

One of the most enjoyable activities that our family shared was playing board games that would go on unending. Playing the marble board game “Hold Your Temper” brings back some of the best memories.

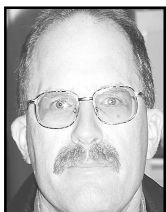
You would have thought we were playing for the World Championship for “Hold Your Temper” the way we hollered.

One time, we even had a best of 11 format. For some reason, some of the wives thought we were hogging the board. Those memories are great.

Recalling those good times, it can help an individual to appreciate the family that they have to share the holidays with. I can’t wait until our two-year-old is old enough to share the excitement of getting that roll of the dice to win the game or the agony of defeat when the other team comes from behind to win the game. Believe me, it is very hard to “Hold Your Temper” sometimes.

Showing the next generation some of the games you play and enjoying the fellowship of family is an amazing thing. With mentoring, it can be an incredible thing in sharing with a child some of your family traditions that have meant so much to past and present generations.

In a book by Dr. Daniel Egeler, “Mentoring Millenials: Shaping the Next Generation,” he talks of the generation born after 1982. This “millennial generation” needs direction from those who are moving



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on, according to Egeler.

He shares several points that I believe can be adapted to any mentoring relationship. They are:

- Realize there are many different ways to be a mentor.
- Make time for a child needing a helping hand.
- Be willing to take emotional risks.
- Share your stories.
- Make sure your life matches your words.
- Make others feel important.
- Have a sense of humor.
- Consider which mentoring style fits you best (With this example, Egeler broke some mentoring styles down this way: counseling, teaching, sponsoring: career guidance or the coaching style).

These examples are an excellent way to show us that in mentoring all of us will have different strengths to share. Being a Big is not a cookie cutter type of relationship.

It starts with being a friend and then being a good example that is comfortable to you and is a positive example. Don’t try to be someone you aren’t. The child will be able to tell the difference anyway.

During this coming Christmas and New Year, the presents, games, dinners, fellowship and, of course, the endless stories will be repeated. For 2004, the best resolution that a person could make is to be a volunteer to shape the next generation.

You could make someone feel important by just playing a simple board game with a young person.

## matters of record

### Real Estate

The following real estate transfers have been reported by the Sherman County Register of Deeds:

Kenneth L. Peck, spouse of Viola H. Peck, quit claims to Dale E. and Iva Lee Stephens the E 120’ of Lot 2, Block 1, McFadden Subdivision to the City of Goodland.

Charles Brandon White and Denise White, trustees of the White Family Trust, to Keith L. Snethen the SW/4 of Sec. 19, T7S, R40W.

Dale and Iva Lee Stephens to Fredrick and Sue C. Cordova Sec. 24, T6S, R39W.

E.L. Buxton quit claims to Betty F. Buxton Lot 1, Block 4, Sharp’s Addition to the Town of Goodland.

James P. and Jessica Sue Bonner

to Carol Dee Thompson the W 65’ of Lot 7 and the W/65’ of the S/2 of Lot 8, Block 46, Beahm’s Addition to the City of Goodland.

Bruce A. Linsner quit claims to Crystal G. Linsner the N 10’ of the E 63’ of Lot 21 and the E 63’ of Lots 22, 23 and 24, all in Block 47, Second Addition to the City of Goodland.

Betty F. Pettijohn, formerly known as Betty F. Buxton, quit claims to E.L. Buxton of Tennessee Lot 17, Block 14, C.K. & N. Addition to the City of Goodland.

Marilyn E. Gruenwald to Bank-west of Kansas the W 15’ of Lot 3, all of Lot 4 and the E 20’ of Lot 5, Block 43, Original Town of Goodland, 307 W. Eighth St.

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## Worship warms the heart

<b>Calvary Gospel Church</b> <b>Pastor:</b> Rev. Steve Rains Fourth & College • 899-3605 <b>Sunday:</b> Sunday School: 9:15 am Morning Service: 10:30 am Small Group Ministries <b>Wednesday:</b> Prayer and Worship: 7:00 p.m. Youth @ the Rock House: 7:00 p.m.	<b>Our Lady of Perpetual Help</b> <b>Pastor:</b> Father Norbert Dlabal 307 W. 13th • 899-7205 <b>Sacrament of Reconciliation:</b> 4:30-5 pm Saturday or by appointment <b>Mass Schedule:</b> Saturday: 6 pm, Sunday: 10:30 am <b>Spanish Mass:</b> 1st & 3rd Sunday: 2 pm	
<b>Sonrise Christian Church</b> Ninth & Caldwell • 899-5398 <b>Minister:</b> Tony Kafka <b>Youth Minister:</b> Doug Bean <b>Sunday:</b> Worship Service: 9:30 am Sunday School: 10:45 am <b>Wednesday:</b> Junior/Senior High Meeting: 7 pm Adult & Children's Classes: 7 pm	<b>Word of Life Foursquare Church</b> 10th & Clark • 899-5250 <b>Pastor:</b> John Coumerilh <b>Service Schedule:</b> <b>Sunday:</b> Worship Celebration and Kids' Church: 10:30 am First Wednesday: K.W.A.M.! Grades 1 through 5: 7 p.m.	<b>Pleasant Home Church</b> <b>Serving the rural community for over 100 years</b> Rt. 1, Box 180 • 694-2807 • 3190 Road 70 <b>Pastor:</b> Charlie Busch 694-2242 <b>Sunday:</b> Worship Service: 9 am Sunday School: 10 am Evening Service: 6 pm
<b>Bible Baptist Church</b> <b>Pastor:</b> Glenn Hermanson Fifth & Broadway 899-7368 <b>Sunday:</b> Sunday School: 9 am Morning Service: 10 am Evening Service: 6:30 pm <b>Wednesday:</b> Evening Bible Study: 7 pm	<b>Church of Jesus Christ of Latter-Day Saints</b> 1200 15th Street • Burlington, CO (719) 346-7984 <b>Sacrament Meeting:</b> 10 am <b>Sunday School:</b> 11:15 am <b>Priesthood/Relief Society:</b> 12 am	<b>Iglesia Del Dios Vivo</b> La Luz Del Mundo Spanish Speaking Church <b>Minister:</b> Esteban Ortiz B. 1601 Texas • 899-5275 <b>Daily Prayer:</b> Sunday thru Saturday: 5 am & 6 pm <b>Sunday:</b> Sunday School: 10 am
<b>United Methodist Church Brewster:</b> <b>Pastor:</b> Worship Service: 10:45 am CST Sunday School: 9:45 am CST <b>Winona:</b> <b>Minister:</b> Rev. Bob Winters Worship Service: 9 am CST Sunday School: 10:15 am CST	<b>First Christian Church (Disciples of Christ)</b> <b>Pastor:</b> Loren Strait Eighth & Arcade • 899-5233 <b>Sunday:</b> Worship Service: 10:30 am <b>Sunday School:</b> 9:15 a.m. <b>Activities:</b> Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship <b>Special Notice:</b> Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available	<b>Kanorado United Methodist Church</b> <b>Pastor:</b> Leonard Cox 399-2468 <b>Sunday:</b> Sunday School: 9 am Worship Service: 10:15 am
<b>Church of the Nazarene</b> <b>Pastor:</b> Bob Willis Third & Caldwell 899-2080 or 899-3797 <b>Sunday:</b> Sunday School: 9:45 am Worship Service: 10:50 am Evening Service: 6 pm <b>Wednesday:</b> Evening Service: 7 pm	<b>First United Methodist Church</b> 1116 Sherman 899-3631 <b>Pastor:</b> Rev. Janet Hernandez <b>Saturday:</b> Informal Worship: 5:30 pm <b>Sunday:</b> Sunday School: 9:15 am Worship Service: 10:30 am	<b>Goodland Bible Church</b> 109 Willow Road • 899-6400 <b>Pastor:</b> Chad DeJong <b>Sunday:</b> Sunday School: 9:45 am Morning Worship: 11 am Evening Worship: 6 pm <b>Wednesday:</b> AWANA (Winter) and prayer: 7 p.m.
<b>First Baptist Church</b> <b>Pastor:</b> John Meckling Fifth & Center • 899-3450 <b>Sunday:</b> Sunday School: 9:15 am Morning Worship: 10:30 am Evening Worship: 6:30 pm <b>Tuesday:</b> Mens' Prayer Group: 6:00 am <b>Thursday:</b> Night Bible Study: 7:00 pm	<b>St. Paul's Episcopal Church</b> 13th & Center Church 890-2115 or Rectory 890-6969 <b>Priest:</b> Father Hal Lycett <b>Holy Eucharist:</b> 10:00 a.m. Sunday 10:00 a.m. Thursday For emergencies Wed. - Sun. 890-6969 Sr. Warden for emergencies Mon. and Tues. 890-3320	<b>Grace Fellowship Church</b> 104 E. Hwy 24 • 899-6423 <b>Pastor:</b> Bob Snyder • Residence: 890-0134 <b>Sunday:</b> Sunday School: 10 am Worship Service: 11 am Youth Group at Gattshall's at 5:30 pm Adult Bible Study 6 pm
<b>Seventh Day Adventist Church</b> 1160 Cattletrail <b>Pastor:</b> Jim Martin <b>Saturday:</b> Sabbath School: 9:30 am Worship Service: 11 am	<b>Emmanuel Lutheran Church</b> 13th & Sherman • 890-6161 <b>Pastor:</b> Scott Grimshaw <b>Sunday:</b> Christian eduction/fellowship: 10:15 a.m. Worship Service: 9 am <b>Wednesday:</b> Confirmation: 6 pm	<b>Church of Christ</b> 401 Caldwell 899-6185 <b>Sunday:</b> Bible Study: 9:45 am Worship Service: 10:45 am <b>Wednesday:</b> Bible Study: 7 pm
<h2>The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:</h2>		
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<b>Good Samaritan Center</b> 208 W. 2nd	<b>Goodland Star-News</b> 1205 Main	