# Advises Researcher **Use Drugs Only As Last Resort In Treating Hyperactives**

## Special To The Post

GREENSBORO--What are the long-range effects of extended use of amphetamines by children who are diagnosed as hyperactive?

The fact that there are no definitive answers to that question is a major reason that child development researchers such as Dr. Lynne Koester are concerned over such widespread drug therapy.

For the hyperactive child who exhibits excitable, impulsive, distractible behavior, a daily dose of stimulants has become commonplace. It increases attention span, controls impulsiveness and excitability, and even helps children maintain friendships otherwise shattered by their overactive behavioral patterns.

But I think that drugs

should be the last solution that parents or teachers should

turn to," said Dr. Koester, an appetite, weight loss, insomassistant professor of child development at the University of North Carolina at Greensboro.

In a recent interview, Dr. nuester, who has carried out research on and taught children at a variety of grade levels, offered some general guidelines for parents and teachers who work with children diagnosed as hyperactive:

Be cautious about over-

vive. Don't treat the term as a waste basket solution for every child who causes a problem at home or in class. .Try increasingly smaller dosages of the amphetamines to wean the children from this artificial support. Help the children try to internalize their own controls. .If stimulant drugs are be-

ing used, watch out for sudden, erratic behavior changes in the child and changes in physiological factors--poor

nia

.Let school officials know that you are ready to help with the child in their efforts to create a good learning atmosphere for all the children.

Reward the child in a positive manner for exhibiting appropriate behavior for even short periods of time. .Talk over various consist-

ent discipline strategies in the home with which the child labeling children as hyperact- may be aided in efforts to control behavior.

Decide if a particular type of school environment-whether open or more traditional--would be best for the child.

.Be more aware of what type of records are being kept on children pertaining to hyperactivity or other behavioral patterns. Work closely with the

child's physician, letting the doctor know of any concerns over the extended use of stim-

ulant drugs.

Explore other avenues of aid for hyperactive children such as environmental changes and discipline procedures. Although it has been shown that' amphetamines used to excess by adults can cause serious, sometimes almost psychotic, side effects, few studies have undertaken assessments of the cumulative effects on children, Dr. Koester noted

'And I don't think there is any reason to believe that these drugs are operating any differently with children than with adults," she said. "They thave basically the same effect physiologically with adults as they do with these children." Part of the problem, Dr. Koester believes, is the improper labeling of some children as hyperactive when they ex-

lors and teachers and the hibit only one or two of the principal to try to seek other characteristics. alternatives.

"I think parents are as

term hyperactivity very ioosetypes of classroom environly," she said. "Parents need to ments--whether open or more be very careful about using traditional--Dr. Koester disthat term or giving anyone covered a number of differenelse that idea about their ces children.

is going to be a problem.

"I think that parents have a

right to know. And if they feel

that their child has been mis-

labeled, then they need to

work with the school counse-

In studying how different

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These hyperactive child-"Those children are labeled ren are not intellectually infor life," she continued. ferior by any means," she These school records follow them from one year to the said. "In fact, often these next. And it's very difficult for children will test as having. a child who has gotten into a classroom with a teacher who

average or above average IQs is perhaps more restrictive "And so it may be that they and less tolerant of that type are in classroom situations of behavior. Then the next that are not challenging or teacher is automatically going stimulating enough," she conto expect on the basis of that tinued. "In a class where child's records that he or she

there's movement and more choice, more novel experiences, they might be able to at least follow their own patterns of behavior without being stigmatized

'Such children in a more traditional kind of classroom environment very easily get called on repeatedly by: their teachers," Dr. Koester

guilty as teachers of using the children reacted to various A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF SIRLOIN STEAKS Each of these advertised items is re BONES ADVERTISED quired to be readily available for sale at or below the advertised price in ITEM POLICY each A&P Store, except as specifi cally noted in this ad PRICES EFFECTIVE THRU SAT., DEC. 16 AT AAP IN CHARLOTTE TEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS A&P QUALITY CORN-FED PORK A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF WHOLE Whole Boneless BONELESS ROUND SIRLOIN ROUND TIPS CUT FREE INTO 8 TO 12 LB. AVG. WT. 40 TO 50 LB. LB LB. LB You'll Do Better With A&P's SMOKED MEAT SHOP You'll Do Better With A&P's POULTRY SHOP You'll Do Better With A&P's You'll Do Better With A&P's BUTCHER SHOP MEATS HOLIDAY BEVERAGES ITEMS HANCOCK BRAND U.S.D.A. INSPECTED FRESH WHOLE A&P QUALITY HEAVY WESTERN GRAIN-FED BEEF COUNTRY HAMS ANDRE CHAMPAGNE FRYER LEGS **GROUND CHUCK OR COLD DUCK** 10 LB. FAMILY PACK WHOLE 1/5th OR FRYER BREAST BTL. Offer Good Only In Charlott HALF LB. PACK LB 99° LB. GALLO RED ROSE, RHINE, OR ASP QUALITY HEAVY WESTERN GRAIN FED BEEF SLICED BACON 1 LB \$149 LEG QUARTERS 59° HEARTY BURGUNDY LB CUBED STEAK \$198 \$188 PORK CHOPS OZEN CELLO-WRAP FRYER LIVERS .. 69° 1.5 LITER \$959



**Constance Withers To** 

ATTRACTIVE CONSTANCE WITHERS

...J.C. Smith homecoming queen

ning homecoming queen at The combined academic Miami, Dec. 26-Jan. 3, 1979.

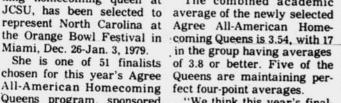
At Orange Bowl Festival

She is one of 51 finalists chosen for this year's Agree All-American Homecoming Queens program, sponsored nationally by Johnson Wax, maker of Agree hair care products. Twelve schools will be representing their states in the program for the second year in a row.

Withers is the daughter of Mr. and Mrs. Isaac Withers, of Miami, Florida. She is a senior majoring in Finance and Economics.

Judging for the program was conducted by the Associated Collegiate Press, headquartered here. Finalists--one from each state and the District of Columbia--were selected for academic achievements, extracurricular activi-ties, personal interests and good grooming. The selected Queens matched their qualifications against those of others in her state in the second annual Agree All-American Homecoming Queens competition. To be eligible, the colege students first had to be selected homecoming queens on their own campuses.

Robert L. Lauer, director of public affairs for Johnson Wax, stated that each finalist's college or university would receive a \$500 generation



of those qualities we most admire in today's youth," Lauer said, adding: "They're intelligent, goal-oriented and involved. They're excellent representatives of their schools,

America. **Festive Setting** 

After Christmas, the selected Queens will fly to Miami to take part in the program. In addition to their appearances during parade and pre-game activities, the college women will participate in the "Great" Bands Show" at the Bowl, sail in the second annual Orange Bowl Marine Parade on Biscayne Club. And each Agree Queen will receive a wardrobe to be worn in the Orange Bowl Parade and at other Festival

YWCA is Disco all the way. At the Trade St. Center, Dis o Dance Clubs meet Fri-

"We think this year's finalists exemplify a happy blend

and for young people across

YWCA Schedules

### Disco Classes

The winter term of the



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