



James Cuthbertson
Sports Columnist

It is unfortunate but the use of anabolic steroid use may be increasing in athletics.

Anabolic steroids are various synthetic derivatives of testosterone of the male hormone. The drug has been used to stimulate a build up of the body by synthesizing protein for muscle growth and tissue repair. It is used primarily for those recovering from major surgery or those with chronic debilitating diseases. Today there are numerous anabolic agents. Three of the most common used are Anadrol, DelaDurabolin and Anavar. There is also a hormone which is extracted from the pituitary glands of human cadavers and is now also available in synthetic form.

Steroid use appears to be rapidly increasing among high school athletes. Steroid use is also growing among young boys as a way of dealing with self-doubt about their masculinity.

There are psychological side effects from steroid use. Steroids are sometimes addictive, producing a sense of super-sized manhood that can only be monitored through continued or increased use.

None of the anabolic steroids are to be dispensed without a physician's prescription, but large quantities are available on the black market. In some instances, coaches dispense steroids to players. Players sell them to other players. Some doctors and pharmacists freely prescribe or dispense them to athletes. Owners of some body-building and weightlifting gyms and hangers-on at such places may peddle them.

Athletes in almost every sport use illegal anabolic steroids. Power lifting and bodybuilding sports are best known for steroid use, but they are also used in track and field, swimming, boxing, cycling and wrestling. Some National Football League players estimate that about ninety percent of their peers use steroids.

Anabolic steroids upset the normal hormonal balance, causing the body to produce excess testosterone (male hormones).

The body compensates by:

1. Reducing the amount of testosterone and perhaps other hormones during the period of steroid use.
2. Regulating hormonal levels by overworking the liver to remove the excess testosterone from the body. Other complications include, stunting natural growth, testicular atrophy, prostrate blockage, gastrointestinal bleeding, nausea, headaches and low sperm count.

Females are susceptible to increased male hormone level and change in body characteristics from use of the drug: body hair, lowered voice, menstrual irregularities and abnormalities in genital areas.

The competition is so fierce in all levels of sports that athletes feel they must take great risks to get the edge. Young teenage users who think that anabolic steroids will enhance their performance are unaware of the health risks that anabolic steroid use imposes. For some, the only thing that matters is, "Will I get caught?" Those who get caught will be lucky, especially those caught early enough to prevent irreparable damage.

The above message was brought to use courtesy of the North Carolina High School Athletic Association and the Alcohol Drug Defense Program of the Department of Public Instruction in the Chemical Awareness Corner of the NCHSAA Newsletter.

For more information contact the regional Alcohol and Drug Defense consultant at 2400 Hildebrand Street in Charlotte or call 392-0378 in Charlotte.

Congratulations to Country Day on winning the State Independent Schools golf (boys) title. It was their fourth straight.

Country Day team members are Michael Teague, Murray Glenn, Stephen Heeny and Roger Smith.

Charlotte Latin's Stephen Woodard was top individual medalist. He had a 76 and 75 for a 151 total.

Glenn, Teague, Heeny and Woodard were named to the All State Independent Schools Golf team.

Best of luck to East Mecklenburg's Mark Carter on his new job at West Iredell. Coach Carter was a real gentleman and a credit to the high quality athletic program that East Mecklenburg runs.

The girls' All Conference soccer team in the Southwestern 4A includes South Mecklenburg's Monica Remahl, Rona Karacoava, Cathy Leonard, and Jennifer Braun; Garinger's Becky Rowell; Independence's Marcy Wells and Romana Stikeleather; East Mecklenburg's Cathy Howard, Kelly Fields, and Liza Gleasman; Myers Park's Holly Peterson, Laura Goodwin, Becky Rogers, Danielle Newman, Holt Hathaway, and Darden Rice. The Player of the Year was Howard of East Mecklenburg. The Coach of the Year was Frank Ponce of Myers Park.

The girls' All Conference soccer team in the Tri County includes Harding's Dana Lyle and Dawn Crenshaw; Olympic's Traci McAlister and Tabitha Clardy; West Mecklenburg's Rhonda Euliss and Tracey Mitchell; North Mecklenburg's Erica Wolff, Latt Briggert, Chris Brame, Pam Simmons and Michelle Smith; West Charlotte's Lindy Schill, Carrie Culp, Christi Wachowiak and Betsy Ray. The Player of the Year is Ray of West Charlotte. Jerry Taylor of North was the Coach of the Year.

All Conference tennis players in the Southwestern 4A were Joey Sie, Dan Snedecor and Craig Brown of South, Wes Brown and Eddie Silvoy of Ashbrook. David Rutz of East Mecklenburg, Jack Ho of Myers Park and Danh Huyen of Garinger. Ho was the Player of the Year. The Coach of the Year was Lloyd White of Ashbrook.

All Conference tennis players in the Tri County 4A are Kevin Olsen and Burton Pinckney of West Charlotte; Walter Rowe, Mark Chaparro, and Frank Moore of East Gaston, Eric Hornsath of North Mecklenburg, Billy Cooper and Jason Watt of West Charlotte and Eric White of Olympic. The Player of the Year was Walter Rowe of East Gaston. Debby Jones of West Charlotte was the Coach of the Year.



Jim Jaffre (far right), Hardee's area vice president and Randy Pritchard (far left), director of marketing for Boddie-Noell Enterprises, present Jim Cole (second from left), president of the N.C. Special Olympics with a check for \$70,500. Thousands came out to see VIP's from around the state support the Hardee's Twist-A-Thon, including The Charlotte Post. The presentation was made in Raleigh.

N.C. High School Realignment Complete

By JAMES CUTHBERTSON
Post Sports Writer

The basic plan for the new realignment is in and, barring appeals when schools suit up against each other in the fall of 1989, the conference should look like this.

HERE'S 4A
BIG EAST - Wilson Fike, Wilson Hunt, Kinston, Northeastern (Elizabeth City) Northern Nash, Rocky Mount, Greenville Rose.

MID-EASTERN - Eastern Wayne, Goldsboro, Wilmington, Hoggard, Jacksonville, Wilmington Lane, New Bern, New Hanover, Southern Wayne.

MID-SOUTH - Fayetteville Douglas Byrd, Fayetteville Cape Fear, Fayetteville Pine Forest, Fayetteville Terry Sanford, Fayetteville Seventy First, Fayetteville E.E. Smith, Fayetteville South View, Fayetteville Westover.

SOUTHEASTERN - Anson, Hoke, Lee, Lumberton, Pinecrest, Richmond, Scotland, West Robeson.

CAPITAL AREA 1 - Raleigh Broughton, Raleigh Enloe, Garner, Raleigh Millbrook, Raleigh Sanderson.

CAPITAL AREA 2 - Apex, Raleigh Athens Drive, Cary, East Wake-Zebulon, Smithfield-Selma, Triton.

PAC 6 - Chapel Hill, Durham, Durham Hillside, Durham Jordan, Northern Durham, Hillsborough Orange, Roxboro Person, Henderson Vance, Oxford Webb.

METRO - Winston-Salem Carver, East Forsyth, Winston Salem Glenn, North Forsyth, Greensboro Page, Greensboro Smith, South Stokes, Burlington Williams.

CENTRAL PIEDMONT - Davie County, Greensboro Dudley, Greensboro Grimsley, Mount Tabor, Winston-Salem Parkland, Winston-Salem Reynolds, South Rowan, West Forsyth.

TRI-COUNTY - Shelby Crest, East Gaston, Charlotte Harding, North Mecklenburg, Charlotte Olympic, West Charlotte, West Mecklenburg.

SOUTHWESTERN - Ashbrook, East Mecklenburg, Charlotte Garinger, Gastonia Hunter Huss, Charlotte Highway 51, Charlotte Independence, Charlotte Myers Park, South Mecklenburg.

NORTHWESTERN - Alexander Central, East Burke, Morganton, Freedom, Hickory, McDowell, South Caldwell, Watauga.

MOUNTAIN - Asheville, Erwin, Asheville Reynolds, Waynesville Tuscola.

Comment: The 4A conferences in the Charlotte area were left virtually intact, with the Southwestern adding the new high school on Highway 51.

The 3A's:

TAR ROANOKE: Bertie, Hertford County (Ahoskie/Murfreesboro), Northwest Halifax, Southeast Halifax, Southwest Edgecombe, Tarboro, Washington.

COASTAL: Greenville D.H. Conley, Havelock, North Lenoir, Pender, West Carteret, West Craven, White Oak.

TRIANGLE: Wilson Beddingfield, Harnett Central, South Johnson, Southern Durham, Southern Nash, Wake Forest - Rolesville.

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I Timothy 2:5

God said, "If any man preach any other gospel unto you than ye have received, let him be accursed."
Galatians 1:9

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P195/60R14	\$89.00	\$66.75
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P245/60R15	\$109.05	\$81.75
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LT235/85R16	B5L	D	\$120.95	98
LT235/85R16	B5L	E	\$145.95	2.63
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B5L = Black Serrated Letters OWL = Outline White Letters

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