

## Black Knights

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To be successful, the Knights will have to continue to get strong performances from some of their younger team members. "The kids have improved tremendously since the beginning of the season," said Lipski. "The younger kids have really stepped it up. To be successful at the district meet, we need to avoid getting pinned and giving up crucial team points."

With Eric Maciejczak, Luke Shook and Mick Konigus the only seniors on the squad, the Knights have depended on their underclassmen throughout the season.

Juniors Nick Raczkowski, Jason Maciejczak, Matt Magee, Sam

Saylor and Justin Harris have played key roles along with sophomores Jim Higgins and Matt Kehler. "We've had a different hero every night," said Lipski. "It's been a total team effort."

That approach changes a bit when the district, regional and state tournaments roll around, beginning with the District II Tournament, February 20-21. "We still try to focus on the team at districts, but it changes a little bit," said Lipski. "We know not everyone can be a district champion, but we tell them that every point they score could be the one to win the district championship."

The Knights post-season charge will be led by Raczkowski and Eric Maciejczak, both returning state qualifiers. "Nick and Eric can help the younger guys," said Lipski. "They've had success at districts and regionals and know what it takes."

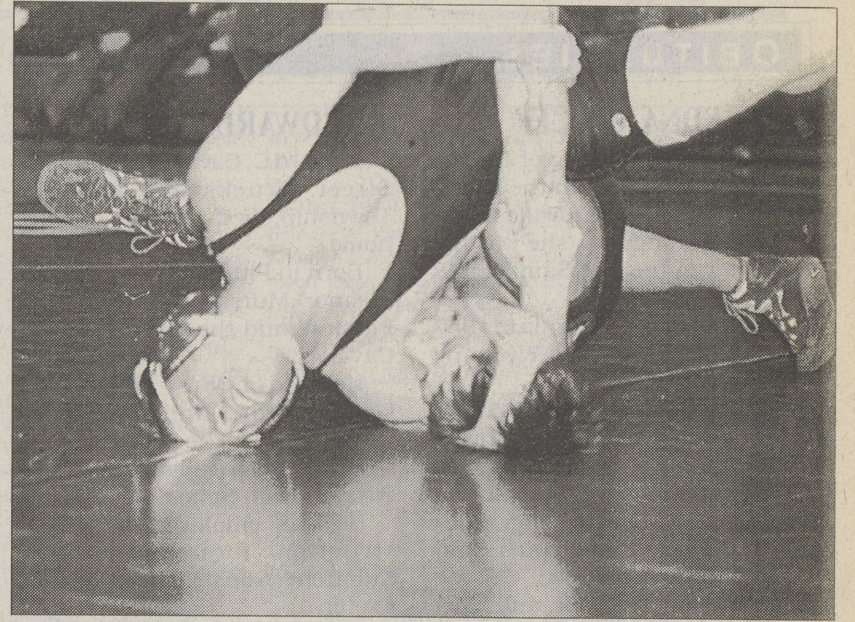
Konigus, Magee and Saylor will also be counted on at districts. "We'll have a different look at districts," said Lipski. "A few guys will be at different weights and that will have an impact on how we perform. We hope to wrestle well and earn another of our pre-season goals by winning the district title."



Sam Saylor (above) had Gino Pisano under control. Saylor won on a pin at 147 lb.

Justin Harris (right) wrestled Brad Kanaar to an 18-11 decision at 137 lb.

POST PHOTOS/JIM PHILLIPS



# Health & FITNESS

## Thyroid, the 'hidden illness' in women

By George D. Wilbanks, M.D.,  
President The American College of  
Obstetricians and Gynecologists

Thyroid disease is often considered a "hidden illness" because of the number of individuals who are unknowingly affected by it. Women are hit especially hard,

with approximately one in eight estimated to have a thyroid problem during the course of her lifetime.

The thyroid gland, located in the base of the neck below your Adam's apple, is part of the endocrine system. Small and butterfly-shaped, the thyroid produces

essential hormones for normal metabolism, growth, and development. A malfunctioning thyroid gland can therefore have serious repercussions. Insufficient hormone production can cause hypothyroidism, which is characterized by fatigue, dry skin, hair loss, weight gain, constipation, and sensitivity to the cold.

Overproduction of thyroid hormones, on the other hand, results in hyperthyroidism, which may cause you to become shaky, fidgety and anxious, tired but unable to relax, and to have increased perspiration. Unfortunately, the cause of thyroid disease is often unknown.

Untreated hyperthyroidism can cause a strain on your heart and circulation, while untreated hypothyroidism can lead to organ damage. In rare cases, it can even be life-threatening, if the patient suffers from another serious condition, such as heart disease.

In some cases, untreated thyroid disease can affect a woman's reproductive health and contribute to difficulty in getting pregnant. Too much thyroid hormone or too little can alter a woman's production of estrogen. A thyroid imbalance can disrupt a woman's menstrual periods, causing heavy or light bleeding and irregular cycles. Thyroid disease can have particularly serious consequences for women during pregnancy. Pregnant women with untreated thyroid disease are at risk for premature delivery and other fe-

tal complications.

The good news is that thyroid disease can be detected and treated. Disorders of the thyroid may be diagnosed by a medical history and physical examination. Your doctor may also order blood samples for thyroid function tests. The thyroid gland can also be viewed with a technique known as thyroid scanning.

If you are found to have hypothyroidism, doctors generally prescribe a synthetic thyroid hormone that may have to be taken for the rest of your life. In the case of hyperthyroidism, patients may be treated with antithyroid drugs, surgery, or a dosage of radioactive iodine.

If you suspect that you may have a thyroid problem, speak to your physician and get tested.



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