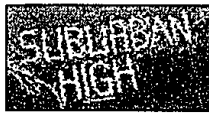


Marijuana's drug of choice

Continued from Page 1

and took more than 200 LSD tablets in four years of high school, none ever before games.

- On a second football team, at least 10 players smoked marijuana during the season, usually during parties, usually every weekend. After the season, 25 smoked marijuana as often. At least three players used steroids during the season.
- On one girls soccer team, at least eight players smoked marijuana at least one game each week.
- "Soccer is the marijuana sport," one athlete at the school said.
- On one water polo team, at least five used LSD and marijuana every weekend at parties year round.
- On one boys golf team, five players used cocaine and, before matches, three of them "often" smoked marijuana.
- On one ski team, at least four smoked marijuana during practice, in the woods and on chairlift rides. One said he used cocaine once a month. One entered a rehabilitation program for smoking marijuana.
- On one baseball team, more than half of the players used marijuana and LSD year round. A "couple" of players would "trip out" before some games.



"They would get out of control," one player said. "They just wouldn't be as good."

- On a third football team, at least six players smoked marijuana during the season, usually at week-end parties, occasionally before class. At least 20 smoked marijuana after the season every weekend.
- On a fourth football team, five players used steroids. Four used speed before half the games. At least seven smoked marijuana at weekend parties during the season and at least 10 smoked it as often after the season.
- On one swim team, at least four members smoked marijuana, one every day except before a meet, another twice a week and occasionally before a meet.

It enhanced my performance. I get my best time when I was stoned," said one, who also used cocaine, crack, hashish, LSD, mushrooms (a hallucinogen) with the medi-

cal name "psilocybin") and opium.

- On a third soccer team, at least four players smoked marijuana on weekends during the season and six after the season.
- On one hockey team, six players smoked marijuana before some games in their cars before getting on the team bus and every weekend.
- On one lacrosse team, at least five players smoked marijuana at weekend parties year round. One said he used LSD and mushrooms "occasionally."
- On one softball team, at least two girls smoked marijuana every weekend. One of them used acid about once a year.
- On one track team, two players smoked marijuana year round. One also used cocaine before two meets.

"There was a big improvement in my performance," one track-team member said. "It helped out my times a lot."

Bloomfield Hills' schools next year also will organize support groups of athletes who don't use drugs to motivate others to follow their lead, athletic director Norm Quinn said. The district held workshops on substance abuse in the spring and fall, which were mandatory for football players and their parents.

Most AREA SCHOOLS require athletes to sign a contract or code of conduct that prohibits the use of alcohol, steroids, tobacco and other "substances."

Most offer substance abuse classes and counseling for athletes who want to learn about drug use and for those who violate a contract or code.

Last fall the Troy School District also offered a voluntary program on steroid abuse for athletes, health education director David Lorhmann said.

Rochester Adams this spring started a "Winners Circle" that awards athletes with their picture on a school wall and a free pass to all school events if they attend a seven-hour drug education program, periodic conferences and vow never to use drugs in high school. Starting next fall, captains of every team will be chosen only from among players in the Winners Circle. About 170 students have joined the program.

"We know about 80 percent will break that contract during the school year," program coordinator Don Tiganelli said. "To sign something is not enough. It's meaningless. The kids have to be educated."

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Melvindale sets precedent

Continued from Page 1

anted. That's what makes us great. I have a difficult time in authorizing tests on someone else. That's why I feel education is a much better avenue. We had a horrible time in the '60s and early '70s, when all we thought we had to do was scare children — that doesn't work."

The Michigan High School Athletic Association also opposes drug testing at the high school level, according to the MHSAA's assistant director Warren McKenzie. There are several questions to be answered before considering drug testing, one of which is civil rights.

McKenzie outlined several reasons

for the MHSAA's stance on the issue.

"Our basic position is not towards drug testing," McKenzie said. "For one reason, you can get testing, but you have to pay through the nose to test and test accurately."

"Also, there are many avenues that are needed to be utilized before testing — and the primary one is education among students, coaches, parents and the community."

"Third, if you're going to test in high school, it's fair to test athletes. If you're going to test athletes you should test randomly all students and that goes back again to expenses. Many schools have trouble enough — with millages not passing

— just keeping their doors open on a day-to-day basis, without having drug testing."

GERALD WOLF, superintendent of Melvindale schools, defends the school district's decision to go to a drug testing program and says on the contrary, it won't cost much at all. Wolf said only 5 percent of Melvindale High School's athletes will be randomly tested during each of the three seasons of the school year.

"The testing program and says on the contrary, it won't cost much at all. Wolf said only 5 percent of Melvindale High School's athletes will be randomly tested during each of the three seasons of the school year."

He said the school district will not test for steroid use, because that

would cost between \$100 and \$200 per individual.

"The cost of (street drug) testing is going to be minimal and 99 percent of it will be paid for by the district or by federal and state grant," Wolf said.

If an athlete tests positive for drug use, he or she can remain eligible by enrolling in a drug education program in the community, Wolf said.

Wolf said Melvindale's random-testing program will be copied after one which began in Tippecanoe, Ind., this past school year. More than 600 athletes in the two high schools in the Tippecanoe School Corp. were tested and none tested positive, said a spokesman for Tippecanoe schools superintendent Richard Wood.

The American Civil Liberties Union appealed the Tippecanoe drug-testing program in court for two years before the decision was upheld last summer. Wolf doesn't foresee Melvindale having trouble in court.

Melvindale voters recently approved a 7.5 mill renewal by nearly 2-1, showing the community's behind the school board, Wolf said.

"We are a problem-solving unit, not a tax-collecting agency," he said. "I'm glad to see a (school) board that will quit giving parents excuses and that has the guts to solve and attack the problem. Rather than turn their backs and say, 'Yes, we have a drug problem but it's society's problem, not ours.'"

Ulrich studies steroid problem

By Steve Kowaleki
staff writer

Since January, 1989, Dick Ulrich has studied the side effects of steroids with a committee set up by the Michigan Interscholastic Athletic Administrators Association.

Now, Ulrich, the Rochester schools athletic director, is ready to share that information.

Ulrich and four other members in the MIAAA will conduct their third in-service program later this summer for high school coaches and administrators throughout the state.

The message they want to parlay might go something like this:

steroids might not sound like a "hard-core drug," but they can be just as damaging as cocaine and marijuana.

"OUR OBJECTIVE is to provide information that the coaches can use for their kids," said Ulrich, who opposes drug testing. "Steroids are real bad for kids. They want to use it cosmetically — to look good on the beach — just as much as they want to improve physically for athletics. They want instant gratification of looking stronger but there's a lot of physical and psychological dangers."

Even if area school districts were in favor of drug testing, they might

never be able to test for steroids. It costs about \$185-200 to test individually for steroids, Ulrich said. On a districtwide basis, the cost could diminish to a little more than \$100, he said.

There are only three steroid-testing laboratories in North America that the NCAA considers "reliable and valid," according to Ulrich, adding to the trouble of testing for the drug.

Dave Fiscella, the executive athletic director at Detroit Country Day, agrees that athletes and all students must be educated at an early age.

"The problem needs to be treated as soon as possible with all kids — athletes, non-athletes, boys and girls," said Fiscella. "Kids must learn the most up-to-date facts, not only about the problems but the so-called benefits."

Golf trio battles totie

A battle for top honors in the first flight at the Women's Metropolitan Golf Association tournament Wednesday at Romeo Golf Course ended in a three-way tie.

Zoe Alpern of Troy shot 45-45, Jan Bukes of Farmington Hills had a 44-46 and Pat Johnson of Rochester Hills finished 43-47, tying them at 89.

Sharon McCready of Rochester wasn't far behind with a 92, her 21 handicap earned her the first flight low net title with a 71.

In the championship flight, Jan Bowerman of Southfield carried a 41-43 for an 84, but that wasn't quite

good enough to catch Karin Flood, who shot an 82.

ON JUNE 6 at Heather Highlands, Bowerman finished in a three-way tie for second in the championship flight with an 86. Donna Fejely of Southfield also had an 86. Ganina Jacobs won with a 77.

First flight was again a battle, with three players within a stroke of first. Kathy Berger, of Birmingham, shot a 50-44, but her 94 was a stroke shy of Priscilla Kruskie of Union Lake and Doris Rudd. McCready's 97 and 21 handicap again got her low net honors.

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exercising options
Myrna Partrich

Husband not interested in wife's exercise habits

Dear Myrna: My husband is giving me a hard time. He's a workaholic; I am an exerciser. He hates to exercise; I am a homebody. I like to spend time taking exercise classes, running or even speed walking on a nice day. We do have lots of interests that we share together. My problem is that exercise is a big part of my life, and I would like to share it with my husband. He does not want to get into shape. He often walks the dog, but I have a feeling it's to get out of the house, not for the exercise. He also dislikes the amount of time I spend exercising. I could use some advice. Things aren't going great.

Well, this is a bit mental as well as physical. It is hard to completely analyze your problem without knowing you both. However, I can make some general suggestions.

You obviously love your husband and want to share more with him. You are thinking life would be better if you could spend more time going to classes, running or walking together.

First of all, I think you have to accept the fact that exercise may never be on top of his list of things to do, and go from there. We sometimes tend to kill the interest of our mate by expiring too much.

Why not start with a scheduled weekend walk (moderately fast pace) and bring the dog, if necessary. We know he already likes to walk the dog. Gradually, increase this walk to three times a week.

Have a casual attitude about it — not like work. It is important to engage in physical activity that your husband enjoys and not just workouts you think are good for him. Keep in mind — he might be turned off by the thought of actually working out. Use this precious time together as good conversation time and enjoy.

Now the answer starts to get a little psychological. Here we go.

Let your husband know he's very important in your life. He might fear that you don't have the same enthusiasm for him as you do for your exercise classes. He may not be threatened by the actual activity, but by the fact he feels replaced. Make him understand that you are not willing to give up exercise, but you are willing to try to give him more time and attention.

How much time do you spend exercising away from your husband when you could be together?

Remember that time balance. If most of your free time is spent working out, your exercise addiction (word is loosely used) may be driving your husband out the door with his dog walking.

Something you must know — there are lots of people who really don't want to exert themselves, especially if they are overweight. He also may be worried he can't be successful in a class format or for certain running. If he is a workaholic, chances are he is successful at work and would not be happy with an unsuccessful physical activity.

Do you share in his interests? Does he like to share his work secrets? Like I suggested, walking briskly with good conversation can bring lots of togetherness. By the way, unless your dog is very well trained, he will slow down your walking pace.

Exercise can still be important to you but try to arrange more free time with your husband. He will eventually get around to exercising — I believe most people will. Want until he goes to his doctor with these extra pounds and workaholic stress — the doctor will convince him.

Relax about your exercise activity — just fit it into your daily routine and enjoy your family. Your husband's future exercise habit probably will fall into place on its own.

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township and a recent appointee of the President's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your letters to Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, MI 48009.)