

STEROIDS

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know what they need to do to become such a thing. They must be fantastic athletes; they have to be the best. So there solution is to use steroids to become bigger, faster, and stronger.

The effects that steroids can have on a person are very dangerous according to Seattlepi.newsource.com. These effects include severe skin damage, emotional mood swings, infertility, hair loss, organ damage, etc. These are common effects that high school students face while using steroids. More dangerous effects include brain intrusions, enlarged heart, irregular heartbeat, and closure to the immune system. These effects can cause a person, especially a high school athlete, to die instantly.

Encarta encyclopedia shows there was a major outbreak of steroids in the 1970's during the bodybuilding era. One of the people using them was a young,

rookie bodybuilding sensation, Arnold Schwarzenegger. When people saw that steroids weren't having any effect on him, others began to use them. In the 1990's, people begin to get sick and die from steroid usage. Therefore, the Anabolic Steroid Control Act was implemented making steroids illegal by law. This act classified steroids as Schedule III Controlled Substances; this made it legal for licensed physicians to handle steroids.

High school athletes mostly use steroids when they are under pressure. One example is when a team is on the brink of elimination. When a team loses, most of the members of the team feel that they could've done better; so they use steroids to try to become invincible. Another example is when a person is injured. Coincidentally, most people are injured in the beginning of their career, at their prime, or near the end of a contract. So, this drives athletes to use steroids so they can have a fast recovery. The most common example is an athlete's

physical shape. Most sports have weight restrictions; so athletes use steroids to stay within the limits.

Most high school athletes use steroids because they want to be the best. Most of them don't know the dangers of



steroid usage. Experts think that high school athletes should not use steroids because steroids can really harm their body by their age. By steroids being banned by law, high school students are taken a big risk with their career. So, high school students should not use steroids.

D-TOWN *Expressions*

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WHAT STEROIDS DO TO YOU

Michael Cage, ReChell Crowell, James Allen

- Steroids are drugs derived from testosterone, a type of male hormone.
- A lot of athletes (especially high school students) are using steroids.
- Even more surprising, a lot of female athletes are using steroids.
- Female athletes in middle school are using steroids more than males.
- Some coaches are encouraging their athletes to use corticosteroids (drugs used to control inflammation) to improve their skills.
- A Pennsylvania study shows that 7% of 3,403 male high school seniors use or have used anabolic steroids.
- The study also shows that 3,400 male high school seniors questioned in 46 public and private schools suggest that athletes are using steroids more often than they had expected.

D-TOWN

Expressions

Haunted by history: racism exists in America

Tahirah Hairston

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On June 4th, 1966 a black man was taken from his home and accused of murdering two white women. Over 1,000 white people were there as they poured tar over his face and painted his face white. He was terrified as they hung him on a tree and left him there to die. After he was hung the mob began to laugh outrageously, at this time in history this would have been funny. Now this isn't a true story but things like this happened a lot in the earlier years and it still occurs today but is not as casual as it used to be. America is thought to be the free and to treat everyone equal, it is full of racism.

Have you ever been looked at strange for sitting in the front of the bus? When you go to the water fountain did you have to deal with signs that told you where to drink or feast? Racism is the belief that race is the



primary determinant of human traits and capacities and that the racial differences produce an inherent superiority of a particular race. The only thing that should be separated by color is laundry, though some individuals were born to believe that they were better than others. So does that mean Whites are better than Blacks? No one is better than another we're all created equally as humans and when someone denies that they are not the same because

of race it is insulting.

Since 1954 we continue to ask ourselves how much the South and the nation have changed since the Brown v. Board of Education of Topeka. The decision ended education in public schools. The sacred words of Thomas Jefferson that "all men are created equal," announced at the nation's founding 178 years before Brown,

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GET BIG, GET BUFF, GET DEAD: THE STORY OF STEROID USE

Tiara Bell, LaVelle Austin, Vincent Barnes

It's Friday night. You're about to play in the biggest game that can determine your future, but there is so much pressure on you. What do you do? You decide to use steroids to enhance your abilities, but you begin to notice sudden changes.

Today, many high school athletes are using anabolic steroids to enhance their physical ability, but what are anabolic steroids? Anabolic steroids are supplements that can allow the body to enhance physical ability. These abilities can cause a person to

excel in sports or recreational events. Most use them before, mostly while training, major games that can give them a big break. The general, group that experts are concerned with, using steroids are high school males.

Most high school athletes use steroids because they have different goals they want to achieve. According to Ebsco, a physical and mental medical informal, most use them because they want to achieve greatness. They dream of being rich and famous, and they

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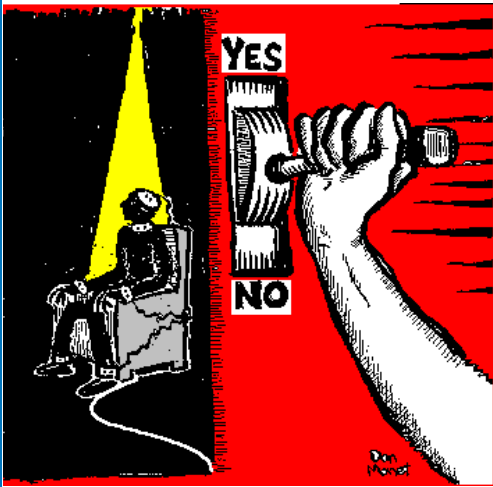
Inside

Where are all the teens? Not at the mall. Story on Page Three.

Capital punishment diminishes us all

Theodore Dasher

The drive recently for the implementation of the death penalty in Michigan causes great concern to those of us that value our lives and freedom. After the murder of two white Detroit police officers six weeks ago, the cry for justice arose from all over the state, and astonishingly quickly the death penalty arose as the means. Hamtramck then passed a referendum in favor of capital punishment. Right wing activist groups spread their message on the tail of this



tragedy, and in a matter of days the murder and the policy debate were the talk of Lansing and metro Detroit.

Over one hundred and sixty years ago Detroit became the first governmental entity in history to create a blanket ban on capital punishment, after a man charged and hanged for domestic violence repented on the gallows, sighting drink as the evil that led him to his acts. Our liberal precedent must not be disregarded, especially at a time when questions are being raised throughout the nation as to the prudence of the capital system. Vermont's moratorium went into effect after several criminals were found to be unfairly convicted. Cost has been raised as a concerned also as states across the country face huge budgetary shortfalls. Prosecution and execution costs upwards of 38% more than life imprisonment.

Michigan is in the minority of twelve states which do not currently have death penalty statutes in the law. Crime in these states is lower on average than those in the majority. Some will point out that the proposals being tossed about now only pertain to the murder of police and other law enforcement personnel, but will not the families of more ordinary victims claim that their lost relative was as important to them and that therefore the murderer deserves a comparable punishment? As soon as the state can execute one of its own citizens, it can execute any, no matter the circumstances. The populace will become accustomed to this form of bodily punishment and will push for it to be wider reaching.

Michigan is diverse and also very segregated. One immediate consequence of the officer killings was that the Joe Louis fist was painted white as an overtly racist symbol. So the racial divide is deep in this state, and it manifests itself most noticeably in criminal law. Nationwide only about one percent of prosecutors are minorities, and the murder of white victims is much more likely to result in the death penalty.

Our government should act as a moderating force, not a mechanism through which we can take our revenge. In a reformed penal system reform will be the intended end. A true system of correction benefits society, while it's current brutality, and certainly execution, does nothing more than accustom prisoners and the populous to violence.

In our pursuit of a more just society, we must be mindful of the messages that we send to our government. Let us all think carefully about our own investment in the communities we have built, and understand that the criminals we so demonize are as human as we. We should pacify ourselves and be mindful of the reactionary stances that we too often rashly take.

PEER PRESSURE AND SUBSTANCE ABUSE

There is a lot of peer pressure going on in the world today. Some of the peer pressure is positive and some of it is negative. What would the world be like if there was only good peer pressure. If you could try to eliminate or even reduce negative peer pressure than we could find out what it would be like. You could help by talking to your peers about negative peer pressure and tell them the dangers and possible outcomes of negative peer pressure.

Most commonly used drugs

- ↳ Cocaine
- ↳ Heroin
- ↳ Ecstasy
- ↳ Tobacco
- ↳ Marijuana

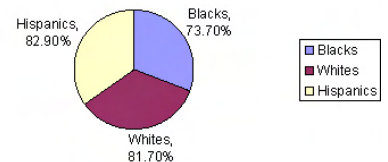
Reason teens do drugs

- ↳ Curiosity
- ↳ Tobacco advertisements
- ↳ Boredom
- ↳ Stress
- ↳ Peer Pressure

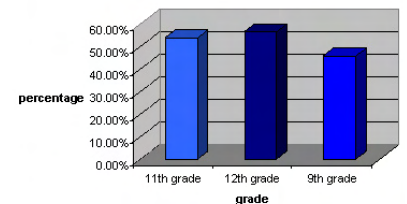
The diseases and infections caused from drugs

- ↳ Cancer
- ↳ Bronchitis
- ↳ Asthma
- ↳ Colds
- ↳ Flu

Alcohol drinking at least once



Alcohol use by grade



Ashley Hairston, Jasmine Esu,
Jasmine Harris, Shakara Ellison

OPINION: RESTRICTIVE MALL CURFEWS UNFAIR, SAY TEENS

Dear Editor:

We would like you to address the issue of whether the mall curfew should be revoked or not. We are concerned teenagers and we do not think that it is fair for the mall to take away one of our most valued privileges. Fairlane Towne Center is a mall that is near the city of Detroit that most teens are accessible to. It has also been the teen hang out spot, where everybody who is anybody is there. But on June 1, 2004 a new rule was implemented stating that teenagers under the age of eighteen are not allowed in the mall after 5:00 p.m. without the supervision of someone over 21. Although most teens are furious about what has happened, many adults are pleased with the decision that has been made, because it has made it much easier to go and shop without the annoyance of ill-mannered teens.

We make up most of the mall and we spend our money there just like the adults. About 95% of the adults that come to the mall, only 50% spend their money there. So if you take the teens away from the mall it might lose more money than they make. Adults complain about all the profanity that is being used by teens and not just them, little kids too. The stores complain about how they lose money, because of all the teens that steal from their stores. "I'm glad they're doing it, even though our store sells a lot of things for kids," said Cassandra Murphy, a saleswoman at Claire's, an accessories store. "There's a lot of shoplifting that goes on. There's so many little things in the store, they can grab things without us seeing." (Niraj Warikoo, Detroit Free Press) The security guards complain about all the teens that get into argument and fights, because they are the ones who have to deal with them. And the mall complains about how they are losing a lot of people that come to the mall with their family to shop.

The question that is on many people's minds today is, "Why did they do this" and the answer is simple, safety. "On Friday and Saturday nights at Fairlane, there are about 2,600 teenagers roaming through the mall at any given time, said the center's

security director, Arnold Wicker. Most of them don't shop, and 25 to 300 of them are ejected each night for disturbing the peace." (Niraj Warikoo, Detroit Free Press) When there are thousands of people in one place at the same time there's no telling what can happen.

The mall curfew was created to prevent shoplifting. One way to combat this problem would be to increase security. "I'm glad they're doing it, even though our store sells a lot of things for kids," said Cassandra Murphy, a saleswoman at Claire's, an accessories store. "There's a lot of shoplifting that goes on. There are so many little things in the store; they can grab things without us seeing." (Niraj Warikoo, Detroit Free Press) For example, in a store like Claire's, the lack of cameras or metal detectors allows for merchandise to be stolen more easily. The mall says that the teens use foul language, since they are not there with parents, but there is really nothing you can do about it, because adults curse just as much. The difference is that no one can say something to them about it. The mall also says that the teens start fights with one another for no apparent reason.

So the question at hand is whether there should be a mall curfew or not. Even though, there may be disrespectful teens, inappropriately dressed young girls and shoplifters throughout the mall does not mean that everyone in there is one. The mall should not be able to make it so that everyone is prohibited from the mall because of other people's misconduct. Everyone seems to think that it is just the teens that cause the dilemmas in the mall, but if you think about it, the adults act just as unruly as the teenagers do, and sometimes even worse. So if you want to turn Fairlane into a lame, boring family mall then go right ahead, but if you want the cool, hot spot Fairlane use to be then get rid of the mall curfew. Who knows if you do that it might just change the way the teenagers conduct themselves at the mall.

Sincerely,

Tianna Burton, Paige Huston, Bethany Jackson and Cheslea Carson

RACISM

Continued from Page One

seemed finally to include black men, women, and children, at least in so far as public schooling was concerned. Years and years after court rulings ending segregation in schools, restaurants, hotels, housing, swimming pools, and buses-the color line has hardly faded. In fact, it is beginning to look as if the line were drawn in permanent ink: black and white Americans

all, but some are very differently situated educationally, economically, and socially.

We should not be persecuted for our differences in skin because of Racism this is naive. As children, we look on to our parents, grandparents, aunts and uncles on how to act. Although sometimes it may not always lead to the correct pathways we still listen to them because they are wiser than we are. Usually a person has hate against another race because they're afraid of something different and they don't like

what they don't understand. An individual is not born racist. As the saying goes it takes a village to raise a child. So I challenge you to stop looking at people and judging them by their outside appearance but to look for the true color of their hearts and instead do what a famous wise man said, "Peace and friendship with all mankind is our wisest policy, and I wish we may be permitted to pursue it".- Thomas Jefferson.