

only two qualified labs in North America — in Montreal, Canada, and Los Angeles, Calif. — and they are constantly backed up.

"We will start testing when more labs become qualified. We don't just go with anybody, we want the NCAA and the U.S. Olympic Committee to sanction the labs before we use them," Byrne said.

The problem has gotten out of hand and involves most Division I schools, Byrne said. "We've had our problems here, but there is no major college in the country that doesn't have it," he said.

For world-class athletes in the weight events, steroids may mean the difference between competing in the top five in the world or in the top 20, Brown said.

"I have known athletes who have been on and off steroids, and when they're on, they're 10 to 15 percent heavier, and they're throwing 10 percent farther," he said.

When they are off, however, an athlete's performance will very likely deteriorate.

"I know an athlete who (after going off steroids) lost seven feet in the event and 30 pounds," Brown said.

Not using steroids put Smith at a "direct disadvantage," and to compensate it took hard work in the weight room and good technique on the field, he said. "I don't think my playing ability would have gone up that much by using them," he added.

Clark believes the greatest effect is in the athletes' recovery time between workouts and the confidence this gives them.

Anabolic steroids can speed the time it takes the

body to recover from the fatigue of a hard training session. With steroids, athletes feel they can work out hard again in a shorter period of time. This "gives them the mental picture that there is nothing they can't lick," Clark said.

Most people consulted about steroids condemned their use but all said they understand why athletes might take them.

"I am against it, I don't like it and wish it was gone now, but I understand the drive, the desire, their dilemma," said Clark, who is the ethics committee chairman of the National Strength and Conditioning Association.

Clark believes athletes use steroids because they are put in a situation where they believe they need steroids to compete.

Byrne said the University Athletic Department has a drug-education program, but he believes the place to fight steroid use is in the weight room through Clark.

"We have a drug-education program, and we tell them about drugs all through the year," Byrne said.

"The best place (to stop steroid use) is in the strength of coaches because they have constant contact with people trying to become bigger and stronger."

Clark tells athletes to write down their priorities and consider all the problems that can result from using steroids. When they do this, he believes, most will decide against it.

Smith said he felt some pressure to use steroids because "you see the gains people are making, you see the improvements," but after considering the side effects and talking to people who have and haven't used them, he felt he could compensate for his decision.

He wishes the NCAA would test more for steroids so athletes won't have the opportunity to make the decision.

An Oregon athlete, who took steroids and agreed to talk confidentially, said that at the base of his decision was a desire to be competitive at the Pac-10 level.

"I compared myself to other guys, and I felt I was a better athlete, but because of injuries, I wasn't able to show it. It was my senior year, and I wanted to see it (results) fast. I thought it was salvation," he said.

While on steroids, the athlete felt he had an advantage, but he also experienced mood swings and intense anxiety.

When he injected himself with steroids he worried about breaking the needle off in his buttocks and making sure there weren't any air bubbles in the serum, which can be painful and lead to death. He felt unhealthy and sometimes would feel depressed for no apparent reason.

"It affected my social life. I wasn't happy; the mood swings were terrible to deal with. I felt this should be a fun age of competing. It was wrong to have to face a decision like this," he said.

Ultimately, he decided using steroids just wasn't worth it.

"I would put the serum into the syringe, and I would think, 'What the hell am I doing?'" he said. "I went from a great high school athlete to injecting myself with a drug. For what?"



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Memo

To: All interested sales representatives

From: Oregon Daily Emerald Sales Department

Date: April 22, 1987

Re: Advertising Sales Representative recruitment open house.

The ODE Advertising Sales Department is looking for dedicated, sharp, and energetic advertising sales personnel for fall term. All students interested in the position are encouraged to attend our open house Thursday, April 30, 1987, Room 337 EMU. Refreshments will be served.