

## Op/Ed

## Dangerous Minds

## Professional athletes test positive for THG

John Olson  
Sports Editor

You are stepping to a starting line for a 100-meter race against the fastest person in the world or trying to out lift the strongest person in the world. This former fantasy is now becoming a reality.

Some athletes now realize this fantasy by taking THG.

Tetrahydrogestrinone (THG), a designer steroid, previously undetectable in regular drug tests became known in 2003 after a coach, unnamed at that, turned in a syringe of the drug to a University of California scientist (brockpress.com). According to a BBC article, the US Anti-Doping Agency accused Bay Area Laboratory Co-Operative of developing THG.

According to the BBC article on the explanation of the THG scandal, athletes take THG, an anabolic steroid to "improve" the body's capacity to train and compete at the highest level.

Athletes and coaches are under the pressure to succeed. This pressure sometimes translates into steroid use to outdo their opponents.

Professional sports are under intense scrutiny from agencies to fix this problem. While organizations continue to test athletes for drug usage, penalties if tested positive for banned substances, include being stripped of medals.

Who are these professionals who have forgotten the true meaning behind athletic competition?

Regina Jacobs, a well-known professional distance runner failed a drug test three months after taking the 1500-meter world title in Birmingham.

Other track and field athletes that have tested positive for THG are US shot put champion Kevin Toth, hammer thrower John McEwen and US hammer champion Melissa Price.

Other sports, like baseball, are also being investigated. One profes-

sional team that has been known to have the highest salary cap in baseball, the Yankees, has banned players' personal trainers from their training room, as directed by the commissioners office.

In Feb. Barry Bonds' personal trainer, Greg Anderson had charges brought against him in an alleged steroid distribution ring (espn.com). Three other men with Anderson were also charged.

Jason Giambi and Gary Sheffield, as well as three other major leaguers were given THG, as reported by the San Francisco Chronicle.

Where does this pressure of competing at the highest level originate? Is it parents, coaches and athletes themselves, or society as a whole?

Let's face it, athletes are trained to be competitive throughout their athletic career, starting even in little league. But their love for the sports they play should never be jeopardized by taking this competitive nature too far. They should take their public positions seriously, promoting health, commitment to their sport and good sportsmanship.

However, the question remains: how far should anyone go or be pushed to be the best?

It's sad when the pressure to succeed or earn a higher salary encourages athletes at all levels to harm their bodies through the use of steroids or other drugs.

When it comes to harming the body for five minutes of fame, the athlete has succumbed to the pressure and should reevaluate why they became involved in athletics.

Professional athletes are role models for all ages, including college athletes, high school athletes and even middle school and elementary age athletes.

Let's hope that when all this is over, these athletic role models can get on the right track to promote athletics and themselves in a positive manner.

## Cooking 101

## Quick, easy pizza recipe delivers just the way you like it



Sarah Olimb  
Pilot Editor

Italian food is a lot like Southern cooking. It's warm, inviting and comforting. And while pizza elicits more of a fun, laid back feeling than say, spaghetti or lasagna, it still is a meal very much about warmth and sharing.

The history of pizza is a curious one. For starters, we bypass Italy and head to the ancient times. Apparently, the Babylonians and Egyptians shared unleavened pita-like bread on Friday night during the big game. Ancient Mediterranean peoples, like the Greeks, created a similar meal by adding spices and olive oil to their bread.

Aboutpizza.com, reports that an Italian baker named Raffaele Esposito created the first pizza as we know it today. Seeking to impress visiting royalty and express his patriotic sentiments, Esposito prepared flat bread by topping it with Italy's national colors: red tomato sauce, white mozzarella cheese and green basil.

Pizza made it to America in

the early 1900s as many Italian immigrants settled in America's cities. Having been exposed to Italian cooking while overseas, World War II veterans promoted the dish in America's cafes.

Hungry now? For quick, creative pizza that doesn't require a phone call or take-out, follow these simple directions. Preheat the oven at 425 degrees. Next, take a package of the Boboli pizza crusts (or another brand) and smother with pesto or your preferred pizza sauce. Go traditional, and add your favorite toppings—pepperoni, sausage, black olives, mushrooms and mozzarella cheese.

I like to take a different route, forgoing the meat and adding feta cheese, spinach, artichoke hearts and tomato to my already pesto-prepared crust.

Once you've created your masterpiece, slip it in the oven for about 10 minutes or until the cheese melts. Ta-da! You've got pizza, and you've got it just the way you like it.

For more information about pizza or if you are curious about the history of the tomato, visit <http://aboutpizza.com>.

Gardner-Webb University  
Senior Nursing Students

The road to success starts  
with Moses Cone Health System.

## We offer New Graduates...

- ▶ Early employment options with NCLEX support.
- ▶ Intensive 5-week classroom and clinical experiences to complement your department orientation.
- ▶ Ongoing support and developmental activities for the first year.
- ▶ Residency programs (Pediatrics, OB/GYN, Med/Surg, Emergency Services, OR, Cardiac, Critical Care).
- ▶ A variety of clinical practice areas and settings to select from.

Ensure your success by honing your skills with experience and professional guidance. At Moses Cone Health System, we are committed to professional excellence and our transitional programs are designed with your success in mind.

For additional information on any of our nursing options, please call Nurse Recruitment at: (866) CONE-RNS; or contact us at: Moses Cone Health System, Nurse Recruitment, 1200 N. Elm Street, Greensboro, NC 27401; FAX: (336) 832-7074; Phone: (336) 832-7874; or apply online: [www.mosescone.com](http://www.mosescone.com) EOE.



MOSES CONE HEALTH SYSTEM

▶ Develop Yourself  
@ [www.mosescone.com](http://www.mosescone.com)