



ANA MARTINEZ/GUILFORDIAN

**Rhett Bonner** takes it to the hoop against the Emory & Henry Wasps during the Quakers' Feb 23 Victory.

## Quakers beat Emory & Henry 122-104

By Sari Schutrump-Boward  
STAFF WRITER

On Sat., Feb. 23, the Alumni Gym was packed with families, faculty, trustees, alumni, and students to watch Guilford's men's basketball team play their last home game against Emory & Henry College, before Guilford competes in the Old Dominion Athletic Conference's (ODAC) tournament in late February and March. The Quakers dominated, winning 122-104.

"Today was a crazy game with fast-action," said sophomore basketball player, Tyler Sanborn. "It was interesting to watch and play in it."

The fans cheered as sophomore Clay Henson scored Guilford's first basket, and the cheering continued throughout the game. Many of the fans were so absorbed by the game

that they often shouted out their own direction or helpful hints to the home team.

One fan, Jim Latimer, who is visiting his sophomore son Peter Latimer, had never been to a basketball game.

"This is my first basketball game I have seen, and I enjoyed it," Latimer said.

Jerry Boothby, vice president for finance and administration, enjoyed the game and thought it was a good ending for the senior players.

"I thought it was a balanced game," Boothby said. "This is a fitting game for the seniors. It was great having so many people at the game. Guilford should be very proud."

The Quaker's next step is to get ready for the ODAC tournament. If they win three straight games in

the ODAC tournament, "Guilford would get the bid for the national play-offs," said Dave Walters, the sports information director and assistant director of athletics.

"I feel like we're not quite ready, but we will be after practice. I think we can't underestimate anyone," Sanborn said.

The Quakers have grown close this year and have many hopes for their postseason.

"I like working with all of my teammates," said Henson. "We all get along and really know each other from this past year. We're like our own little family. Everyone is easy to get along with, which makes it easy to play on the court. I hope to keep the tradition of having a winning record and do well in the ODAC. As long as we keep trying our hardest that's what matters."

## Guilford athletes get the drug talk

By Lauren Newmyer  
STAFF WRITER

In the year 2000 in Sydney, Australia, U.S. track runner Marion Jones became the first female athlete to win five medals at the Olympics. In October 2007, Jones forfeited her three gold and two bronze Olympic medals to the USOC after a scandal revealed that she used five different performance-enhancing drugs before competing.

An NCAA college athlete has just as good a chance of being stripped of glory due to a positive drug test.

"If you are using performance-enhancing drugs and you are tested, it will show up," said Kathy Schneidwind, a spokesperson for Drug Free Sport, a national organization that administers drug tests to athletes in the NCAA, the NFL and many other sports organizations. "The things you see on the internet to help you pass the test will not work. We have ways of detecting if you are trying to cheat the system."

Midday on Feb. 13, athletes gathered in Dana Auditorium to listen to a presentation from Schneidwind about the dangers and risks involved in taking performance-enhancing drugs. Schneidwind gave a PowerPoint presentation detailing what substances to avoid during athletic seasons.

Students learned that missing a scheduled test or tampering with the test would result in the test counting as positive. Banned substances include stimulants, anabolic steroids, diuretics, anti-estrogens, peptide hormones, and marijuana.

Schneidwind stressed that good diet and practice can benefit an athlete just as effectively as taking substances, without the consequences of using performance-enhancing drugs.

"Food is a cheaper and better way to get the nutritional benefit you are looking for," Schneidwind said.

Many students found it helpful to learn that steroids and marijuana are not the only substances that put athletes at risk. Meanwhile, labels can be misleading and banned ingredients can hide under alternate

names.

"A substance may be legal but still against NCAA policy," said Schneidwind. "The best way to find out if you can use a supplement is to go to [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) and type in the password NCAA3."

Caffeine is just one of the legal substances that NCAA drug tests detect. Drinking three "energy" drinks, like Red Bull or Monster, before a test or a game is enough to show up positive for banned levels of caffeine.

"I didn't know so much about energy drinks and some of the other things that can test as a positive drug test," said Caryn Washington, a senior on the women's lacrosse team.

Equally, if not more important than the punitive aspects of testing positive for drugs are the heightened health risks that athletes who use drugs and alcohol face.

"Athletes tend to do more binge drinking than others," said Schneidwind. "Over 60% of male NCAA athletes have ten or more drinks in one sitting."

Schneidwind explained that excessive drinking of alcohol causes depletion of vital nutrients, increase in fat store, and decreased reaction time, coordination, balance and strength. She warned that these symptoms, which apply directly to athletes, could appear days after heavy drinking. This puts athletes at a greater risk, not only with their performance on the field but also their health and safety.

Overall, students felt the presentation was informative, though a little dull.

"It probably didn't affect (student athlete's) decisions (in using drugs), but it helps to be informed on what they're being tested for as far as drugs are concerned," said Chris Walker, captain of the men's cross-country team. "If you're looking to take vitamins and things like that, it's helpful so you know what to take and what not to take. A lot of times I take vitamins and being able to go to the trainer and say 'will this get me in trouble?' is kind of helpful."

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