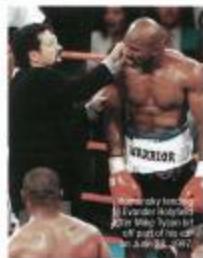




## PEOPLE Spirit of Generosity



**"THERE ARE FIGHTERS WHO WANT TO SHOW A COMMITMENT TO CLEAN SPORTS."**

—DR. MARGARET GOODMAN

which is funded by donations as well as the financial support of athletes, promoters, and sponsors that care about keeping fights clean. "There's a lack of knowledge among regulators of boxing and mixed martial arts," says Horansky. "Early on, for example, they didn't think anabolic steroids would do any good for non-heavyweights who want to be fast and lean. But that's just ignorance. Drugs can be used in cocktails that create anything you're looking for, whether it's speed or bulk."

In Nevada, steroid testing began in 2010. "But it's still not done correctly," Horansky points out. "Athletes know when they'll be tested" and cantine their drug use. VADA operates differently. Testing times are random, and any fighter who fails to be available within 60 minutes of being approached receives a warning. If it happens a second time, he is out of the program. Those who have signed up with VADA include Ultimate Fighting Championship great Georges St-Pierre and Roy Nelson and boxers Marney Paupioan and Timothy Bradley.

Recognizing the importance of keeping boxing and MMA clean and credible, particularly in Vegas, the doctors work zealously to set an agenda they hope will one day become standard. "I talked to different commissioners about agreeing on requiring stringent testing," says Goodman, whose novel *Death in Vegas* will be published this fall. "But even as performance-enhancing drug use was common, nobody would do anything. So we did it. There are fighters who want to show a commitment to clean sports—and they want their opponents to be clean as well."

The VADA process is state-of-the-art and comes with consequences—including being reported to various athletic organizations—for those who fail

the test. "We test for hundreds of things," says Goodman. "We test for human growth hormone. We test for EPO—the most common form of blood doping; it increases the number of red blood cells. But athletes don't need fancy drugs. They can just walk into an anti-doping clinic and get a testosterone prescription. It's an anti-doping clinic because it has a short life in the blood and can easily be timed to not show up when you don't want it."

Although Horansky and Goodman agree that harsher penalties and more stringent testing can help keep drugs out of boxing and MMA, they also believe that education goes a long way. Along those lines, they helped put together a seminar at Las Vegas's Cleveland Clinic Lou Ruvo Center for Brain Health, spoke at the Association of Boxing Commissions, and, through VADA, advise athletes who want to know which supplements are legal and which are not. Sometimes, in fact, it's not illicit drugs that cause a problem. Goodman remembers one fight in which a cornerman could not get his boxer's nose to stop bleeding. "I later found out that he was taking anti-inflammatories before the fight," she says, explaining that they thin the blood and make clotting more difficult.

And sometimes fighters just need to be protected from the people closest to them. "Young athletes are guided by promoters and managers who can be enablers—these people may only care about the fight going on and getting paid," says Horansky. "It's possible that fighters can take things without even knowing that they're illegal. Every morning, let's say, the fighter gets a smoothie, made by his trainer. Typically he has no idea what's in it."

Now, Goodman says, with the help of VADA, "He does." For more information, visit [vada-testing.org](http://vada-testing.org). ■

## CHARITY REGISTER Opportunities to Give.

### PROJECT PINK

Station Casinos will "pink out" all of its properties during Breast Cancer Awareness Month to raise funds for the Susan G. Komen Foundation of Southern Nevada. Project Pink raises money and breast cancer awareness through pink-themed dining, entertainment, and giving offerings at its properties.

**When:** All October long

**Where:** Station Casinos locations

**Contact:** 702-822-2324;  
[komen@komennevada.org](mailto:komen@komennevada.org)

### NATHAN ADELSON HOSPICE WINE AND FOOD TASTING

The largest nonprofit hospice in Nevada presents its 13th annual Wine and Food Tasting Extravaganza, which benefits programs designed for children with life-threatening conditions and their families. During other services, the programs provide 24-hour, in-call availability of a hospice medical professional; care in the home; medication, equipment, and supplies; in-patient pediatric care; bereavement counseling; spiritual care; and psychosocial support services.

**When:** Thursday, October 9, 5:30 to 8:30 p.m.

**Where:** Gaithers Ristorante, 7203 W. Sahara Ave.

**Contact:** 702-938-3932; [nathanadelson-hospice.org](http://nathanadelson-hospice.org)

### SHRINERS HOSPITALS FOR CHILDREN OPEN'S SIXTH ANNUAL WOMEN'S DAY LUNCHEON

Shriners Hospitals for Children Open's "Breakfast and Breakfast in the Morning" sets off the luncheon to kick off its Shriners Hospitals for Children Open, which takes place October 13 through 15. A silent auction will be followed by a delicious meal and a TPC, the tournament's hospitality suite overlooking TPC Summerlin. Shriners Hospitals provide specialty care as well as world-class research and education.

**When:** Tuesday, October 14

**Where:** The Hill, TPC Summerlin

**Contact:** 702-873-1010;  
[shriners@shrinersopen.com](mailto:shriners@shrinersopen.com)

### M.E.N.U.S. 2014

The 15th annual M.E.N.U.S. (Mentoring & Educating Nevada's Upcoming Students) gala raises money to support the Epilepsy Charitable Foundation's endeavor to provide college scholarships to financially needy Clark County teens seeking careers in hospitality or the culinary arts. The gala will feature festive dining and a grand DJ, followed by a Zou Bazaar Band concert at MGM Grand Garden Arena.

**When:** Friday, October 17, at 6 p.m.

**Where:** MGM Grand pool and Garden Arena

**Contact:** 702-932-5098; [eclf.org](http://eclf.org)