

is gaining confidence."



by Timothy Egan  
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# The Way I See It

There is no doubt whatsoever that mandatory drug testing should be involved in athletics.

In this world of muscle enhancing, performance improving and strength increasing medications, we find athletes treating themselves like pill-popping hospital patients. Athletes are turning their bodies into walking, talking, competing, drug stores.

Steroids, and drugs that smokescreen the use of steroids, are widespread throughout the sportsworld. Athletes that are willing to inject or digest these immoral medications can easily improve their immediate strength, speed and endurance. Fast results. Bigger muscles. Stronger bodies. Sounds great, doesn't it?

All those things and long term side effects too. Sounds like a great advertisement until you find out what those long term side effects are all about.

Heart failure, kidney disease and sometimes death. And death is as long-term as you are going to get.

So why do these athletes slowly slide needles into their veins and inject poison into their blood stream? Why do they down pills like they are PEZ candy without the Bugs Bunny dispenser?

An exercise in laziness and the short cut to strength add up to the supreme stupidity. Let's look at this philosophy objectively.

Put yourself in an athletes' frame of mind. You want to be the best competitor you can be. You want your body to be in the best possible condition. So what should your *modus operandi* be?

You have two choices: You can train by lifting weights, running, eating healthy meals and living a healthy lifestyle. Or you can fill your veins

with junk juice and your intestines with perilous pills.

What method would you choose? The one where you could live to a ripe old age or the one where you skip ripe and turn rotten.

So how can we stop steroid abuse? Honesty is obviously not the best policy. Capital punishment would work nicely, but too many bleeding heart liberals wouldn't go for it.

The Athletic Congress has developed a year round, out of competition, drug testing program for track and field athletes. Hurray, for TAC! Maybe.

TAC has suspended a four-time olympian for two years. Henry Marsh, a 36-year-old Mormon, wasn't able to drive over 50 miles to take the drug test. Marsh's secretary had phoned TAC and told them that there would be a conflict in time arrangements. It was too late.

According to TAC, the athlete has two days to be tested after receiving the testing notice. The notice arrived Dec. 19 and Marsh did not personally receive it until the following morning, leaving only one day to make the testing arrangements. Marsh didn't test and was suspended.

Marsh has been a definite backer in the war against steroid use. He tested in October and passed. Marsh is obviously appealing the case.

Tisk, tisk on TAC.

So what is the answer to the problem of steroids? Does anyone know? Does the *Shadow* know?

The sportsworld is in need of someone who knows the answer. Until an answer is brought to the attention of sports officials, steroids will continue as a cancer in the gut of sports.

And that's the way I see it.