



VEGAS

MEN'S ISSUE

David SPADE

WHY HE STILL CAN'T RESIST A GOOD VEGAS STANDUP GIG

VEGAS ACES
THE CITY'S KINGS OF
NIGHTLIFE REDEFINE THE
WORLD'S MUSIC SCENE

**INSIDER'S GUIDE TO
LIFE IS BEAUTIFUL**

PLUS:
GIORGIO ARMANI
NOBU MATSUHISA
BUDDY VALASTRO

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PEOPLE Spirit of Generosity



Sherry Goodman (right) is one of the boxer's who have signed up for the program.

Goodman is looking to transfer her love of the sport to her 10-year-old son, who is a boxer, too.

"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 Homansky. "Early on, for example, they didn't think anabolic steroids would do any good for non-heavyweights who want to be fat 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," Homansky points out. "Athletes know when they'll be tested" and can time 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 greats Georges St-Pierre and Roy Nelson and biceps Maray Paopao and Timothy Bradley.

Recognizing the importance of keeping boxing and MMA clean and credible, particularly in Vegas, the doctors work tirelessly to set an agenda they hope will one day become standard. "I talked to different commissions about setting up requiring stringent testing," says Goodman, whose novel *Dust in the Face* 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 hormones. 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 antiaging clinic and get a testosterone prescription. It's a successful doping drug because it has a short life in the blood and can easily be timed to not show up when you don't want it to."

Although Homansky 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 commissioner 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 Homansky. "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. V

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 all month long from specially created pink-themed dining, entertainment, and gaming offerings at its properties.

When: All October long

Where: Station Casinos locations

Contact: 702-822-2334; komensouthnevada.org

NATHAN ADELSON HOSPICE WINE AND FOOD TASTING

The largest nonprofit hospice in Nevada presents its 11th annual Wine and Food Tasting Extravaganza, which benefits programs designed for children with life-threatening conditions and their families. Among other services, the program provides 24-hour, on-call availability of a hospice medical professional; case-in-the-home medication, equipment, and supplies; in-patient palliative care; bereavement counseling; spiritual care; and professional support services.

When: Thursday, October 9, 5:30 to 8 PM

Where: Garden Motor Co., 7200 W. Sahara Ave.

Contact: 702-208-3920; nathanadelson-hospice.org

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

Members of KKKR FM 94.7, "Music and More in the Morning," host the luncheon to kick off the Shriner's Hospitals for Children Open, which takes place October 13 through 15. A silent auction will be followed by a children's meal and The PNL, the restaurant's hospitality crew showcasing TPC Suncoast. Shriner's Hospitals provide pediatric specialty care as well as world-class research and education.

When: Tuesday, October 14

Where: The Hill, TPC Suncoast

Contact: 702-873-1010; shrinerhospitalsopen.com

MENU'S 2014

The 11th annual M.E.N.U.S. (Menuing & Educating Nevada's Youngest Students) cycle raises money to support the Epinephrine Charitable Foundation's endeavor to provide college scholarships to financially needy Clark County teens seeking careers in hospitality at the industry's top. The gala will feature a private dining and a guest DJ, followed by a Zac Brown Band concert at MGM Grand Garden Arena.

When: Friday, October 17, at 6 PM

Where: MGM Grand pools and Garden Arena

Contact: 702-932-5008; efly.org