I subscribed to the hopeful view that Shannyn Moore promoted recently; that a young state such as Alaska started out with a youthful, progressive, hopeful and positive viewpoint. I quickly developed low self-esteem and I hated the person I saw in the mirror. Note: DHEA can convert to estrogen instead of testosterone if those levels are low. The athletic department had been given a memorandum circulated by the national collegiate athletic association.