

THE STUDENT BODY

COLUMN

Blind, sighted benefit from ski program

By Adamay McAdow
■ The California Aggie
U. of California, Davis

"I was kind of scared — my major fear was that I might break my leg or arm. I already have one handicap — I don't want one more.

"But the night before we went, my friends told me you have to be an expert to break something," the U. of California, Davis student said.

The trip was successful, and an enthusiastic Ramana Polavarapu was able to ski six more times, attaining intermediate-level status.

Polavarapu's handicap is blindness, and he skied because of a few UCD students who've linked up with Discovery Blind Sports International as guides and instructors for potential blind skiers.

"The benefits are tremendous for both blind and sighted skiers," said Program Coordinator Doug Huberman. "It's not just a blind person doing something he's never done before but a blind and a sighted person doing something together."

This is the first year for the program at Davis, Huberman said. A graduate student at UCD, he had already introduced Polavarapu to weight training, ice skating, fishing and tandem biking.

"It basically started out as me finding a way for Ramana to ski. He found out that DBSI out of Kirkwood (Ski Resort) certified individuals as instructors for the blind."

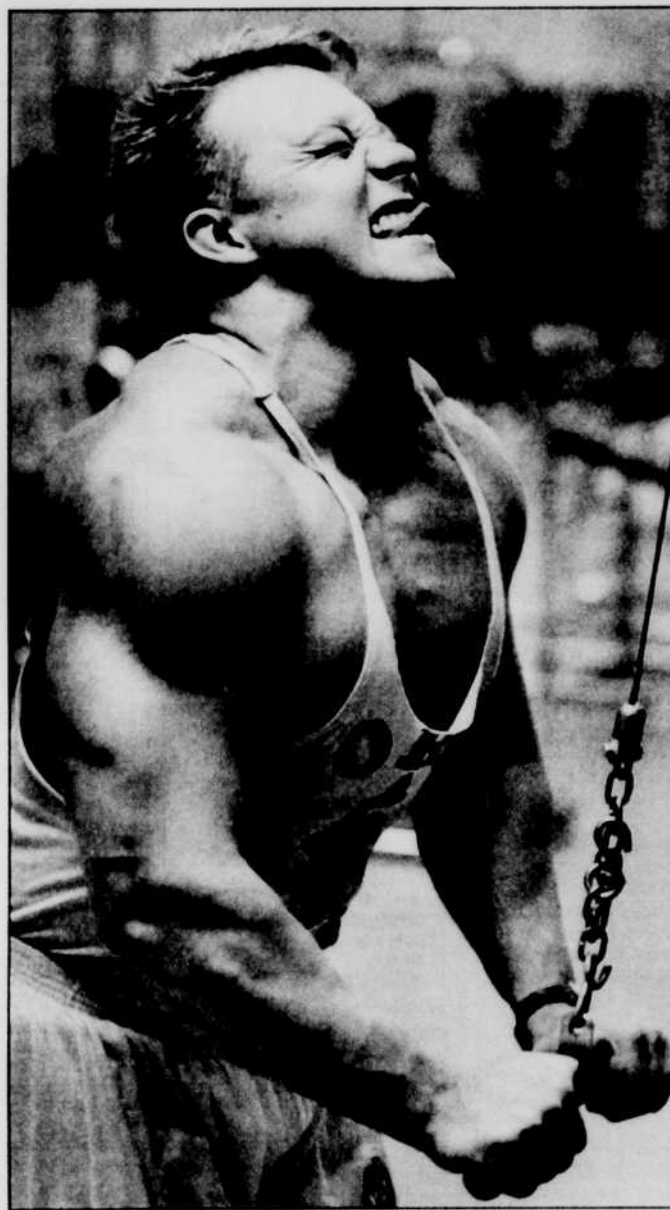
"It's strengthened me by seeing the bravery of someone like Ramana. It's easy to view the blind as incapable of things like skiing, and many people are shocked to see them out there," he said.

"But if you're guiding, you see that this is not a blind person learning to ski, but a buddy, a fellow skier, who just happens to be blind."

The teaching program at Kirkwood is co-directed by blind UCD alumnus Mike May and his guide, Ron Salviolo.

Polavarapu has agreed to take over as program coordinator in Davis after Huberman graduates this year.

The benefits for blind persons who learn to ski are tremendous, Polavarapu said, noting that there are no age restrictions for skiers eligible for the program.



CHRISTOPHER T. ASSAF, KANSAS STATE COLLEGIAN, KANSAS STATE U.

Marc Bamman, senior in exercise science, planned, organized and promoted the first college conference bodybuilding competition.

Student bodybuilder organizes competition

By Craig Hamric
■ Kansas State Collegian
Kansas State U.

"You see a lot of guys who really get into the numbers. They worry about what the tape measure says, and how much weight they lift.

"I just go by the mirror. If I see that I need to build up a certain area, I go into the gym and try to sculpt it," said Marc Bamman, a senior in exercise science at Kansas State U.

For the past year, Bamman has organized and promoted the first college conference body building competition. He originally planned a "Mr. and Ms. K-State" competition, but when not enough body builders showed an interest, he expanded the scope to include the entire Big Eight Conference. Forty competitors entered the competition, which is not limited to college students, but targets that age group.

Bamman intends to continue a career in bodybuilding. "Bodybuilding is what I love ...," Bamman said. "I'm sure I'll continue to promote and judge beyond my competitive days."

Muscle, dry ice, music draw 2,800 spectators

By William Fitzsimmons
■ The Daily Targum
Rutgers U.

It claims to be the biggest event of its kind on the collegiate level. Last winter 2,800 attended the bodybuilding competition at Rutgers U. The amount of preparation for the show was almost as intense as the bodybuilder's training, say the athletes.

Dry-ice, clouds and state-of-the-art lights and music systems have helped the contest turn a profit. Gail DeResi, who has watched or participated the last three years noted the improvement.

"When the people running it took it more seriously it caught on like bodybuilding in general has caught on," she said.

BODIES

Student event goes big time at SUNY

By Brenda Kube
■ Albany Student Press
State U. of New York, Albany

Thirty-five students competed in the first student-run National Physique Committee-sanctioned bodybuilding event in the country last spring.

The proceeds from the Mr. and Ms. State U. of New York at Albany Body Building and Physique Competition were donated to the Ronald McDonald House.

Nine professional NPC judges evaluated competitors and there were special guest appearances by professional bodybuilder Tom Terwilliger and an amateur local bodybuilding favorite, "Ms. Capital District" Debbie Davis.

To prepare for the event, each competitor had to be dedicated to a special diet and strenuous, steady workout program.

Bob Schwartz, who placed second in the men's middleweight division, said the sacrifice can be difficult. "Everyone around you is eating pizza and chicken wings while you're eating egg whites and plain rice. You also forget what beer tastes like for a while, but you have to watch your calories and body fat."

Jon Friedman, a men's lightweight competitor, said the preparation is also psychological.

"It's not just taking your body to the extreme, but also your mind," he said. Friedman said he learned "to train smarter, not harder" by reading fitness magazines and talking to other bodybuilders.

The winner of the "Mr. SUNY" title was second-year competitor William Gibbs, a sophomore. The "Ms. SUNY" title went to Alisa Parrish, a senior competing for the first time.

Although there was some dispute about the number of spectators, about 1,000 attended according to SUNY Student Association officials.



JOHN REILLY, DAILY TARGUM, RUTGERS U.

Rutgers U. accounting major Mary Fellner participated in the Mr./Ms. Rutgers bodybuilding show. Participants say that the show was taken as a joke the first two years, but has since gained popularity and respect.