

Basketball

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ketball far different from his father's, the basic feelings of competitiveness and desire have been passed down, he said.

"My dad and I would work for three or four hours a day over the summer, just playing full-court one-on-one. My dad and I are so competitive that we'd get into fights and just curse each other out. I was getting to the point where I could beat him every time."

Rich said, "Rich is just a real competitor. When we'd play, we'd get into almost knock-down, drag-out fights on the court after about 10 or 12 games of full-court one-on-one."

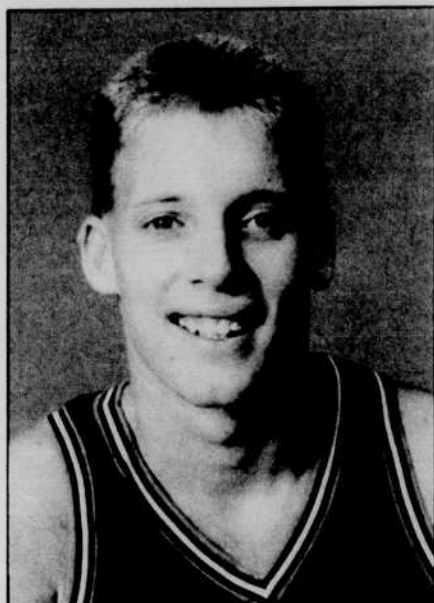
According to Rich, some people see him as a "cocky" player or as a "hotshot," but he said those titles are just misinterpretations of his court intensity.

"When you're playing, you don't want to be all relaxed. You want to be all, 'Come on, bring it on.' They can say I'm cocky, but I just play with intensity and sometimes I have that face on that says, 'Hey man . . . I'm going to take you down.'"

Rich said the Boilermaker basketball program provides everything he had hoped for: comradery, intensity and the opportunity to excel.

"I like the whole system," he said. "It's like the whole team is a family, and that's one of the reasons I came here. I like the intensity of the coaches. They really get after you. They give you criticism, but it's all for your own good."

In his freshman year, Rich said he just wants to do whatever he can to help the team. "I just want to go out there and play hard for the coaches. I don't know how much I'm going to play, but when I get in there, I'm just going to work hard and play as hard as I can, and that's the most I can do."



Rich Mount

Bodies

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ing doctors entering the lounge: "Hey, doc, looking for a good subject?"

So I hooked up with some studies. Long-term, short-term, invasive, non-invasive, male doctors, female doctors — I don't care.

My regular customers are all nice to me. This one doctor, a shrink, pays me 50 bucks a week just to talk to him. And since I'm an attractive, disease-free medical student, donating my blood and sperm alone keeps me rolling in cash.

My friends who don't know just wonder where all my extra cash comes from. The ones who do know either don't talk to me anymore, or they say they understand. But I know they're ashamed of me. I know I should stop, but I can't.

"Oh, doctor . . ."

Drugs

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standards of everybody else.

"There is not much good information out about any of these drugs," he said.

"People out on the street pushing drugs can be very convincing. We want to put athletes in a position to make decisions, to train them how to deal with the pressure of sports without taking a shortcut."

According to Tricker, KU's program has caught the attention of many schools across the country.

"There aren't very many universities who have gone as far as we have for drug education," he said. "But there seems to be at last a nationwide movement to develop a program like ours."

Frank Uryasz, NCAA director of sports sciences, said KU provides a role model for many other schools. "I'm seeing more and more campuses with programs about drug abuse, and a lot of them are doing it like the University of Kansas," he said.

Insomnia

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depending on the person, he said.

However, Reese said it most often produces arousal. "You probably have relieved some tension, but you've set a certain pattern of hormones going that are not compatible with sleep," she said.

Napping, a common follow-up to sleepless nights, often is abused by students, Reese said. About 95 percent of the students she addresses in stress-management programs are nappers, and many sleep one to two hours or more per day. Sleepless students should cut back on nap time or stop napping entirely, Reese said.

She suggested other relaxation techniques such as meditation, systematic muscle relaxation, deep breathing, listening to music, walking, stretching or doing yoga.

Friedmeyer warned that insomnia can become a self-fulfilling prophecy if students exaggerate their initial sleeplessness or if they are prone to sleep problems while watching friends fight insomnia.

A few words about

Rock n' Roll, Good Times and Beer.

Wherever the music plays and people get together, it's the beverage of friendship.

So enjoy. There's nothing wrong with having a beer or two.

As long as you play it smart.

Remember to know when to say when. And you'll always keep the good times rolling.

Know When To Say When.

A reminder from Anheuser-Busch

