

# The Student Body

SPORTS • HEALTH • FITNESS

## Recruiting abroad to win at home

By SHARON GINN

*The Independent Florida Alligator, U. of Florida*

She had been in the United States only two days before she was given her first formal introduction to living on a U.S. campus.

And when Gudula Staub, a volleyball player at the U. of Florida, had her bike swiped from right outside her dorm, she knew her induction into college life was complete.

"I saw it was gone and went, 'Wow! That is a new experience,'" Staub said. "That's America."

Staub, a native of Germany, is one of hundreds of athletes from foreign countries who choose to train at U.S. colleges. They come to the states for different classes and new experiences, but most of all to improve in their respective sports.

Davor Rimac of the U. of Arkansas is a redshirt freshman basketball player who came to the United States from Yugoslavia to play high school basketball. This summer, Rimac went back to Yugoslavia, which is engulfed in a civil war, and was almost called up to fight for one of the country's two armies.

"That's why I came back a month early," he said. "I couldn't get ten people to play a five-on-five pickup game. Half of them were fighting and the other half were watching TV to see what's going on."

Most European athletes, like Rimac and Staub, have English training before they move to the United States. They also are required to pass an English language competency test before they can attend college.

But athletes say when they are thrown into a new culture and new surroundings, it can be difficult for them to carry on a conversation or study in English.

"The language barrier was there for the first two weeks, because I'm not used to having to speak so much English," Staub said. "Now after almost three months, it's no problem at all for me."



REGGIE GRANT, THE INDEPENDENT FLORIDA ALLIGATOR, U. OF FLORIDA

**Anthony Nesty, a native of Suriname, won a gold medal in the 100-meter butterfly at the 1988 Summer Olympics. After a hero's welcome, Nesty returned to the U.S. to be a Gator.**

Homesickness also can be a problem. Although many athletes say they don't miss life in their own countries, U. of Florida swimmer Anthony Nesty said he often feels a twinge when he goes home to his native Suriname, a country in northern South America.

Nesty brought his country home a gold medal in the 100-meter butterfly from the 1988 Summer Olympics.

"When I was a junior (in high school) and I'd go home for Christmas and I'd come back, I had a real hard time going back (to the United States)," Nesty said.

Athletes like Nesty who are successful early on may be well-known before they decide to come to the U.S. Once they arrive, foreign athletes must spend time with dozens of people they don't know and may not yet understand.

But Staub said her teammates provided

opportunities for her to speak English and were patient with her progress.

Still, Martti Kuisma, a Gator basketball player from Finland, said sometimes Americans with good intentions try to be too nice, yet can't keep their promises.

"Sometimes you can't trust them," Kuisma said. "You can ask them a favor and they say they'll do it, but then they don't."

In all, most athletes seem happy with their roles as student athletes.

U. of Georgia track coach John Mitchell said one of his American athletes went to England to visit her teammate over the summer. Also at Georgia, a cross-country runner from Iceland is dating a teammate from St. Louis.

"I don't think there's any question that these kids are developing friendships that will last a lifetime," Mitchell said.

### STUDENT BODY BRIEFLY

**It's in the hole...** To the doubting Thomases, his friends and a sports announcer, he's somewhere between a fool, Walter Mitty and a hallowed herd animal. No matter, because for the record, The Guinness Book of World Records proclaims him the World's Fastest Golfer. Eric Freeman, a second-year Northwestern U. student, received confirmation this year that he broke the record of a Canadian man for the most holes played in a 12-hour period. What would possess a man to average a hole of golf every 1.67 minutes for a total of 429 holes — in just a half day? Enter a confessed eccentric. "You're only 21 once. I didn't go out looking for a record to break. I just love golf and wanted to do something I could remember for the rest of my life," Freeman said. After 10 hours, 10 pairs of gloves, a pulled muscle and sore hands, the cymics are their words and the course swallowed up the 392 balls that it took to break the record. ■ Lydia Rebac, *The Daily Northwestern*, Northwestern U.

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**Have no fear...** The U. of Kansas Medical Center is offering treatment for people who suffer from panic attacks and agoraphobia. Agoraphobia is the irrational fear of leaving home. "These people have anxiety related to a specific type of situation," said Fowler Jones, an associate professor who works at the U. of Kansas Med Center. "Agoraphobia and panic attacks are not something that can be overcome by will power alone." ■ Kerri Gottschalk, *The Daily Kansan*, U. of Kansas.

## 'Free Rides' preaches natural highs to readers

By LANA G. SCHULTZ

*Daily Cougar, U. of Houston*

You already know how to get high.

"You've simply allowed your mind to convince you that you forgot," write Douglas Rushkoff and Patrick Wells in their new book *Free Rides: How to Get High Without Drugs*.

In fact, some sociologists maintain that getting high and transcending one's current reality is, as Aldous Huxley put it, "one of the principal appetites of the soul."

However, expanding one's consciousness need not be a psychedelic scene with modern Orpheus incarnations eating acid like jellybeans.

Nonchemical highs are almost invariably more enjoyable, longer lasting and of greater benefit to one's quality of life, said Rushkoff and Wells.

And the book suggestions won't land you in the boosegow and your car on the sheriff's auction block.

The book's promoters claim *Free Rides* is the first-ever survey of techniques to expand consciousness through

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— Douglas Rushkoff

healthy and constructive methods. And, as an added bonus, the authors managed to steer clear of most New Age mumbo jumbo.

"To write *Free Rides*, I had to sift through more crap than one might imagine is out there," said Rushkoff, a political editor of *Expose* magazine.

"I floated, put on goggles, stared at television screens and tried some pretty dangerous things, too. For every ten con artists, there is one truly dedicated, spiritual person, hoping to design a significant method of exploring human experience."

Unlike a chemical high, which is compared to riding a lift, the authors liken getting high on your own, without drugs, to climbing a mountain.

"Instead of looking out on the mountain from a chair dangling from a wire that someone else erected, you stand on the face of the mountain on your own two feet."

Techniques discussed in the book range from cheap and relatively easy — rhythmic breathing, aerobics and tantric sex — to more expensive and daring — electromagnetic stimulation, brain machines and skydiving.

One of the more way-out methods, one that requires a bit of training and supervision, is the Sufi Whirling Dervish dances.

The hypnotic spinning leaves the dancer feeling like a pure channel of energy, the book says.

"The trick with any of the techniques in this chapter is to stay conscious," they write.

"Instead of altering your mind to see the everyday world differently, you leave the mind alone and go into different space."