

TRIPPIN'

Students across the nation are packing toothbrushes and clean underwear into their duffel bags and heading for class.

They're trading in dusty chalkboards and four walls for classes on wheels and instructors who moonlight as tour guides.

Road Scholars

Road study programs are picking up speed as more college students hit the road to see the historical places and meet the famous people they had previously only read about.

"When you walk outside the classroom, people think learning ends there," says Elena Gorfinkel, a Hofstra U. senior who earned six college credits traveling coast to coast for a course that studies America in the spirit of Jack Kerouac's *On the Road*. "But when you're on the road, it isn't about books anymore."

They may not be hitchhiking cross-country like Beat King Jack, but they're setting up camp in hostels, on the floors of their buses, in the homes of friends and under the stars.

Roughing it is a way of life for students at the U. of Georgia's honors geography and anthropology summer field program. They take a massive cross-country camping trip that includes climbing Mount St. Helens and hiking six miles into the Grand Canyon.

"Traveling nonstop and being able to touch every rock makes you care about nature more," says Wendy Wolfenbarger, who toured the States last summer.

As far as hands-on work goes, what better way to study Arthur Miller's *Death of a Salesman* than by spending two hours hanging out with Miller in his home? How about dinner conversation with former President Carter and his wife, Rosalynn, at a Southern fish fry in Georgia?

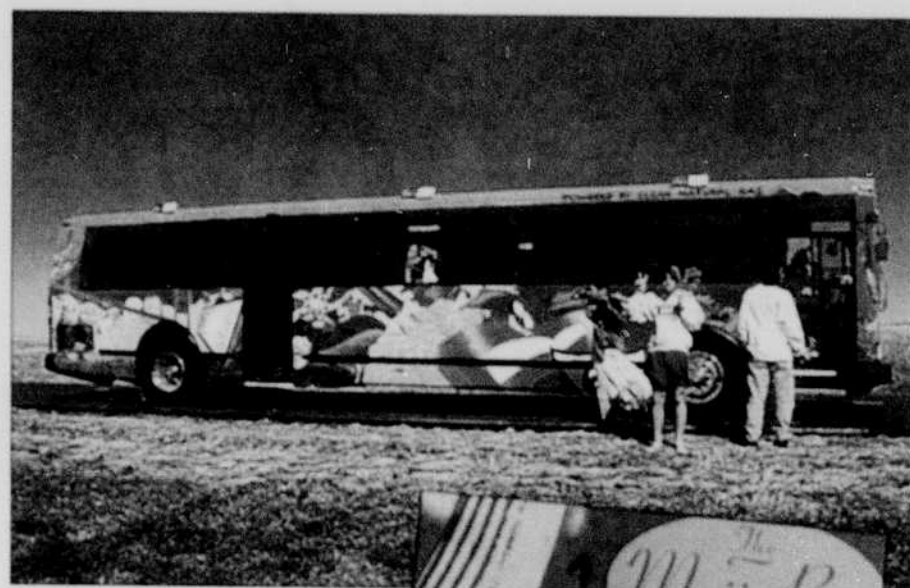
Those were a few of the pit stops on the U. of New Orleans' 1994 Majic Bus tour, which took 18 students through 40 states in 80 days. While riding in an earth-friendly bus powered by natural gas, students accepted the challenge of completing an 86-book reading list.

However, on-the-road courses are not just one assignment after another. These students experience life firsthand.

"We were leaving a club in Wheaton, Md., when there was a carjacking outside and a man was fatally shot. We heard the gunshots and everything," says Myron Crockett, a U. of New Orleans junior and 1994 Majic Bus passenger.

The lesson Crockett learned? "Everywhere you go, places have the same problems as your town. You can't get away from that."

Two rules for studying on the road: Keep an open mind, and ditch your expectations by the roadside. "You need to go in with an open mind to stimulate all your



senses," Gorfinkel says.

Those trips may be, as Gorfinkel suggests, "a communion with the exploring spirit that created America," but at times, the road can be a bumpy one.

"It was hard living out of a duffel bag for two months," says Boston U. sophomore Michael Turaski, who roughed it on the U. of Georgia's trip. The lifestyle of traveling with a large group in a bus for a semester can be a teensy bit uncomfortable, he adds. "Some people didn't like going four or five days without showers."

■ Amity Higginbotham, Technician, North Carolina State U.



Korey Coleman, Daily Texan, U. of Texas

PULSE

Cheeseburgers. Beer. Pizza. Forget it. Fat and cholesterol are replaced with carbs and proteins. Skinless poultry and roughage take the place of hot dogs and french fries. The traditional staples of

gives me a better concept of myself," says Terry Fouts, a 22-year-old junior and amateur bodybuilder at Eastern Illinois U. "It makes me feel better when I look better," he says.

Pizza and other dishes are what he misses most, but Fouts says the 75 pounds he's lost in three years of bodybuilding make those sacrifices worthwhile. "It's just a total lifestyle change," he says.

"The majority of people think that women who lift weights are masculine," she says. "I feel I have to defend my sport day in and day out."

Another common misconception bodybuilders find themselves fighting is the impression of rampant steroid use. "That's what everybody thinks. We're always labeled... because it's not the

have time to work out," Fouts says. "It's kind of like a job."

■ Robert Manker, The Daily Eastern News, Eastern Illinois U.

Building the Perfect Body

most college diets are off-limits to competitors in one very demanding collegiate sport — bodybuilding.

Bodybuilders don't get the recognition of their counterparts in the more traditional collegiate sports — football, basketball, track — but their workouts and training rules are just as rigorous, maybe even more strenuous. Thousands of students, men and women alike, voluntarily subject themselves to the masochistic training necessary to become successful bodybuilders.

In collegiate environments not exactly conducive to good health, what keeps the competitors sticking to their diets and coming back to the gyms?

"[Seeing] myself changing physically

Kimberly Rogers-Thompson is a 25-year-old junior at U. of Delaware who will be competing this summer in the 1995 Collegiate Bodybuilding Nationals in Pittsburgh. A win there would make her the 1995 national female collegiate champion.

"It's all up to you whether you make it or break it," she says. "It's not a sport where you depend on other people. If you don't win, you don't have anybody to blame but yourself."

Despite a résumé that boasts at least six bodybuilding titles, including "Miss Korea," which she earned while stationed there in the U.S. Army, Rogers-Thompson still finds herself battling the prevailing stereotypes of female bodybuilders.

norm to see a woman with muscles," Rogers-Thompson says.

As competitive bodybuilders will tell you, theirs is not a sport for the casual weight lifter/nutritionist. Preparation for competitive bodybuilding is a continuous cycle of working out and dieting — a grueling regimen that bodybuilders hope will lead to national titles and a chance to turn pro. Weights, stationary bikes and Stairmasters are the tools of the trade.

"It's 24 hours a day. You have to always watch what you eat, and you have to always



Photo courtesy Kimberly Rogers-Thompson

U. of Delaware's Kimberly Rogers-Thompson