Oscar Chaplin III
U.S. Olympic Weightlifting Team
Savannah College

The US only sends two men to compete in Olympic weightlifting, and one of them will be Oscar Chaplin III. Chaplin took the overall gold medal in the Junior World Weightlifting Championships this summer—and he was the first American in the history of the Junior Worlds to do so.

He's a four-time national champion, holds three American records, and can lift 738 lbs. When he won his spot on the Olympic team, he was overjoyed. "I still can't believe it. I mean I can, but I can't. All I know is this is the greatest day of my life."

The greatest day, that is, until he lifts that gold medal in Sydney.

Amy Chow
U.S. Olympic Gymnastics Team
Stanford University

When she was 3, her mother tried to enroll her in a ballet class, but was told she was too young. So Amy Chow signed up for gymnastics instead, a decision that would result in two Olympic journeys. Chow, 22, was a member of the Magnificent Seven, the American gymnastics team that won the gold medal in Atlanta in 1996. She quit training shortly after to concentrate on pre-med studies at Stanford University. But Sydney's siren call was too strong—Chow decided to come back to the sport and secured herself a spot on the Olympic team once again. "There's always new skills to learn. You can invent skills, do harder skills, you can correct the technique of so many skills. I like it, I've been going at it for 18 years," said the dedicated Chow, who's favorite event is the uneven bars. •

Craig Jones/Allsport

Neat Net Tricks
By Jack Teems

Giant Leap Backwards

Use the right mouse button feature in Netscape or IE instead of the Back button to return to previously visited sites. This displays all recently visited sites so you can take a huge leap backward.

Desktop Diet

Make room on your desktop by shrinking your icons. Right-click anywhere on the desktop and select Properties and the Appearance tab. In the Item drop-down menu, select Icon, choose a smaller size, and click OK. You may need to experiment to find the ideal size, small enough but still manageable.

Easy Mail and News Advance

Next time you're sifting through your email or newsgroups (like Usenet) the easiest way to advance to the next unread message, with most readers, is simply the N key. If you want to read all messages in sequence, including those previously read, use Shift+N .

Default WordPad

If you often try to open a text file and you're told the file is "Too large to open with NotePad. Would you like to use WordPad?" bypass NotePad and make WordPad your default. In Windows Explorer, select View Folder Options (or just Options, depending on your version of Windows) and File Types. Scroll to Text Document, click Edit and then on Action:open. Click on Edit and browse for c:\windows\write.exe or whatever path your Windows system uses. Select that file, click OK, then back out.

Jack Teems (jteems@steamtunnels.net) publishes Neat Net Tricks from Rapid City, SD. For more Neat Net Tricks, visit NeatNetTricks.com.

College–age Olympians

Event	Sex	Name	Date of Birth	School	Web site
Gymnastics	F	Jennifer Parilla	1/9/81	Saddleback CC	usa-gymnastics.org
Shooting	F	Thrine Kane	5/24/81	Xavier	xu.edu/athletics
Diving	M	Troy Dumais	1/21/80	Texas	big12sports.com
Track & Field	F	Mikele Barber	10/4/80	South Carolina	ncaachampionships.com
Track & Field	M	Gabe Jennings	1/25/79	Stanford	gostanford.fansonly.com
Diving	F	Sara Reiling	9/18/79	Indiana	nbcolympics.com
Track & Field	F	Seilala Sua	2/25/78	UCLA	uclabruins.fansonly.com
Shooting	F	Melissa Mulloy	3/16/78	U of Alaska/Fairbanks	ncaa.org/champadmin/rifle
Cycling	F	Erin Veenstra-Mirabella	5/18/78	UC/Colorado Springs	nbcolympics.com
Diving	F	Jenny Keim	6/17/78	Miami	nbcolympics.com
Boxing	M	Clarence Vinson	7/10/78	Northern Michigan	sportspage.com
Fencing	M	Keeth Smart	7/29/78	St. Johns	nbcolympics.com
Track & Field	M	Ja'Warren Hooker	9/24/78	Washington	gohuskies.fansonly.com
Track & Field	M	Terrence Tramell	11/23/78	South Carolina	trackwire.com