# Paper reports several UT women athletes suffering eating disorders

ating disorders and the problem as been especially acute among nembers of the nationally ranked wimming teams produced by forng the 1980s, a newspaper re-orted. ner UT Coach Richard Quick dur-

During the past 18 months, one of very 10 female athletes at UT has een diagnosed as having a serious eating disorder, the Austin American-Statesman reported.

Virtually all the cases have been

raced to the sport's pressure and raining methods of their coaches, he American-Statesman said in a seies of stories compiled from univerity records and interviews.

Two of the most common disorders are anorexia, where a person starves themselves, and bulimia, in which a person goes on an eating binge and then gets rid of the food through artificial means such as forcing themselves to vomit and tak-

a survey of female athletes at UT

Randa Ryan, an exercise physiologist at UT, sounded the alarm in a report during the 1987-88 school

"If we knew for a fact that 10 percent of our athletes had spinal mendeath. Well, eating disorders are weeks similar life-threatening illnesses,' Ryan said.

Although the problem involves athletes in a number of sports, the eating disorders were most prevalent on Quick's swimming teams.

Quick, who led the Lady Longhorns to five NCAA championships in six years, emphasized weight in training and competition and insisted that the swimmers remain under maximum weight limits. Those who failed to do so were required to participate in special workouts.

Quick is currently the women's swimming coach at Stanford. Current and former UT swim-

mers said the pressure to meet Quick's guidelines was so intense Another 20 to 30 percent of the UT women athletes had shown ymptoms of an eating disorder and that many routinely fasted, induced

AUSTIN (AP) — An alarming umber of women athletes at the percent expressed tremendous conjuniversity of Texas at Austin have from between 50 percent and 60 vomiting, used laxatives and diuret-ics, or exercised in addition to work-cern about their weight, according to outs. They did not want to be relepercent expressed tremendous concern about their weight, according to outs. They did not want to be released in addition to workgated to the group they called "The

Tiffany Cohen, who won two Olympic gold medals in 1984, said her fear of reporting to workouts overweight led her into the bulimic's cycle of binges and purges that fiingitis or AIDS, we'd be scared to nally put her in the hospital for nine

> "It bothered me because I am a perfectionist. Richard knew that and he knew who (weight) really affected. He played on that; he played on people's neuroses. He really bothered me," said Cohen, who now lives in El Toro, Calif.

> Many athletes described Quick as being almost god-like, someone they always wanted to please.

> Cohen said Quick did not help her face her problem.

"It was so hard for me to tell him. He said, 'You have to take care of it.' That was it. He never brought it up again. I still felt pressure. And he would say to me, 'Work on your

he first learned of Cohen's problem. "I wasn't aware of her problem while she was swimming, until toward the end. I can't remember specifically,

Another former UT swimmer, Kim Rodenbaugh, a three-time all-American, spent six months in counseling for her eating disorders.

Compounding Rodenbaugh's fear of falling from the forefront of swimming were weight goals set loosely in her sophomore year of high school and enforced strongly

by Quick.
"I truly believe the coaches did not understand. Richard would set your goal weight. Is he qualified to do that? He is not. He would choose a weight he thought was the best and usually your input didn't matter a

Quick said he didn't know Rodenbaugh had an eating disorder when she swam.

"Athletes feel the pressures, if a coach never said anything, for a person to be lean, because they are for the most part highly motivated athletes," Quick said.

## Rangers' right-hander becoming serious Rookie of the Year candidate

ARLINGTON (AP) —Two years ago, Kevin Brown was a puzzling case. There was much promise, but very little produc-

Today, however, the Texas Rangers' right-hander is one of the toughest pitchers in the American League and a serious Rookie of the Year candidate.

The Brown of two years ago was a stubborn perfectionist. His pitches lit the radar gun in the low to mid 90s. But he was obsessed with mechanics while downplaying the basics such as keeping pitches inside and challenge batters.
"He had to be reduced to pro-

toplasm before he would try any-thing different," said Rangers pitching coach Tom House. "Then, he came to us and asked what he could do to improve himself. Once he believed we could deliver information that could help him, he's never looked back."

Brown, the Rangers' selection in the first round of the June 1986 free agent draft, pitched Class AA Tulsa to a victory in the Drillers' 1987 opener but from that point his season rapidly deteriorated. He went 1-4 with a 7.29 ERA in eight starts at Tulsa.

Figuring a change of scene might be beneficial, the Rangers promoted Brown to Class AAA Oklahoma City. American Asso-ciation hitters feasted on his pitches and after five starts, Brown was 0-5 with a 10.73 ERA.

In July he was assigned to Class A (Port) Charlotte and while his ERA was a respectable 2.72, he went 0-2 in six outings.

By then, Brown was a physical and psychological wreck. His back gave him so much pain that he had trouble sleeping
"It was so bad that I'd roll over

in the middle of the night screaming when it would catch on me," Brown said. "I was on a ton of muscle relaxers so I couldn't even get out of bed.' The Rangers sent Brown home

to McIntyre, Ga., for the rest of the 1987 season where he took the first steps toward healing his back and, more importantly, his

Brown was still struggling at the start of 1988, going 2-7 in his first 10 starts at Tulsa. Then, the picture came tightly into focus. He finished 10-3, then made a September cameo with the Rangers, compiling a 1-1 mark with a

Now, fast-forward to 1989. The same Brown has American League hitters shaking their heads as they return to the du-gout after failing to hit his wicked

Nolan Ryan remains the Rangers' most reliable starter. And the 24-year-old Brown is right behind with a 10-6 record and a

"He's got the best stuff of any pitcher in the league," said Twins manager Tom Kelly.
"I like him a lot," said Yankees

manager Dallas Green. "He will be one of the fine young pitchers in this league for a long time to come. He's got a good delivery and comes right at you."

The Rangers have not had a Rookie of the Year of any kind since Pat Putnam was The Sporting News' top rookie in 1979. Mike Hargrove was the Rangers' last Baseball Writers' Association of America Rookie of the Year in

Brown is among a group American League pitchers who must be considered strong candidates for the top rookie award. Others include Kansas City's Tom "Flash" Gordon; Baltimore's Gregg Olson; and California's Jim Abbott.

House believes Brown will finish the season with better stats, creating a dilemma for the voters.

'Jim Abbott is going to be a sentimental favorite as long as he plays, and rightfully so," House said. "He's overcome things most athletes have never even had to

#### Oilers' Pinkett still living by 'the rule' SAN MARCOS (AP) — Allen Pin- of my life," Pinkett said

ett still lives by "the rule."

"I had a high school coach and arents who told me it wasn't how ig you were physically but how big our heart was, so I've always fol-owed that basic rule," Pinkett said. Pinkett, 5-9, 190, was no small

part of the Houston Oilers' success ast season, his third in the NFL. Although the former Notre Dame unner proved he can play with the

pros, he'll never get rid of the 'small" and "short" jokes. There was the barb by an assistant coach his rookie year that Pinkett never could stay above the 14th floor at a hotel because he couldn't reach

the elevator button. "I'll be hearing those jokes as long s I'm in the league and for the rest

"I've heard since high school that I was too small to play but I like to prove the critics wrong

Pinkett took "the rule" with him to Notre Dame, where he became the storied school's all-time leading rusher with 4,131 yards. He averaged 4.6 yards per carry and scored 49 touchdowns.

Pinkett also finished sixth on the Irish all-time receiving list with 73 catches for 774 yards and three touchdowns.

Now he's a big part of an Oilers team picked to challenge for the American Football Conference Central Division title. And he's currently a bigger part

sity campus because starter Mike Rozier is a contract holdout.

"It's different because it's so quiet; we miss all of his screaming and yelling obscenities at us," Pinkett said of the vocal Rozier.

But there is another, more important, benefit for Pinkett and secondyear running back Lorenzo White. "It also means more repetitions

for Lorenzo (White) and me, and I'm a true believer that reps make you improve," Pinkett said. Improvement was a key word for Pinkett's performance last season. He rushed 512 yards on 122 carries

and caught 12 passes for 114 yards. He played in all 16 regular-season He played in all 16 regular-season games and started two games. He rookie season in 1986, when he was of everyday preseason workouts on was second on the team in rushing behind Rozier. the Southwest Texas State Univer-

Pinkett, who had two three-touchdown games and was the Oilers' leading rusher in three games, now anticipates more passes going to the running backs under new quar-terbacks coach Kevin Gilbride.

"One thing we're looking to do is have the opportunities to catch more passes and spread the ball around more," Pinkett said.

"We're trying to utilize more of our weapons. With the arsenal we have, we can attack teams in a lot of different ways.'

utilized mostly as a receiver in the shot gun formation.

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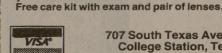
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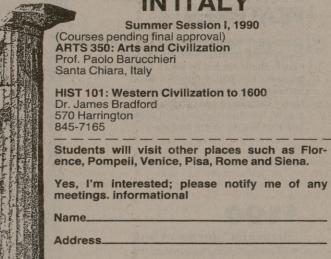


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