



Mostly about People

By Wally Tralbing

Most of you with maleness have done it.

I mean you've whisked yourself through the TV tube and out there on the field, mountainous in your uniform, rump high, signal-tense, best side to camera, and d-r-i-p-p-i-n-g with glory—in color.

Heck, hero, it doesn't pain a bit from the armchair, does it?

Distance, and helmets and manly pride keep it pretty well hidden, but there's plenty of hurting out there. Football is the world's toughest sport and pain is part of the game.

I talked with a man last week who deals with pains and sprains, the maimed and the lame—professionally.

George Anderson, 34, is no doctor. He's head trainer for the Oakland Raiders, now training in Santa Cruz. He doesn't set bones or sew up holes in players; rather, he is a physical therapist.

Anderson has been with the Raiders three seasons now. Before that he patched stricken heroes at USC, UC and San Jose State college as assistant trainer.

Despite man's inhumanity to man out there in football land, there is less mutilation than is expected by the spectator, according to Anderson.

"These men are hardened to body collisions and skilled in knowing how to fall and roll with hard contact," he said.

And although the knight in armor was better protected (but lousy on sweeps around the end) the football player is almost as efficiently encased.

He wears a helmet as hard as Fred Flintstone's front door, shoulder pads, rib pads, hip pads, knee pads, thigh guards, shin guards, and teeth protectors. These are used in various combinations.

Ankles are taped for protection from sprains. This takes up a trainer's pre-practice and pre-game time. Anderson said over a season he uses 500 miles of tape.

A pro team is limited to 33 players. That means 66 ankles.

Anderson said that during a game an average of 10 players will receive some type of injury which requires treatment. Despite the uniform protection there are two teams, each paid good salaries to move in opposing directions.

There's nearly a ton of human movement on the field darting about like exploding atoms bombarding each other.

Anderson said the most common gridiron injury is the Charlie Horse. I've always believed this to be a leg cramp, but it isn't.

It is caused by a blow on the body, usually around the thigh, which tears the tissues under the skin causing bleeding and swelling.

It's an occupational hazard for the men who carry the ball, and Anderson treats it with ice packs.

The most disabling injury in football is to the knee. Blockers do a lot of this type of damage. The most difficult injury to heal is the "hamstring" where the

muscles behind the upper leg have been strained.

Anderson goes to work on these injuries fast, because there's games to be played. Players who receive from \$7500 to \$15,000 per season keep getting their checks even when injured.

Anderson uses space-age equipment — high frequency sound waves to massage deep damage; the hydroclatter, which applies steam heat to injured areas, and a medcolator which stimulates muscles with shockwaves.

There's another type ofcrippler which occurs when two bull mooses whop heads in the line of duty. Anderson, who is constantly watching the players for unreported injuries, sometimes spots one of these victims on the field acting like he's lost on a country lane.

He'll pull the man out and ask him to name the day. If he says Monday, Anderson benches him until his head clears. "Usually I ask the player for his locker number," he said. "If he gives it to me, I know he's been hit too hard.

"We don't have lockers," he said.

Loren Peters Toastmasters Club 150 Pexy

Loren Peters was elected president of Santa Cruz club 150 of Toastmasters International Tuesday night.

Other officers elected were Sal Basile, educational vice president; Vern Keirn, administrative vice president; Dick Costelo, treasurer; Barclay Brown, secretary; C. E. Camerzell, sergeant-at-arms.

Winner's of last night's competitions were Peters, table topics; Bill Lawrence, most improved member; Keirn, best speaker. Toastmaster was Basile and Table Topicsmaster was Harold Zachary.

August Record For Water Use

Santa Cruz city water production reached an all-time high for the month of August, Water Director Weston Webber reported this morning.

There were 310.443 million gallons produced last month, about 2.25 million gallons more than August of last year. Previous high August was 1960, when 310.167 million gallons were produced.

Last month's production was the third highest ever recorded. Record production was in July, 1961, when 318.545 million gallons were pumped.

Modern "making machines" produce 20 cigarettes a second wrapped from a 4-mile roll, enough for 80,000 cigarettes.

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