

# Fraser voted All-Canadian

By JEFF IRWIN

The Red Bombers wide receiver Stuart Fraser was voted All Canadian. In a short interview by phone, Stu remarked that he was very excited about it and looked forward to meeting the other selected players.

Stu said that he went to Toronto where he was given a \$500.00 scholarship donated in his name to UNB by Nestle's, the sponsors of the All-Canadian Team. He was also given a ring and a plaque. While in Toronto he attended the College Bowl.

The All-Canadian team will be travelling to Tampa-Bay, Florida where they will play the Can-Am Bowl on Jan 8. The team is leaving on Dec 28 so that they can practice.



Stuart Fraser led the league in pass receptions this year on his way to an all-Canadian berth.

## Curling is lots of fun

The UNB mixed curling club continues to enjoy very good attendance on Sundays at the Fredericton curling club downtown. Are members having a good time? I would say so — last Sunday you couldn't concentrate on your game for all the laughing going on around you or at you!

Perhaps part of the reason for good attendance are the reasonable hours - 12 p.m. - 4 p.m. Sunday. People seem to like 12 much more than 10 a.m. So if you would like to join in the fun of curling we'll be on the ice again this coming Sunday (and most every Sunday) and we'd love to see ya!

## Table tennis at Henry Park

Anyone interested in playing table tennis recreationally is invited to drop in to the Fredericton Table Tennis Club at the Skyline Acres Recreation Centre on Friday and Sunday evenings from 7 - 10 p.m.

In addition, the FTTC will be hosting the Fredericton Invitational Tournament on Saturday, December 3 at the Henry Park Recreation Centre.

For further information call Doug Jackson at 454-5633.

## Intramurals

### INTER CLASS FLOOR HOCKEY

November 28 West gym				
7:30 p.m.	CE	vs	educ	
8:30	BBA	vs	Eng.23	
9:30	For. 2	vs	FE 5	
10:30	For. 5	vs	CS	

### November 30, West Gym

10:00 p.m.	CE	vs	CS
11:00 p.m.	Eng. 23	vs	Educ

Games to recommence Wed. January 11, 1978 so be sure to check in with the office regarding the rest of the schedule as soon as you get back from Christmas holidays (453-4579)

### INTER CLASS SOCCER FINAL STANDINGS

TEAM	GP	W	L	T	PTS
For. 35	5	4	0	1	9
Law	6	3	2	1	7
CE	6	3	3	0	6
Geol	6	2	3	1	5
SE	6	2	3	1	5
Sci	6	1	3	2	4
Eng. 5	6	1	3	2	4

### INTER RESIDENCE WATERPOLO

TEAM	W	L	PTS
Harrison	3	0	6
Jones	3	0	6
Neill	2	1	4
MacKenzie	1	2	2
L.B.R.	1	2	2
Bridges	1	2	2
Aitken	0	3	0
Neville	0	3	0

### INTER RESIDENCE FLAG FOOTBALL

Final Standings	TEAM	W	L	T	PTS
	Bridges	7	0	2	16
	Neville	7	1	1	15
	Harrison	6	1	2	14
	MacKenzie	4	4	1	9
	L.B.R.	3	5	1	7
	Neill	3	5	1	7
	Jones	3	6	0	6
	Harrington	3	6	0	6
	Aitken	2	6	1	5
	Holy Cross	2	6	1	5

# best of best

As indicated last week, this week's column will be on some of the mysteries of the knee. Since many of the readers are not Phys. Ed. 1 majors or do not have a vast knowledge of the anatomy of the knee, I will keep the level of the column to that which, hopefully, the layman can understand.

The knee the largest joint in the body, is designed for the purpose of bending in one direction only. In other words it is designed basically for knee flexion (bringing the heel towards the bum) and extension (straightening the leg out). The side to side motion of the knee is very restricted and most that may appear to be coming from the knee is actually coming from the hip joint.

The bones that come together to form the knee joint create a very weak arrangement. The bones that come together are the thigh bone (femur) the kneecap (patella) and the calf bones (tibia - the big one - and the fibula - the small one). These bones are stabilised by an arrangement of ligaments, and various cartilaginous arrangements, both of which are connective tissue. Surrounding the entire structure is a membrane which also serves to lubricate the joint. For protection, there is a network of sacs known as bursa which pad the knee and help to prevent unusual movement. There are also fat pads behind the kneecap which help to protect it.

Collateral ligaments on both the inside and outside of the knee help to stabilize the knee from moving excessively in those directions while ligament which criss-cross in the back and front of the knee help to limit movement in those directions.

The cartilages, known as the menisci, act as shock absorbers between the bones of the lower and upper legs. The heads of the thigh and calf bones fit into these menisci, which are oval shaped, and also prevent the bones from grinding on each other.

These muscles are grouped together by the actions which they perform. The muscles on the front of the thigh are known as the quadriceps, or quads, and the muscles on the back of the thigh are known as the hamstrings. There are also muscles on the back of the calf which effect knee movement.

The knee is particularly susceptible to bruising because of the lack of padding offered by its structure. Usually these injuries are incurred by falling or a hard, direct blow. Sometimes the blow will also cause an injury to the ligaments or menisci and often these are neglected by the person receiving the injury because they may think that the pain is coming from the bruise. Wearing a kneepad in those sports or activities in which there are many opportunities for knee bruising is often a cheap solution to the situation.

Sprains most often occur to the knee due to abnormal twisting which results in stretching the ligaments. A blow to either side of the knee while the foot is planted can cause stretching and tearing of the connective tissue (ligaments and cartilage). A blow to the front of the knee while the foot is planted can lead to a hyper-extension, which can stretch the ligaments in the back of the knee.

When the menisci is injured, nine times out of ten, it will be the one on the inside of the knee. When the menisci, is slightly injured time and again, the knee's strength is reduced and the chances that a cartilage tear may occur are increased. Once this happens, it will not repair itself because of the fact that no blood vessels go directly to the cartilage. Sometimes, the edges of the cartilage which has been torn harden and sometimes a piece may break off and become wedged in between the bones causing the knee to lock. In these cases, the knee may have to be operated on in order to restore normal movement.

One of the most common afflictions that athletes have is known as chondromalacia patallae or a softening of the kneecap. This condition causes chronic pain and often weakens the knee. There are four grades of chondromalacia and depending upon how severe the condition is, an operation may be deemed necessary in which the bone is scraped in order to remove the softened part.

These are only a few of the many different types of injuries and conditions which the knee may be inflicted with. By no means am I trying to be scientific about it. Whenever you receive an injury to your knee and the pain or swelling persists, by all means see a doctor, you may be injured worse - than you think. Don't try to appear tough; it only takes a few minutes and you might save yourself years of having pain as your constant companion. If anyone wishes me to comment on any other type of injury please write in and let me know so that I can seek professional advice in answering you.

See ya next week.

## Skating sessions offered

Adult skating sessions sponsored by the Fredericton Figure Skating Club are held every Friday. The registration fee of \$30.00, covers a 1:30 to 2:30 session each Friday afternoon at the Beaverbrook Arena, one hour Friday evenings at the Aitken Centre plus instruction by a Club Professional Skating instructor Dan Dorohoy, on basic "how to skate" skills during the evening session. For additional information on registration times, etc., contact: Trisha Allen, 454-6947.

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