

Ray Kelly: Bodyman

by Greg Neiman

From the spectator's point of view, Ray Kelly is an unseen person at athletic events on and off campus, but he is nonetheless one of the most active.

Ray is the trainer, the guy who tapes up wrists and ankles prior to games and practices, the man who takes care of 95% of the injuries that occur at sporting events.

Technically, he is an athletic therapist who specializes in sports injuries. He deals with emergencies on the field, doing everything that does not require the services of a doctor.

He is not a trainer for athletic teams alone. He handles all musculo-skeletal injuries incurred in phys-ed classes and has done "referred work" for those involved in dance classes in the Dept. of Drama.

He'll take care of anyone who comes into his office with an injury.

If the injury is of a type requiring any kind of a rehabilitation program, Ray sees to it.

For example, once a cast is off a leg, Ray will set up the proper exercise program to get it back into shape quickly.

Ray sees physical conditioning in a way that most of us do not. He sees it not as the absence of injury or stress from a person, but the ability to recover quickly from it.

Stress and injury are inherent aspects of sports activities, but Ray feels that the person who is well conditioned is the person who can recover quickly from certain injuries.

An important aspect of a person's conditioning or ability to recover from injury has to do

with the psychology of the person.

We all know about athletes who will play their guts out despite injuries to gain a position on a team.

Ray sees to it that this type of person is not allowed back in to play if it would worsen the injury.

We also know of the athlete who will use his or her injury as an excuse to have a position on a team but not to participate. It is Ray's job to see that this person is encouraged to get back into the game or activity again.

Ray feels that the U of A medical and para medical services are the best of any university in Canada. "I think this is the greatest institution in Canada. We're very fortunate to have the types of coaches and teachers that we have here. There is nobody who could give me anything I don't have here."

Sheridan College in Oshawa, Ontario is now offering a course that leads to a diploma in Athletic Training. Ray feels that this move is long overdue and supports it completely. Clyde Smith, former football coach at the U of A left this summer to help set it up.

Prosecutor involved with CIA?

(EARTH NEWS) — President Nixon's newly appointed Watergate prosecutor, Leon Jaworski, may have cooperated with the funding of some CIA "dirty tricks" in Latin America. Or at least looked the other way.

When he was a director of the Houston-based M.D. Anderson Foundation, Jaworski approved use of the foundation as a pipeline for CIA money to an anti-Communist lawyers group in Latin America. The president of the foundation, John Freeman, says Mr. Jaworski and the other directors all voted to approve the CIA request.

Freeman said the CIA subsidy to the Latin American group - the American Fund for Free Jurists - continued for several years until it was exposed, with other secret subsidies, in 1967, the same time CIA funding of the National Student Association was revealed.

While the new special prosecutor's office has denied

"We hope to develop people to take care of these athletic training problems on all levels." There is an increasing demand for good trainers in the field of university athletics as well as for High Schools and the professional ranks.

As time goes on and players get bigger, as in the case of football, where line men are 20-30 pounds heavier than 10 years ago, and the games become faster, there is the inevitable result that injuries will become more frequent and more serious.

"Medical and paramedical care should move with the times. Athletes, because of their desire, want to come back from an injury as quickly as possible and get back on the track, or back into the game. Being in good condition is valuable, but a good trainer will recognize certain signs that will speed the athlete's progress."

"We have to produce people who are capable, qualified and desirous of taking care of athletes in sport at this level."

Our \$8.00 medical fees help pay for the kind of work that Ray Kelly does for the university, and he is well worth it.

the allegations, the HOUSTON CHRONICLE reports that Mr. Jaworski previously admitted he might have participated in the deal.

Urban conference

Major questions related to "The City and the Future" will be examined at a conference to be held Nov. 22-24 at the Law Centre, U of A, and St. Stephen's College.

The conference is sponsored by the Ecumenical Chaplaincy of the University, the Church and Society Institute of St. Stephen's College and the graduate program in community development.

Resource persons for the conference will include: Dr. Stanley J. Hallett, urban specialist with theological training from Chicago, Ill.; Ald. Una Evans, Edmonton City Council; Larry Elliott, The Edmonton Journal.

DINING OUT

by Satya Das

Ah, the food services in SUB! Host to the student body. Maligned by the media, bolstered by the management. I decided to delve the depths of the matter this week and subsequently sampled the offerings of the Snack Bar, Dinwoodie, and Room at the Top.

With a bit of selective eating, I found it rather easy to get a good meal in the Student Union Building.

If you want a hot lunch, Dinwoodie is open from 11 a.m. to 1:30 p.m. for lunch every day. A meal consisting of soup, entree, vegetable, and coffee costs anywhere between \$1.-\$1.75, depending on what the day's entrees are.

The soup and vegetables in Dinwoodie have a straight-from-the-can flavor, but you can be pretty safe in assuming that the French Fries are fresh, and that the hamburgers have not been sitting there since 9 a.m.

The quality of hot dishes such as macaroni, roasts, and fish and chips is generally quite good. Not anything spectacular, but good.

An interesting feature about Dinwoodie is that apart from the usual tubs of ketchup, relish, and salad dressing, you can choose from ground cayenne pepper, curry powder, paprika, vinegar, onions, and soy sauce to flavor your food.

The best thing about the snack bar is that it is open until 8 p.m. on weekdays. Avoid the hamburgers and french fries at times other than peak periods, their freshness cannot be guaranteed. The hamburgers have a suspicious taste of soybean about them.

But you can't go wrong with sandwiches, buns, salads, or their special lunch and dinner entrees.

Snack Bar has the widest variety of choices, offering iced tea, milkshakes, and lemonade to complement the beverage list. The desserts are all right, although they may taste like they are a day or so old. They occasionally have pizzaburgers. Try these, they're good.

If you want absolutely fresh hamburgers, french fries, onion rings and the like, Room at the Top is the only place in SUB where they are made while you wait.

Snack Bar and Dinwoodie feature precooked foods in warming trays. The hamburgers are good, much better than what is found downstairs. Depending on what you want, you can still find a good meal in SUB.

Tequila
Sauza
makes
every
party
a
fiesta!

