

SPORTS

Football therapy for females

By Steve Meserve

Incredible as it might seem, many women do not watch football at all. Others watch the game only grudgingly.

Some mutter under their breath and make all sorts of feeble attempts to drown out profanities and protests which only referees, line judges, and Howard Cosell really need to hear.

In the interest of domestic harmony, here are some suggestions for the benefit of football widows throughout the land.

If women really want to converse with their husbands between now and Super Sunday, they would be well advised to consider the following points.

The Surgeon Corporal recently determined that football viewing is a disease. It is one which probably affects more American males than cancer, heart disease, and Lonnie Anderson combined.

Due to the nature of the "Fanatic Footballer Syndrome" (FFS), the infected viewers may well be unaware of their condition.

Extreme care must be taken in bringing this to the viewer's attention.

While gentle hints will probably go unnoticed, more direct approaches (screaming, tearful fits, shoes through the television screen, frying pans on the head, etc.) carry with them the ever-present threat of physical violence.

After a weekend of watching Hacksaw Reynolds eat linemen while Bubba Smith tears beer cans in half, resident football fans honestly may not realize until it is too late that their names are not Butkus, and their wives aren't Bradshaw.

Perhaps there is a better way.

Maybe the viewers could be weaned from weekend television gradually. Begin by carefully, quietly, pretending to share the obsession.

For most women, this requires a supreme effort of will. After all, spending Saturday afternoon and evening watching

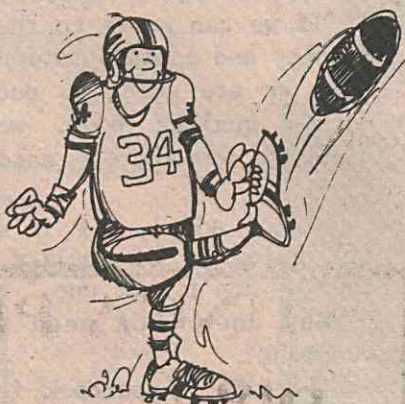
the Wolverines, Wolfpack, Jayhawks, Razorbacks, Cougars, Longhorns and the like is as exciting for most of women as eavesdropping on an argument between Marlin Perkins and Joan Embery (Johnny Carson's friend from the San Diego Zoo.)

Nevertheless, women have to start somewhere. If they can't at least pretend interest in the college teams on Saturdays, they don't stand a chance when the Cowboys, Lions, Dolphins, and Seahawks get going on Sunday.

Above all, remember that to the victims of FFS, the question of whether or not the Eagles beat the Rams is a matter of life and death.

It helps to pretend interest for the team that wins. But if blatant hostility exists over a husband's addiction, take the easy way out.

Cheer for whichever team the husband is against. That's guaranteed to get some sort of conversation going, however it isn't recommended for women with an aversion to four-letter words.



After building up respect for the winner, work on football vocabulary begins.

The only language the FFS sufferer understands between Saturday morning and Monday night is liberally salted with phrases which hardly seem to be a part of the Queen's English.

One should learn to use them properly. "Shotgun," "nickel," and "front four," take on a whole new meaning when used in the context of a football game.

Don't be afraid of scary phraseology. After only a few games, most

women begin to understand even such obscure references as "split-T" and "flea flicker double reverse fullback option pass."

The important thing is sounding and looking interested in the game. A good first step is to memorize a few stock comments like "Didn't he make that look easy?" and "That fellow is a real ath-a-lete!"

Use these phrases at different times throughout the game. If the fans on television are cheering loudly, chances are good one or the other of these phrases are appropriate.

If, on the other hand, the television fans are booing or get very quiet all of a sudden, a comment like "It's really a shame they wouldn't let the referee take his seeing eye dog out on the field" might be more in order.

Occasionally enthusiasts are so far gone that it takes a good "I happen to like Howard Cosell" to get any response. Persons not professionally trained in the 40-meter dash should take care to use this phrase only from the far side of the room (or from whatever distance they judge to be a safe head-start margin).

The important thing to remember is: **Stick to it!** No matter how hard it may be to convince enthusiasts of shared interests, they must be convinced of that fact before any sort of conversation and further treatment is possible.

Women of America take heart! The point is not to cure these enthusiasts or even to join them.

What is important is the months between the pre-season and the Pro-Bowl need not be lost to marriages.

It might even be a pleasant surprise to find how much fun it can be to cuss the Redskins... the Steelers... the Eagles...



Staff photo by Phil Ross

Laura Glass enjoys a dip with a shark in whirlpool.

Sharks 'r shock?

By Joan Sterk

Sharks in the whirlpool. Electric shock therapy. Microwave heat treatments. Sound like a medieval torture chamber?

No, they are just part of UNCA's new athletic training room.

Athletic Supervisor Dr. John Wells wants all students to know the training room in Justice Gym is here for them.

The room is located downstairs directly underneath the concession stands.

It features all types of equipment, from ice packs to ultrasound, and in a typical day, "45 people use the facilities," said Wells.

Wells said most people use the equipment "to treat sore legs."

"The girl's basketball team is doing a lot of running now so a lot of them require whirlpool and ultrasound," he said.

Volleyball player Karen Griffiths began receiving galvanic treatment the beginning of the semester for muscle spasms in her back.

Without the treatment, Griffiths said she "probably wouldn't be able to play. I think we're fortunate to have the facilities and Dr. Wells' expertise."

Non-athletes who have overexerted muscles or need to reduce swelling may also use the whirlpool and ultrasound.

In addition to ultrasound and ice treatments, the trainers also use hydroculator therapy (heat packs). They use infrared heat lamps to increase circulation, and a high voltage galvanic current which uses electrical volts (up to 500 volts) to relieve pain.

Many students find relief in the whirlpool (stocked with a pair of rubber sharks) for aching muscles.

There is also a microwave diathermic unit in the training area. This unit sends deep heat to muscle groups, and works on conditions such as arthritis by breaking up calcium deposits.

The training room also has rehabilitation equipment. It contains a stationary bicycle and a set of weights designed to develop leg muscles.

This particular weight machine is ideal for rebuilding injured knee muscles.

Wells also works in conjunction with Coach Helen Carroll to help handicapped students.

Under their supervision, handicapped students lift weights twice a week.

In addition, Wells is trying to organize an aerobics class for handicapped students for next semester.

Helping Wells with the heavy workload are student trainers Nancy Young and Nathan Rickman.