



THE RIDER REPORT

VOLUME 18, ISSUE 4
END OF SUMMER 2016

A PUBLICATION OF RIDER & ASSOCIATES, INC. REPORTING & TRANSCRIPTION SERVICES

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We Got Your Back

Kids going back to school and passengers traveling on airplanes are at risk for back and foot injuries one day if they don't think about balancing the loads they carry and tote says Troy Tann, medical director for Chicago's offices of The Joint Chiropractic.

Tann bluntly states: "If you do enough (traveling), you're going to injure yourself at some point."

For children or anyone using a backpack, safety calls for using all the belts and buckles and making sure that the backpack reaches your lower back. With luggage wheel bags, switch arms when tugging them and consider stop kicking the luggage when waiting in security lines.

Tann reasons that people just don't wear sturdy enough shoes and swift kicks can lead to tendon, ligament and bone damage.

Another problem area is hoisting luggage into overhead compartments. "A lot of people just bend forward," says Tann. That's a no-no and Tann suggests to think about your stomach when lifting objects and to contract your abs. "That actually locks or stabilizes your pelvis," he says. "You would then have the leverage and the strength to lift it from a stable base."

Little tips now can lead to back-free pain later on in life. ■

Chew More to Lose More

Pressure at work at home or in the car, can make us develop a habit that can add weight to the waistline and make us lose interest in the food we eat. An article in Obesity magazine tells us that by eating more slowly, we can actually enjoy and taste foods better and lose weight.

Carey Peters, co-founder of the San Francisco-based Health Coach Institute, thought this was a ludicrous idea when she first heard of it. But then she examined it further.

The key is that it takes time for the brain to process your consumption. If you eat too quickly, it can't recognize flavors or the feeling of being satisfied. Thus, you eat more than you should.

"Your body is eating the meal; the brain also needs to eat the meal," Peters said. "If you eat superfast, your brain is not satisfied by that experience."

Peters goes on to say that when you're hungry saliva kicks off the digestive process.

She has her patients set a timer for 20 minutes to lengthen the time of their meals.

Another trick is to count the number of bites when you put food in your mouth. Try to chew everything at least 10 times before swallowing. The smaller the food size going down to the stomach, the easier it is for food to be completely digested, aiding nutrition. ■

Uniformity About Uniforms

Since it's the start of the pro football season, we thought it might be a good idea – as a public service – to give you a primer on football numbers and their origins.

NFL teams began putting numbers on the backs of their players shortly after the league began play in 1920. But there was little rhyme or reason to associating numbers with position until 1973.

Furthermore, you couldn't tell a player without a scorecard until names came with the number. That was one of the innovations of the old American Football League, which put names and numbers together on jerseys in 1960. The more conservative NFL didn't begin to do it until 10 years later.

In 1973, the NFL put uniformity into uniforms by stipulating numbers go with player positions, and this is how it goes:

- 1-9:** Quarterbacks, Placekickers and Punters
- 10-19:** Quarterbacks, Placekickers, Punters and Wide Receivers
- 20-39:** Running Backs and Defensive Backs
- 40-49:** Running Backs, Defensive Backs, Linebackers and Tight Ends
- 50-59:** Linebackers, Centers and Defensive Linemen
- 60-79:** Offensive Linemen and Defensive Linemen
- 80-89:** Wide Receivers and Tight Ends
- 90-99:** Linebackers and Defensive Linemen

As we said previously, there are a number of famous legends whose numbers did not fall into this pattern. Among them are: Jim Otto, famous Oakland Raiders center, #00; Bobby Layne, the most famous Steelers QB before Terry Bradshaw, #22; Slinging Sammy Baugh, quarterback on the championship Redskins 1940 team that defeated the Bears, 73-0, #33; '40s star Bears QB Sid Luckman and '50s star Giants QB Charlie Conerly, #42; one of only two people to win championships in two major team sports, Cleveland QB Otto Graham, #60; two other Browns teammates RB Marion Motley and PK Lou (The Toe) Groza, who each wore #76; triple threat Bears RB Red (The Galloping Ghost) Grange, #77; and the tallest linebacker of his time, Raiders Ted (Mad Stork) Hendricks, #83. ■

Teresa's Thoughts



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Everyone dreams of being a TV star. I can now say that I've got TV credits on my resume, sort of. The sketch comedy, Portlandia, now in its sixth season, knocked on my door, or to be more precise, my wall.

The production team is using the west side of my office building as a background to a scene in a future show. Right now it's just a blank white wall. Who knows what those creative minds are thinking about? But soon I'll be famous, or at least my wall will be.

I'm told this episode will also film across the street at the Clark County Courthouse.

Can you imagine, I can tell my grandchildren years from now that grandma had a role in a TV series. Maybe I'll get a complimentary DVD. Or maybe I'll get a chance to watch the filming. This is hot stuff! I'm so excited! They better not wreck the wall!

