



Thanks Jackie's Mum, this looks great!



Mmmm ... this is good ... CRUNCH! ... Ooops, that didn't sound right ...



What the hey!?!?



Oh-God, blood everywhere. Just as well I'm an AFL footballer and used to dealing with pain and ... ooh, I feel a bit dizzy



Time for another meal - better be prepared this time



**T**ell me about your new special glass diet...

**BC:** I was over at my girlfriend's house one day and her family had a going-away party for a cousin the night before and there was some left-over pasta which her Mum heated up for lunch. Well, I was chewing on the pasta and something crunched and I spat it out, 'cause I didn't know what it was, and there was a piece of glass! I thought, ugh, my tongue might be cut, and I put my fingers into my mouth and pulled them out and they were covered with blood. So I went to the bathroom and tried to wash my mouth out and spat out all this blood into the sink and looked in the mirror and the blood was spurting out of my tongue. I did this about five times and each time the blood spurted out.

At this time, my girlfriend's mum was ringing the doctor to work out if I needed stitches or whatever, and I gave up on washing my mouth out and as I walked out of the bathroom my girlfriend said 'don't faint on me' and I said 'er, I think I am going to faint' and of course fainted straight backwards into

the shower screen and I hit my head on the bathtub.

Then I was on the floor. Convulsing. They were ringing an ambulance and then I woke up. I bolted straight up and because I was up so quickly, I fainted again, but luckily this time my girlfriend caught me. And the next time I woke up I was in her arms and the ambulance was on its way.

**Are you normally so squeamish?**  
(Laughs sheepishly) I'm not too bad normally (\* see Jackie's version...)

**Can you get stitches in your tongue?**  
I don't know. Apparently it's the fastest healing part of the human body. The shard of glass was about an inch long - so it was a fair chunk into my tongue.

**So I suppose this has killed off the potential career as a sword swallower.**  
For sure!

**Has it put you off pasta dishes?**  
Nope, not lasagne. I love lasagne. I also like spaghetti, fettuccine. I like the meat sauces like

bolognese, not the creamy sauces. And I prefer it if they don't have glass in them.

**Did you get a lot of sympathy from your family?**

Yeah. Mum was working and she came over straight away because my girlfriend's mother rang my house. My brother was home and of course rang mum at work and she immediately thought it was a car crash and she came over, but I was good by that stage. I think people around me got more of a fright than I did.

**So apart from eating life-threatening meals, what else do you do outside football?**

I finished Uni last year. I did a human movement course at RMIT at Bundoora, which is like a PE course, but without the teaching part, more about fitness. I'm taking a year off Uni to decide what I'm going to do with my career outside of footy. I'm not too sure yet so I'm just bludging at the moment basically. During the week I'm doing footy clinics and working two days a week at Triple M in the rock patrols.

**Who do you hang out with at the Club?**

Just the young guys. You tend to stick with the ones you go through the ranks with. I was drafted the same year as Lloyd and Scotty Lucas and Justin Blumfield and Gary Moorcroft. Then I played for two years in

the Reserves, so I came through with Ukovic, Heffernan and Jason Johnson and players like that. Those guys always stick together.

**When you were picked by Essendon, how did you hear the news?**

I was watching it on TV. I was contacted by 10 or 12 clubs so I was pretty much sure I was going to get drafted but I didn't know where. I was just hoping to stay in Melbourne. And Essendon was one of the strong clubs and one of the clubs that I was hoping to go to. So I was lucky to be picked up. I was down the back shed, watching it on TV, beside myself and throwing billiard balls around the table.

**But he recovered quickly?**

After he fainted the first time, we tried to get him onto his side so that he didn't swallow his

## Girlfriend Jackie Price on the Great Pasta Saga

Blake had it (the pasta) in his mouth and spat it out saying 'it's glass!'. His mouth was bleeding pretty badly. He was in the bathroom rinsing his mouth and there was a lot of blood. It was just shocking. I said to mum 'look you'd better ring the doctor just to see what we can do' and I said 'Come on Blake, sit down 'cause knowing you you'll faint.'

**How come you had the foresight to say to Blake 'don't faint'?**

Well, there's a story that when he was a kid, his little brother had his fingers bitten by a horse but it was Blake who fainted and went to hospital! He's a bit of a wuss.

tongue. Then all of a sudden he shot up, like Lazarus, it was amazing, onto his feet. He said he was really scared because he was trying to wake up but couldn't, and then he fainted again, probably because the blood rushed to his head. By the time he came to, the second time, the bleeding had stopped totally and the tongue had started to heal up. The ambulance came anyway, to check his blood pressure but because he is so fit, it wasn't a real worry. So he just lay down for the rest of the afternoon.

**Your Mum made and served the meal. Do you take this as concrete proof that she doesn't like him?**

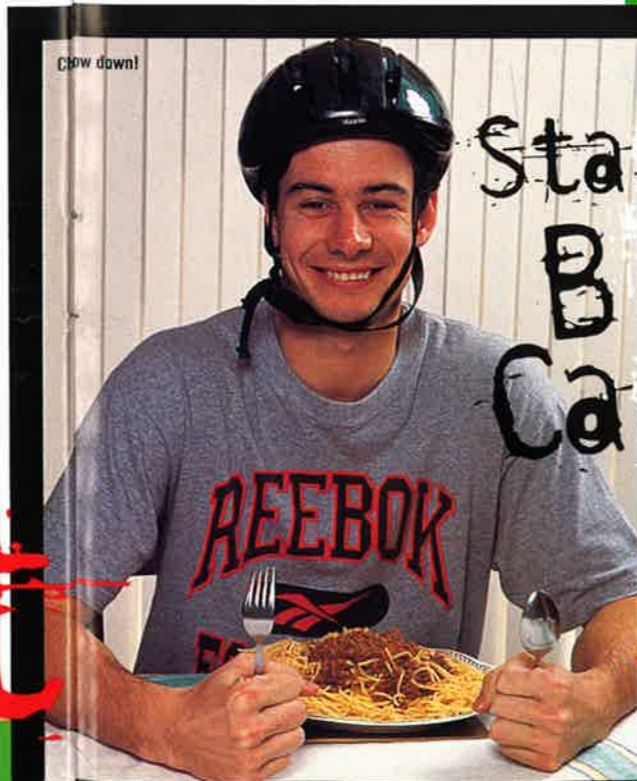
No, Mum loves him! That's the worst bit about it! We're not really sure where the piece of glass came from (we suspect a rival coach - Ed)

**Where did you two meet?**

We've known each other for about five years. My brother played in the junior basketball team at Parade (College) and Blake played in the seniors. So we all became close friends and did Year 12 together and then he and I went to different universities but we kept up as friends, and from there we thought, 'oh, why not?' (laughs).

**He said that he has taken a year off and is just bludging. Are you?**

No. Footballers have got no idea about the work ethic, no idea about the 9-5 grind. They need their 15 hours sleep, none of this get up at 8am to get to work at 9. They're wusses (laughs).



Crow down!

Starring  
Blake  
Caracella

The Club dietitian can give all the directions she likes; plenty of carbohydrates and protein, lots of pasta, no fats, cut down on sugar, get rid of salt, forget the cream. But glass? Why didn't she mention glass?

WATCH What You Eat