

KeizerOpinion

KEIZERTIMES.COM

Preventing sports injuries How to avoid concussions

By JULIE JACKSON
PT, ATC/R

Standing on the sidelines, I have an excellent view of soccer games. In a recent match, a player jumped to hit the ball with her head, when her opponent lost her balance and swung her elbow into the young woman's temple.

As soon as the referee gave me the signal, I rushed onto the field to check the player's condition. She slowly regained consciousness, screamed in pain, and held her neck. The opponent's blow had clearly jarred her head and neck.

I held my finger in front of her and asked her to follow its movement with her eyes. I checked her memory and asked her what day it was and what she had just been doing. I helped her slowly off the field, realizing the hit had impaired her balance.

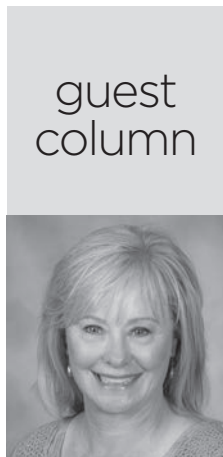
From all indications, she had suffered a concussion.

Sports injuries happen in the blink of an eye. Although strained muscles and sprains are more common, concussions aren't that rare in competitive sports. Most happen in football, soccer and basketball—but falling off a bike or jungle gym can also cause them.

Concussions can occur anytime the brain experiences trauma.

A concussion is the acute phase of an impact that directly changes the physiology of the brain. I carefully word it that way because concussions are not always caused by direct hits to the head. An athlete can fall on their shoulder or back, but the impact causes trauma to the brain.

As an athletic trainer at Chemeketa Community College, I'm usually the first to assess this condition on the



Julie Jackson

guest
column

field. Concussion symptoms include headache, dizziness—loss of consciousness, balance or memory—blurred vision and nausea.

The key to recovery is what neurophysiologists call “complete cognitive rest”—when your brain rests from all activity related to the five senses. Find a dark room with little to no sound where you can lay down and rest. This is the most effective way to recover, rather than trying to turn off your brain by zoning out, playing video games or going for a drive.

Concussions can cause long-term side effects like delayed reaction times or lack of awareness. Experiencing a concussion puts you at greater risk of having another one.

If someone has a concussion, it's important to:

Track their symptoms. Are they increasing or decreasing?

Take two low-intensity 10-minute walks per day to keep blood flowing and provide oxygen to the brain.

Eat foods high in Omega-3, Omega-6 and other healthy fatty acids. This helps the brain recover.

If symptoms do not improve after a few days, schedule an appointment with your doctor.

The best way to prevent concussions is to be aware of your surroundings, plus work on strengthening neck muscles.

While sports are competitive, remember they're just a game. Strive to play stronger, faster and smarter.

(Julie Jackson is a certified and registered athletic trainer at Chemeketa Community College—and a physical therapist at Salem Health. Find more information online about concussions at cdc.gov/headsup.)

Payroll transit tax

To the Editor:

I am opposed to the payroll tax being presented by the Salem-Keizer Transit District. I am a small business owner and it seems that agencies needing money believe we are an endless source of funds.

Board member Krebs stated that their polling found that a payroll tax was more favorable than a property tax. Well, duh! People will support anything that someone else has to pay for.

I have a home in Keizer and commercial property in Salem, so I am already paying twice for Salem-Keizer Transit. Now they want to tax me again through payroll so that makes three. In addition there is no limit on how this tax can grow. I am vehemently opposed to a tax that can continue to increase without any input.

I offer a competitive wage, vacation, paid holidays and health insurance to my employees at a significant cost. I choose to do that. Which should I curtail to make up for additional taxes owed?

Public transit is useful and necessary but I cannot afford to continue to “cough up a few more dollars” every time an agency is short of funds.

Greg Ego
Keizer

Salem Chamber opposes 24-388

To the Editor:

The Salem Area Chamber of Commerce and our businesses know that a robust transit system is good for everyone. We envision a Salem where school children, grandparents, individuals with disabilities, and aspiring

young workers are able to travel safely to and from work, the library, a friend's house, or downtown when they want or need to travel. But targeting private employers to pay for expanded service isn't the right solution. We have proven that community stakeholders can unite for meeting the good of the community. Altogether, our businesses, citizens, local governments, and organizations came together to pass ballot measures to better fund our schools, our community college, our fire protection, extension service districts, and our streets and bridges. It worked because we worked together.

letters

This transit employer payroll tax does not represent working together; it is targeting our private employers to foot the entire bill. The Salem Chamber's position is clear: private employers shouldn't be singled out to pay this multi-million dollar cost. If weekend transit service is needed in the Salem-Keizer community, then we should all pay for it. This is an irresponsible tax measure and we know that there are better solutions.

This new tax is bad public policy. Under this proposed payroll tax, the State of Oregon will not contribute one penny towards expanding transit service. Leaving out the state, which is the area's largest employer at 22,000 employees, is wrong. The state pays a payroll tax in lieu of property taxes, but they will not share in the cost of expanding transit services. This isn't collaboration, it is partisanship.

Businesses cannot absorb every new fee or tax that is coming. With dozens of new employment taxes, laws, and increased global competi-

tion, we struggle to meet our expenses just as anyone does. Most of us survived the recession by taking losses, and by keeping great employees. We've said for years that we need more good jobs: this payroll tax on private sector jobs will do the opposite. Instead of improving compensation for our employees or donating to non-profit organizations, we will be looking at how to cover a new \$5 million cost, year after year, after year.

Salem-Keizer needs weekend service, but there are better solutions that we are committed to implementing, including a property tax, use of lottery funds, and more flexibility in how current funds are required to be used. We have met with and have drafted concepts being considered by state legislators.

It is time for the Salem-Keizer community to enjoy weekend buses—but we need to do it as a community. When we stand up and say that a new tax levied only on private employers and self-employed people is not right for our community, we begin the effort to say yes to collaboration. We can get there and get there soon, but first we must say “No” on the unfair employer payroll tax, Ballot Measure 24-388.

Dan Clem
Salem Area Chamber of Commerce

Australian gun laws have worked

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HuffPost Australia reports that a generation of Australians have grown up free from mass shootings. A change of course on gun matters by political action occurred there after a deadly rampage in April 1996, when a 28-year old stalked through a tourist attraction in Port Arthur killing children, women and men with a high-powered weapon. While the gunman sits in a Tasmanian prison serving 35 life sentences the Australians do not know why he committed his heinous crime spree.

The Australians grasped what they called ‘never again’ when The National Firearms Agreement banned semi-automatic rifles and shotguns and pump-action shotguns and brought to law their rigid licensing requirements. Thereafter, a gun amnesty was declared and the federal government spent \$500 million dollars, paid for in a special levy, to buy back—for their market value—weapons ruled illegal. Nearly one million guns were purchased by the government and destroyed.

All firearms in Australia must be registered to a licensed owner and stored under strict conditions, separate from ammunition. Obtaining a gun license requires considerable effort, including background checks that are thorough with no overlooking of anything in an applicant's past. As a result of this nationwide tightening of the rules, some government officials who promoted gun controls lost their political jobs but have commented since that it was worth it because it got the job done and it was the right thing to do.

The premier in Australia's most-conservative state, Rob Borbidge, who lost his job, said that “There are

many people who have chosen to prove a new bond to replace the aging fleet of ambulances, fire engines and equipment. It is not unusual for an ambulance or fire engine to be in the shop for repairs and unavailable for emergencies. It seems the equipment is always on the move as some days there are over 10 service calls. There is also a need to replace and update equipment for our firefighters and to provide better emergency services. The good news is the overall rate of the new 20 year bond will be the same as the one expiring. Passing the bond will ensure adequate equipment for 20 years. Please join me in voting yes for the Keizer Fire District bond for the safety of our families.

Bill Quinn
Keizer

KFD equipment levy support

To the Editor:

I am writing in support for Keizer Fire District's equipment bond levy.

As a former volunteer firefighter and a former board member I am very familiar with the needs of the fire district. The current board of directors and administration have earned my support and endorsement for this needed equipment levy.

The reality is that some of the Keizer Fire District's current fleet of engines and trucks are over 20 years old with too many miles on them. There have been recent breakdowns of some ambulances which can impact response times.

By passing this bond, Keizer Fire District will be able to replace these old vehicles, improving reliability and maintaining response time for community fires and emergencies. The bond covers fire engines, ambulances and rescue vehicles, and equipment; all are getting old and costly to repair.

Please join me in supporting our dedicated and hard-working emergency response personnel by voting yes for the Keizer Fire District bond levy.

Michael Kurtz
Keizer

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Yes on transit ballot measure

To the Editor:

Being a 23-year-old individual and extremely political I find it exciting to see a local issue getting this much attention. Saying that, however, I am also disappointed to see the way the opposition has acted throughout this entire process. I go for walks around this city almost every day morning and night and seeing the signs stating “It's simply unfair” is not entirely true.

I have done my research on this issue and have discussed it with countless people around Keizer. To see them and yet also see the tactics the oppo-

position has chosen to take makes my assessment of this local issue a very important one for all those involved. I find it sad to see Bill Post, my local legislator, essentially turning his back on his constituents by siding with the opposition on this issue. He has always said to me personally every time I have brought this issue up to him that he refused to do anything because it was in his words a “private sector matter.”

Speaking with him after seeing photos of his “campaign” style protest he told me that he would “be willing to use one of his bills” during the 2016 legislative session to look into using lottery money to help fund transit. I am not a fool I know all too well that previous transportation packages and bills introduced stand little or no chance of ever becoming law. I say to Mr. Post, don't make promises you cannot keep. You were elected because you promised to bring change not to turn your back on that promise.

I also look to another prominent face of the opposition Richard Duncan of Duncan Construction, he served as an advisor for Cherriots between 2009 and 2010. If he was so passionate about transit then as he is against it now then why didn't he do anything about it then? It's as if the opposition to this measure want things to stay as they are and basically ignore the pleas of those who cannot afford to speak for themselves. I implore the citizens of Salem and Keizer to vote for Cherriots to help take us forward rather than keep us planted in the past.

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