Preventing sports injuries How to avoid concussions

Julie Jackson

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

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

I am opposed to the payroll tax

being presented by the Salem-Keizer

Transit District. I am a small busi-

ness owner and it seems that agen-

cies needing money believe we are an

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

mercial property in Salem, so I am al-

ready 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 vehe-

mently opposed to a tax that can con-

I offer a competitive wage, vaca-

tion, paid holidays and health insur-

ance to my employees at a signifi-

cant cost. I choose to do that. Which

should I curtail to make up for addi-

sary but I cannot afford to continue to

"cough up a few more dollars" every

time an agency is short of funds.

Salem Chamber

opposes 24-388

To the Editor:

Public transit is useful and neces-

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, indi-

viduals with disabilities, and aspiring

tional taxes owed?

Greg Ego

Keizer

tinue to increase without any input.

I have a home in Keizer and com-

Board member Krebs stated that

Payroll transit tax

To the Editor:

endless source of funds.

field. Concussion symptoms include headache, dizziness—loss of conguest sciousness, balance or memory—blurred vicolumn sion 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

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.)

want or need to travel. But targeting

private employers to pay for expand-

ed service isn't the right solution. We

have proven that community stake-

holders can unite for meeting the

good of the community. Altogether,

our businesses, citizens, local govern-

ments, and organizations came to-

gether to pass ballot measures to bet-

ter fund our schools, our community

college, our fire protection, exten-

sion service districts, and our streets

and bridges. It worked because we

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 ir-

responsible tax measure and we know

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

Businesses cannot absorb every

new fee or tax that is coming. With

dozens of new employment taxes,

laws, and increased global competi-

collaboration, it is partisanship.

This new tax is bad public policy.

that there are better solutions.

This transit employer payroll tax

worked together.

letters

young workers

are able to trav-

el safely to and

from work, the

library, a friend's

house, or down-

town when they

Australian gun laws have worked

Australians alive

today because

we took that ac-

tion." All gov-

ernment leaders

there recognize

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 highpowered weapon. While the gunman sits in a Tasmanian prison serving 35 life sentences the Australians do not know why he committed his heinous

The Australians grasped what they called 'never again' when The National Firearms Agreement banned semiautomatic 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 destroved.

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

The premier in Australia's mostconservative state, Rob Borbidge, who lost his job, said that "There are

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

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 implement-

ing, including a property tax, use of

private sector jobs will do the oppo-

site. Instead of improving compen-

sation for our employees or donating

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 busses—but we need to do it as a com-

munity. 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 Com-

Transit presentation at city council

To the Editor:

I really appreciated Councilor Amy Ryan raising objections to the transit district using the city council meeting as an opportunity to try and sell their tax increase.

I also read Mayor Cathy Clark's comment on her Facebook page which reads "On the Cherriots bus headed to work. Giving up my parking space and happy to be able to enjoy peaceful reading time in the morning with other riders."The page received a "Like" from Allan Pollock.

It would have been nice if the mayor would have mentioned that she might have a conflict of interest during the council meeting.

Jim Keller Keizer

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-

gene h. mcintyre

that no laws are perfect. In fact, the Australian Crime Commission estimates there are probably 250,000 illegal long-arms in Australia and 10,000 hand guns. They also comment that while you can never really say 'never,' a college campus attack has not occurred since the controls and

buy-backs went into effect.

Some might ask why the U.S. cannot do something like what the Australians have accomplished? Some will comment that Australia's population of about 25 million makes it much more manageable to do than in the U.S. at about 322 million. If you believe that the only barrier is human population size then it's presumed you'll always find a way to be deterred with every additional head count. Meanwhile, we all know that the origin of guns and their use in the U.S. began with the Second Amendment to the U.S. Constitution that protects the right of the people to keep and bear arms, and that it is one the first 10 amendments to the Bill of Rights.

If a trial run with the Australian model were to be tried in Oregon with its population at about 4 million, it would seem a more manageable number. However, unlike Australia, with its separation from other nations, the U.S. has other states and nations on its borders and much less stringent entry requirements where millions are already here as illegal immigrants. But Oregon would appear to have a more difficult-to-control-guns as we

know now from the terrible event at Umpqua Community College. John Hanlin, the Douglas County sheriff, has been public about his refusal to enforce any gun laws and poked fun at the killings in a Connecticut school accusing them as staged by the federal government to help with its gun control efforts. Yet, we're apparently no better outside Douglas County as, the other Oregon county sheriffs, as declared by them all on their web page of the Oregon State Sheriffs Association (OSSA), "support Sheriff John Hanlin and his deputies."

Since, like Hanlin, the Oregon sheriffs do not enforce gun controls, they are themselves breaking the law and the casual observer thereby wonders how many other laws they do not enforce and how many other "laws" they enforce that are not laws that, again like Hanlin, represent their personal points of view and beliefs: And that part of the speculation on these people and their deputies who are elected to serve and protect leaves a person just plainly nervous. By the sheriffs in Oregon and their deputies, this state really is the 'old wild west.'

If we had something resembling the Australian design we'd be so much better off. However, since those devoted to guns, with the National Rifle Association(NRA) beating its war drums, are afraid that if we have anything to stop the maniacs the government will use it to confiscate all firearms . . . well, we're just left to hug a cold Second Amendment and should be thankful, one concludes, for a very ugly form of population control here. (Gene H. McIntyre's column ap-

pears weekly in the Keizertimes.)

letters

sition 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" dur- Bill Quinn ing 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.

Dakota Saunders Keizer

Yes for Keizer Fire

To the Editor:

Twenty years ago the voters in Keizer approved a bond to build a new fire station. In 2016 that bond will be paid off.

We all know the Keizer Fire District is asking Keizer citizens to ap-

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.

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

Michael Kurtz Keizer

phone: 503.390.1051 • web: www.keizertimes.com • email: kt@keizertimes.com



publisher@keizertimes.com

advertising@keizertimes.com POSTMASTER PRODUCTION MANAGER

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