Test used as control for head trauma

By Joe Bailey

Laying face down, hazily glaring at a thousand blades of grass as if they were stars all the while having little or no recollection of how and why they are there.

This is an experience a number of football players endure after suffering a devastating hit, and possibly a concussion. Research on cognitive function, from earlier this year, has changed the way many teams handled possible head injuries.

Last football season, star running back Ryan Matthews took a severe hit and suffered a concussion in the first half of a game against Nevada.

Tony Hill, head athletic trainer for the football team, is entering his third season coordinating the football’s health care unit. Hill said he has seen approximately five concussions with the football team, with the only concussion occurring in a game being Matthews’.

“Basically, we assessed him on the field, got him to the sideline, then put him through a more thorough exam,” Hill said. “We then got back to the locker room and let him gather himself.”

Hill said this is the typical procedure for players who have suffered a tremendous hit on the field. Matthews missed the rest of the Nevada game and had to sit out the next game a week later.

“It was a good grade-two concussion,” Hill said. “He had significant memory loss for a while after the injury and that’s pretty common. But you knew it wasn’t just a ding. A lot of guys will get confused; headaches for ten minutes, then everything will be back after thirty minutes. I asked Ryan a few days after and he had little recollection of that first and second half.

When a serious concussion is obvious, the training staff takes more thorough steps to evaluate a player’s health and ability to return to the field.

“We usually put them under an 8-hour observatory period where they don’t do anything,” Hill said. “We check in with them once or twice a day and see how they’re doing and then after that we give them the ImPACT Test.”

The ImPACT Test is a neurocognitive computer test football players take before they even start practice as a Bulldog football player. This way the training staff has a baseline of each player’s healthy test that can be used to compare with a test taken after a head injury.

Often, using the word concussion can often lead to some confusion, with many people not understanding what a concussion is, athletic training program coordinator Scott Sailor said.

“The myth regarding concussion is that you don’t have a concussion unless you lose consciousness,” Sailor said. “A concussion is a brain injury that can vary in severity, from mild to moderate, to where individuals describe it as getting their bell rung, very severe with symptoms lasting months to years.”

The symptoms of a concussion can be devastating if overlooked. Sailor said researchers are finding long-term problems that players develop from concussion, such as cognitive function losses.

“Even some symptoms where researchers are feeling there could be links to Parkinson’s and Alzheimer’s,” Sailor said. “There could be precursors that lead to a higher rate to those conditions.”

Sailor said more need to realize how serious a hit to the head can be.

“I think one of our big jobs about sports safety and health care is really educating the public,” Sailor said. “There is still the mentality ‘I just got my bell rung and I’ll be OK’ and we realize now, getting your bell rung is a bad deal and it could lead to a lot of issues.”

Some of the health issues caused by concussions are tragic even when compared to other sports injuries.

“We tend to focus on blown out knees and shoulders,” Sailor said. “Arthritis in your shoulder isn’t anything compared to not being able to remember your kids’ names.”

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Hill has been around the country, and
Obama supports racism?

By Oscar Perez

Barack Obama—racist or baby killer? I say none of the above. This allows us to be additive; imprudent to the full extent of Obama.

Obama and his followers supported racism and abortions when the House passed the new health care reform legislation on Sunday, March 21, 2010, which was later signed into law by Obama on Tuesday, March 23, 2010. But, I will not speak so much on abortion when the House supported abortion and racism. Parenthood clinics, which by the way will reserve more than $11 billion to finance abortion. Extreme amount of forms to ultimately eradicate women’s health care reform legislation due to the fact that there are an estimated 30 percent of the women that are looked upon as racists. I hope that Obama realized what he was doing when he signed this new health care reform legislation into law; because I honestly believe he did not realize the big mistake he was committing. And if he did, which would be pretty racist of him, I say shame on him, shame on his administration and shame on all of his supporters.

It is simple to suggest that this new health care reform legislation will not straightforwardly finance abortions due to the fact that there are an extreme amount of forms to ultimately finance abortion.

On the other hand, Obama’s bill will reserve more than $11 billion to financially support community health care clinics not excluding Planned Parenthood clinics, which by the way support abortions and racism.

Planned Parenthood is a strong and influential agency throughout many communities. It is an agency that consistently receives positive and complimentary exposure in the news media and each year it supported with large amounts of money from taxes, community charities and supporters like Obama.

But what exactly do we know about Planned Parenthood’s history? Nothing, yet it is supported through out many communities and the government, and it is not a coincidence that mostly all Planned Parenthood clinics are located in communities where the residents are either low-income families, working-class individuals or minorities. The history of Planned Parenthood is silenced, and this silence has a reason.

Planned Parenthood was established from the “fears” of America’s wealth, the so-called “sophisticated privileged.” In order to have more time for leisure activities, the wealthy stopped having children. As a result they considered the high birth rates of the “poor,” including low-income families, working-class individuals and minorities, an extreme threat to the future of America.

Margaret Sanger, founder of Planned Parenthood, is credited in part for inspiring Adolf Hitler in his views of eugenics. It is also known that she advocated abortions on African-Americans in order to eradicate what she referred to as “socially undesirable people.” Planned Parenthood was created to eliminate low-income families, working-class individuals and minorities, in Sanger’s words, “the poor and undesirable.” Planned Parenthood is by far the leading abortion provider in the United States. 80 percent of Planned Parenthood clinics are in minority communities. African-Americans make up 15 percent of the population, but 35 percent of the abortions throughout the United States, according to Ministries of Monroe.

I wonder, “Did Obama know this already?” If he cared so much about the American people then he would have considered all beneficiaries of his new health care reform legislation. Obviously, he only looked out for himself, because by signing this new health care reform legislation he supported racism, the killing of minorities and ignorance.

To finalize such a repulsive issue, I want to say that Planned Parenthood was created by a racist to kill off minorities, especially African-Americans, and in return it was supported, albeit indirectly by none other than our first African-American president, the one and only Barack Obama. Obama did not directly support racism, but indeed he did. His ignorance blinded him. His bill supported an agency which was created out of racism. What’s done is done, now let’s move on. We are all human and we all make mistakes, except Obama’s will affect millions.

Oscar Perez is a sophomore Math Communications and Journalism major and contributing writer who was recently elected as Associated Students, Inc. senator-at-large.
The daily crossword

ACROSS
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6 They can be loose or tight
10 Shade of red
14 Sharon of Israel
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50 With wild abandon
52 Chiwere speaker
53 End of a series
56 Regarding
58 Curdle

Puzzle by Jerome Gunderson

Puzzle SOLUTION: http://collegian.csufresno.edu

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Word of the Day
Buy-curious
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Source: UrbanDictionary.com

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Edited by Rich Norris and Joyce Lewis
Los Angeles Times

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I heart the 80s: Adoring the decade’s sound

By Joseph Daniel McClatchy Tribune

Don’t you love sparring with friends, especially over which decade gave us the best music? Most of them claim it was the ‘70s, but their judgment has been compromised from hitting the spliff one too many times, so they can’t be trusted.

Readers born in the ‘80s, have an obligation to defend the best era in auditory existence. With bands like Depeche Mode and The Cure releasing some of their best tracks during that decade, and innovations in audio hardware and lyrical content almost any age group can identify with, there’s no denying it’s one of the greatest musical periods of all time.

It’s a hyper-nostalgic decade immortalized through cover bands, and growing up during the ‘80s ensures a long-lasting sentimental attachment to songs like “Little Lies” by Fleetwood Mac and “Shout” by Tears for Fears well into adulthood. Here are four all-time favorites:

“People Are People” by Depeche Mode

This song is responsible for Depeche Mode addiction. The beauty behind this 1984 tune is its clear and simple message about racial indifference and inequality, which probably fueled its popularity during its release. But the song’s groovy metallic-style instrumentation is undeniable.

“Your Love” by The Outfield

This 1986 New Order tune makes those born in the 80s daydream of having a power mullet like Tony Lewis.

“Take on Me” by a-ha

Quite possibly one of the best investments ever made by a production company. Warner Bros. dumped giant stacks of cash hoping to create a groundbreaking video for an a-ha single that had already failed multiple times.

The result was a 1985 newly revitalized track paired with an award-winning video that was way ahead of its time.

“Tainted Love” by Soft Cell

I can’t think of another song that has been covered or sampled by modern artists more. Coincidently, Soft Cell’s version is a cover as well. The original was recorded by Motown’s Gloria Jones.

COMMENT: The Collegian is a forum for student expression.

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BUDGETS: University’s colleges look for innovative ways to save money

CONTINUED from page 1

CSU’s have done this, such as CSU Stanislaus. They have merged departments and programs more recently than 40 years. However, they have 9,000 students on average compared to the 22,000 at Fresno State.

Jones said merging is less likely to be implemented at Fresno State than cut programs due to possible logistical issues.

“We do here may not work well at CSU Stanislaus, and vice versa,” he said.

There are some colleges at Fresno State that are more in danger of facing programmatic cuts or mergers than others, according to Jones. One is the College of Arts and Humanities, due to the fact that the subjects in this college are considered more soft majors. However, Associate Dean Jose Diaz doesn’t believe that the college is in financial danger as private support, to help fill the budget gaps left by the severe deficits in some of the other colleges.

“Second-Impact Syndrome, said he is concerned about the health and safety of athletes at high schools around California. “This whole issue of concussions has come about because a lot of kids don’t have athletic programs on the teams they don’t see a doctor,” Hill said.

“They get a concussion, and they get another concussion on top of that before the brain has healed. You can get severe sub-dural hematoma and die.”

Hill was talking about Second-Impact Syndrome (SIS) which has caused numerous deaths around the country.

Sailor said he is also concerned about the dangers multiple concussions can have. “Second-Impact Syndrome, when it occurs, has right around a 50-percent mortality,” Sailor said. “Getting a second concussion when a patient has not completely recovered from the first concussion. One of the biggest areas of work is working on more accurately identifying.

Hill said the head injuries are more serious for high school kids, because their brains are still growing.

Sailor added that there is legislation pending that will force schools to take the steps necessary to prevent more head injuries. Assembly Bill 1646 would force coaches to have athletic injury training and Assembly Bill 1647 would allow schools to have a larger medical staff to help with injuries.

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HEAD: Trauma on the mind
CONTINUED from page 1

conceptions about what “sustainable” means. “Sustainability and going green often go against each other,” Witt said. “Organic farming in my opinion is unsustainable, because you can’t feed the world.”

Witt said while sustainabiliy should always be striving, Fresno State is in the breadbasket of the world and if the school intends to encourage sustainability, it should be done in a way that considers all angles of the discussion.

Farnesi said now that the resolution has passed, ASI can make recommendations to the committee before it makes the inevitable changes to GE curriculum.

The Senate Bill 1045 requires all textbooks offered on campus to be available online as e-textbooks. The e-textbook must be a full and complete version of the print copy.

Farnesi has been organizing a textbook study to gauge how students acquire and use their textbooks. Among the studies included will be a survey of students who have used e-textbooks as a requirement for a math class, which will be reflected in a future Senate report.

Farnesi said she hopes to generate focus groups with the help of other senators that will provide insight into the strengths and weaknesses of using traditional textbooks in order to find optimal solutions.
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The Collegian  •  Sports

Draft: Nation’s college rushing leader heads to Chargers

Friday, April 23, 2010

Roethlisberger gives Steelers a bad name
Steelers reportedly shopping Roethlisberger after NFL hands down six-game suspension.

By Sam Farmer
McClatchy Tribune

The bad behavior of Pittsburgh Steelers quar- terback Ben Roethlisberger resurfaced Wednesday in a six-
game suspension by the NFL and reportedly has triggered
what once would have been
and reportedly has triggered
game suspension by the NFL
quarterback Ben Roethlisberger

Roethlisberger plans to appeal
the suspension. He said he will do anything we’ve got to do to
make our team a better football
team. We just have to stick with
that and not discuss trades in
advance."

Roethlisberger was expected
after Chargers’ general man-
ger, A.J. Smith, made an appearance at the first spring football scrimmage last week to support his former teammates wearing a San Diego Chargers hat.

Roethlisberger reportedly shopping Roethlisberger after NFL hands down six-game suspension.

Chargers select Ryan Mathews, 28th pick, at No. 12

Goodell announced live on ESPN

The selection of Mathews
The selection of Mathews

Mathews impressed NFL

The Chargers were ranked
the nation in rushing with
more than 150 yards on the
ground.

Mathews

Steelers reportedly shopping Roethlisberger after NFL hands down six-game suspension.
Junior college transfer, Gonzalez received national recognition for his no-hitter against Hawaii.

By Brianna Campbell
The Collegian

For 44 years, the Bulldog baseball team suffered a no-hitter drought. That was until Greg Gonzalez fired a seven strike out, two walk performance in a no-hitter against Hawaii on April 10.

But the path to Gonzalez’s gem 12 days ago has been a long one. Gonzalez has been playing baseball since he was in grade school and enjoys playing with his teammates.

“I played when I was 7-years-old, all the way through high school, junior college and now at Fresno State,” Gonzalez said.

A junior from San Bruno, Calif., launched himself into Fresno State history on April 10 at Les Murakami Stadium, becoming just the seventh Bulldog in Fresno State history to receive honors of pitching a no-hitter. The performance also marked Gonzalez’s first career start in a Bulldog uniform, leading Fresno State through a seven-inning shutout against 22 batters, 17 of them shut down in order.

Gonzalez received the National Player of the Week honor after his performance. He continued his hot streak in his second season start this past Saturday against Louisiana Tech, topping his career-high seven strike outs to sit down 10 batters in a seven-inning victory over the Techsters, 14-4.

The transfer from Skyline Junior College in San Bruno, Calif. has appeared in 13 games so far in 2010, posting an undisputed 5-0 record with a 4.31 ERA.

Q&A

What do you enjoy most about playing for the Bulldogs?

“I really enjoy every day coming out here and just going through baseball with all the guys and doing the work-out and stuff, that is really what I look forward to.”

Is there a big difference from playing at junior college to Division I play?

“There is better competition both, better pitchers you have to compete against for playing time and better hitters that you have to face, so you have to bring your “A game” everyday.”

How did it feel to receive the seventh no-hitter in Fresno State history?

“It felt great, [but] it didn’t really set in right away. I wasn’t really sure if it was really happening. It is the highlight of my baseball career so far.”

Did you know that you would be receiving honors nationally?

“I knew I had done good, but to get national recognition was great. I couldn’t hope for anything better.”

What approach do you take in order to be game ready?

“I just try and take my preparation each week the same way to make sure that I am prepared for the game. I want to be as prepared as possible for every opponent.”

Some of the pitchers on the team make up songs while on the road to pass time, is that something you participate in?

“Mostly I watch the movie when it is on, I will throw my two cents in here and there on the songs that are made, but I am not the main focus of the songs.”