

LOCALNEWS

A jolly visit

Santa Claus paid a visit Friday to students at Falls and West End Elementary schools. Children looked up in amazement as the jolly elf waved from the roof of their schools. Several students quizzed Santa on if he knew their names, what they wanted for Christmas and the whereabouts of his reindeer. After spending a chilly hour on top of the schools, Santa visited each classroom handing out candy canes.



Students gaze up at the iconic Christmas figure waving from the roof of Falls Elementary School.



Santa Claus waves to students Friday as they arrive at Falls Elementary School.

STAFF PHOTOS BY EMILY GEDDE

RLMC leads concussion program

JOURNAL STAFF REPORT

With concussion issues taking center stage in the National Football League recently, Rainy Lake Medical Center has taken steps to ensure the safety of Borderland athletes.

RLMC has concluded the first year of its new concussion management program, organized by Wyatt LaVigne, physical therapist and athletic trainer at RLMC. Over the past year, LaVigne has concussion tested more than 200 athletes from Falls High School, Littlefork-Big Falls, and rec hockey athletes.

According to the Centers for Disease Control and Prevention, a concussion is a traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way the brain works. Concussions can also be caused by a fall or blow to the body that causes the head and brain to move quickly back and forth.

RLMC's concussion management program uses computerized testing similar to what professional and college teams use. Athletes perform a baseline test to measure factors like memory and reaction time. A secondary test is taken after a concussion occurs. The results, along with an evaluation by a physician or athletic trainer, are used to determine if an athlete is safe to return to their sport.

The athlete undergoes a gradual return to their sport under the supervision of LaVigne and their physician. Concussions can have a lasting impact long after

an athlete is done playing a sport, LaVigne said.

"Concussions can have a lasting impact on athletes both in their sport and in the classroom, so it is very important that we do our best to manage them appropriately," LaVigne said in a release. "This program gives us better insight into how the athlete's brain is functioning after a suspected concussion, and allows us to better predict when an athlete is ready to return to sport after his or her concussion."

Collaboration between physical therapists, physicians, athletes, parents, and coaches has helped the program succeed. Having the program helps coaches explain concussion issues to concerned parents, FHS coach Jay Boyle said.

"Having the baseline testing done for our athletes has been a great benefit to us and has provided answers to a lot of questions from parents and coaches about the complicated decision of whether an athlete is ready to return to play or not following an injury," Boyle said in a release. "Every situation and injury is different, but working through this concussion program with LaVigne has added a little consistency to the process so everyone feels more comfortable about when it is safe for our athletes to return to action."



Jay Boyle

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- Key Lime
- Bell Pepper & Garlic
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- Margarita
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Stonewall Kitchen

- Black Bean Salsa
- Mango Lime Salsa

Ready to Serve Dips

- Raspberry Chipotle
- Roasted Pineapple & Habanero
- Roasted Red Pepper & Onion
- Raspberry Honey Mustard
- Buffalo Bleu Cheese

Raspberry Jalapeno Jam
pour over cream cheese &
serve with crackers

Party Starter Mixes

- Spinach Herb
- Country Vegetable
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- Asiago Parmesan
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- Taco
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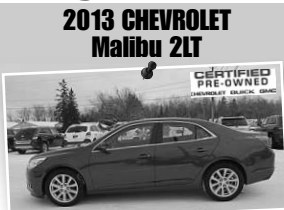
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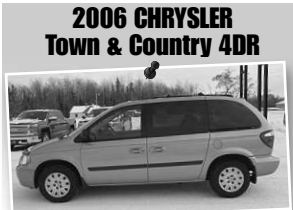
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