

Pathways to Health

The Dalles Chronicle



Let's go running.

Get your brain right — then run

TOM PETERSON
The Dalles Chronicle

Are you with me. Ok, great. You set the pace, keep reading. I used to hate running. But only because I hated myself.

I ran because I was trying to prove something. But there is nothing to prove but that you like yourself. If you hold true to this philosophy, you will find that running will make you a better person.

If you disregard it, you will likely hurt yourself, get frustrated and quit.

So here is the anthem – one you already know. In life, you only have power over yourself and the way you embrace the world. Invest in yourself and work to the best of your ability and anything is possible. You must also ask for the power to see the things you don't control and be diligent in not giving those things your power. Or worse, let it prevent you from reaching your potential.

Running is the same way. Don't fight it. Accept it. Accept yourself.

That said, there is a process to running and a curve to endurance.

Run at a speed and duration that is right for you.

In turn, you will want to keep running. It's that simple.

The first thing I did was overdo it. I started with an idea of running that was unreal. And when the reality of my own stride would set me straight, I was unwilling to accept it.

Running is not about running.

Again, it's about acceptance.

And its simplicity is intoxicating – shorts, shirt, some Vaseline for chaffing and a good pair of shoes. That's it, and the world is your track. Your gym is out the front door.

Maybe like many of you, my first experiences with running were awful. I ran with people faster than me, which left my throat hurting and my legs aching and sore for days. Consequently, I quit running.

This is where everybody makes the mistake. They run for something other than themselves. To keep up, to show up, to be part of a group and so on. First, you must run for you.

This is why: There is good pain and there is bad pain.

Muscles rebuilding and some soreness after a moderate run for your level of

conditioning is good.

Debilitating pain that has you limping around the next day because you overdid it is bad and counterproductive.

This is where all the bad stuff happens – strained muscles, dehydration, over-length fatigue, injury, sore knees. And worst of all quitting.

Are you thinking of quitting this story? Don't. Press on.

It makes sense that we view running as a competitive sport.

We all remember having to run laps at school. There were the athletes out front. The kids in the middle of the pack and then those at the back. And it was a constant comparison – a sizing up of each other.

Winners and losers – well, that's complete garbage.

The truth is that the kids in the middle or near the back are working harder – higher heart rates – than those out front. And yet, they are seen as lesser in the sport.

The truth is that we all have our own pace.

Especially in the beginning.

So why not just start small? Maybe you jog a quarter mile, walk a quarter, jog a quarter and walk a quarter. Listen to your body. You are your ultimate coach and motivator – so do what makes YOU happy. If you decide to go running with others and they want to go faster, let them go. There is no having to keep up. Match your condition to your ability so that you can get better with time and no injury. Sometimes you have to go slower to go further. When your body is ready, it will tell you at a quarter mile to keep going a little bit farther – but build up to it. There are no have-tos in any of this – just your willingness to want it patiently. Patiently.

This is why: Two things happen when you run. First, you stimulate growth in your brain – everything in life tends to get easier because you become more aware, more open, and anxiety reduces. There is a certain relaxation that comes with exercise. Enjoy it. At the end of a run, ensure you put your hands on your head and walk for five minutes and soak up that good energy.

Two: You improve what I call your standing energy – energy you have throughout a normal day because your improved blood flow can provide better maintenance to your entire body.

Did you know on average it takes two months to create a habit? Make running or walking or tennis or riding a bike a habit – after you train your brain the decision to put on the shoes gets much easier. That is why it is hard to restart



after you have laid off. You have to push through those weeks to get reattached to an exercise.

Now here is the coach you need to put in your head. No matter what you choose to do there will be a start and a finish. And no matter what length you run, walk etc., it will get more difficult at the end. You will want to quit.

As Paul Simon said, “You know the nearer your destination;

The more you're slip slidin' away.”

That's when you kick. Whether it is reading this story, finishing a project or going for a run. We grow impatient at the end, we're tired, and we wonder if we have the guts to stick it out. This is the curve of pain- or endurance. Now focus – give it that extra effort to finish. Because finishing leads to mental success. And mental success precedes physical success. So, set achievable goals and then achieve them.

And quit looking in the mirror. Your exterior has nothing to do with this.

That is a motivation of self-loathing. My uncle recently told me that the only thing you really need to do in life is be able to look yourself in the mirror and like the person looking back. So quit being a hater. Or if you're a hater – go running and spit it out and return a lover of your success.

Ok, we're almost there – you can see the finish line on this story – don't quit. If you lose weight, great. If you don't, great. It does not matter. What matters is that you are having fun in an exercise that is benefitting you.

I started running in earnest in 2014, and I made all the mistakes. Running too much. Running too far. My knees hurt,



and my stretching was horrible. Luckily, I did not injure myself and was able to push through. But not without a lot of pain and unnecessary suffering.

It took 2 years to get my knees to a point they no longer hurt. I wish I had read this story back then. So, if something starts hurting beyond healthy soreness, ease up. Use strengthening techniques like lunges for legs or leg lifts for your core. Remember the goal is to like what you do.

And then treat yourself to a stretch. Again, don't kill yourself.

When I started, I came 10 inches from touching my toes. But over time, I found that I would stretch until it just started to hurt and then held it – with breathing. I found I could go lower. My stretches went from excruciating 15-second burns to several minutes with moderate pain. And almost nothing in the world feels better than when you let up. It's a special reward.

Now put your chest out; snap the tape on this last word; and rest in the glory of finishing.

Above left: When I get discouraged, I try easier not harder. I slow down and just focus on finishing. The ultimate judge is yourself. Only you know you. So be you. And get going – just put your shoes on and jog out the door.

Above right: The simplicity of running is what makes it so alluring. A pair of good shoes, some anti-chafe, sunglasses, shorts and a shirt and you're set. Photo Credit: Peggy Peterson

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High price
of screen
time

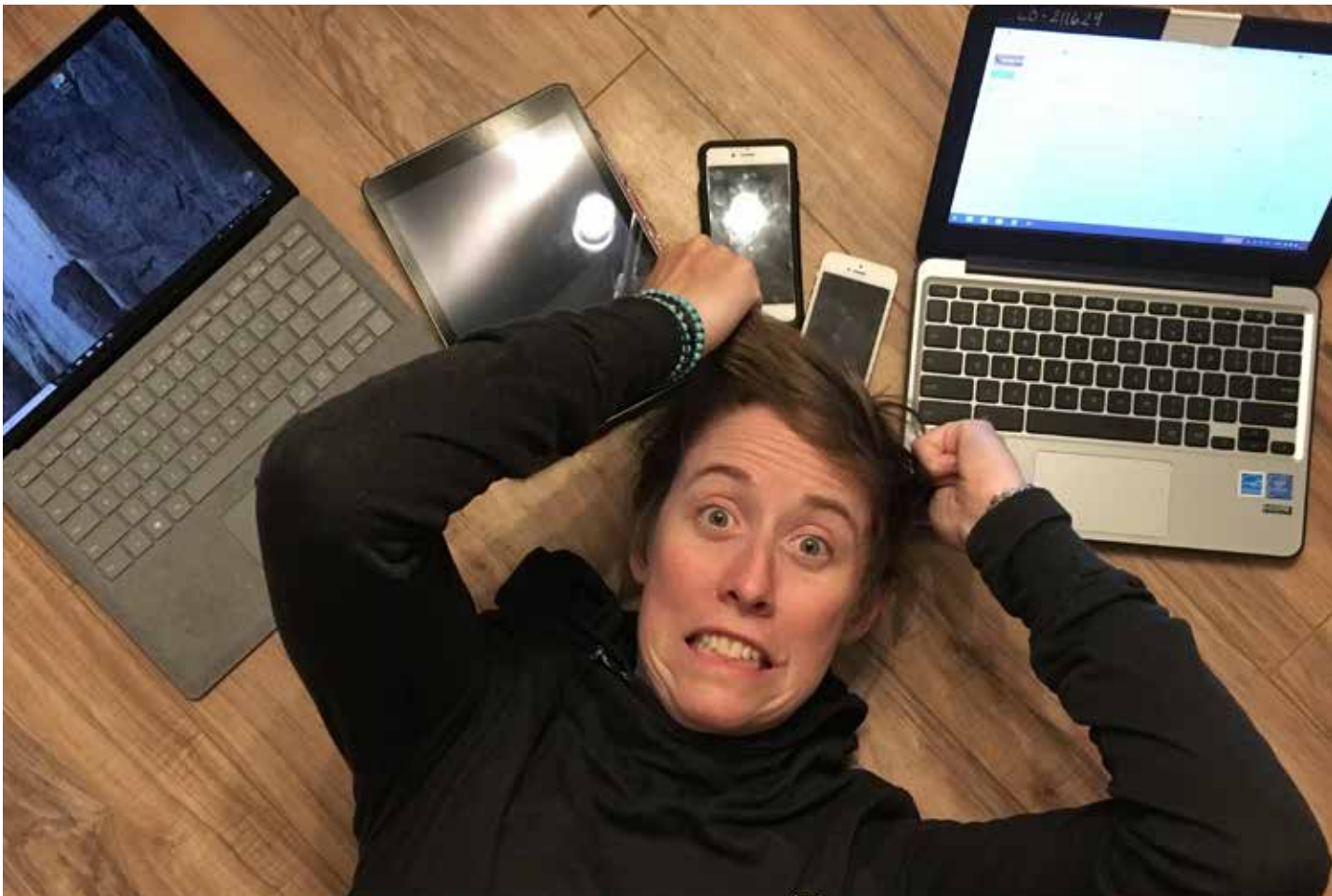
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Pathways to Health

Jocelyn Paris, who has taught for 15 years, including the last three at The Dalles Middle School, is pictured surrounded by the many tempting devices in our lives today. She has seen a decline in student performance and behavior tied to excessive use of devices, or screen time, as its called. Contributed photo



The high price of screen time.

NEITA CECIL
The Dalles Chronicle

Jocelyn Paris has taught for 15 years now, and for the last 10, she’s seen a steady decline in students’ reasoning skills, critical thinking, and more importantly, empathy and patience.

The culprit? Every parent with school-age kids probably already knows the answer, but just in case you didn’t, here it is: Excessive screen time.

Paris, who has taught STEM (science, technology, math and engineering) at The Dalles Middle School the last three years, has made a study of the effects of spending time on devices, be it phones, tablets, laptops or computers. Important brain development, specifically in the frontal lobe, that happens in childhood can be dulled with excessive screen time, she said.

The frontal lobe controls our emotions, reactions, impulses and empathy and is dependent upon authentic human interactions, she said.

If a child is looking at a screen instead of having face to face interactions with others, “the almost ‘instinctive’ skills of reading someone’s body language, tone, face, reading situations, or getting a ‘feel’ for others” is stunted, she said.

That area of the brain also plays a huge role in learning — the cognitive functions of reading, writing, number sense and problem solving.

In the classroom, these effects mean Paris has seen students become increasingly blasé about learning; they would rather be online than doing anything else. She’s seen a decrease in students’ ability to physically construct objects or figure out a solution to a problem, especially if it requires spatial reasoning. Students often give up when something is too hard. As screen time increases, they develop the expectation that all actions have immediate effect and all stimuli elicit an immediate and quick response.

So she is now teaching the step-by-

step breakdown of tasks, and how to persevere when you’re not getting immediate results.

“They have no ability to regulate their screen time use and are unable to control their impulses to search anything online, especially YouTube,” she said.

There’s a reason they can’t just put the phone down: It’s addictive. There is “real scientific evidence that shows the brain is relying on the dopamine output we receive from accessing our devices,” Paris said. As we see things on a screen — colors, shapes, sounds, movies, responses — the brain releases the pleasure chemical, dopamine. “So every time a child swipes or receives an immediate input from a screen, their brain is being trained that it is pleasurable, which then increases the action as they are being rewarded for the behavior of swiping.”

Children are becoming addicted at the neurological level, she said. They would rather interact with their screen than real-world connections.

It is estimated children spend an average of seven hours in front of electronic media a day. Some 75 percent of kids spend less than an hour a day playing outside. And 20 percent of kids actually believe playing video games is exercise. This inability to stop being on a device eats into sleeping time. Paris now regularly hears students say, “I am so tired from being up all night.”

When she asks why they were up, 9 times out of 10 they were playing video games, looking at YouTube or chatting online.

When she asks them what their parents think about this, “they laugh and say, ‘My parents don’t know what I do on my device.’”

When she talks to parents, they tell her that their kids get too mad when they try to take the phone away, or that they feel it is an invasion of privacy for them to check what their kid is doing online. “I would urge parents to really think about that and as adults we know what is out there on the internet and it is our job to protect our kids,” she said.

The restorative power of sleep is not just a saying. “Sleep is the human body’s way of repairing itself,” Paris said. When we sleep, the brain is able to make sense of the stimuli and input it receives all day. It repairs cells that aren’t functioning right, solidifies dendrites and repairs its neurosensors.

The body also undergoes repairs during sleep, including to the cardiac, respiratory, lymphatic and other systems. “Sleep is an essential component to our health and our kids are not getting much of it,” she said. An estimated 60 percent of youth are sleep deprived.

By taking a screen to bed, kids are also robbing their body of the ability to release melatonin, the chemical that helps our body know its night time and time for sleep. “It is estimated that even reading on a tablet or screen before bed delays the release of melatonin by three hours,” she said.

Paris is trying to combat the overuse of screentime by hosting a free Internet Safety Night twice a year for parents. She hopes to get another one scheduled before summer.

She partners with prosecutors and the police in the presentation. She especially appreciated one prosecutor’s comment: “nothing good happens on the internet after 10 p.m.”

Paris is not immune to the lure of the screen. “We all do it, no one is immune to

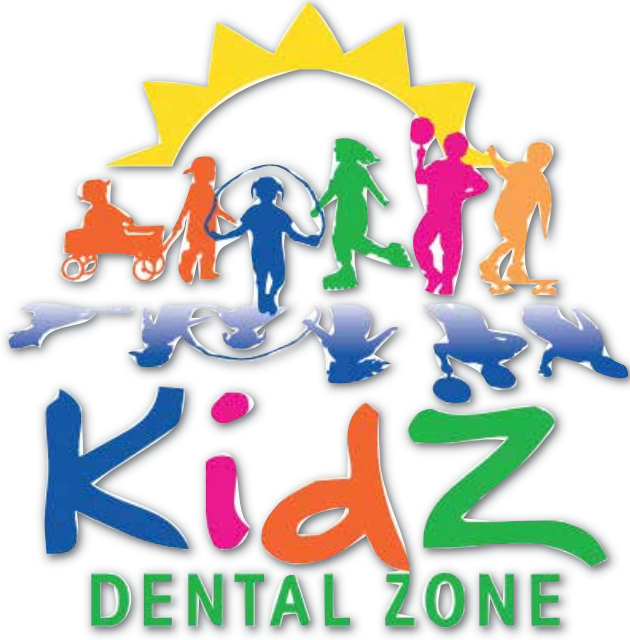
the ‘black hole of YouTube.’”

She thinks it will be an uphill battle for most people to put the screen down. Her advice for combating overuse of screen time is “simple. Put the screens away during dinner, have face to face conversations with each other. Go outside, without the screen, interact with the world around you, face to face. Stop relying on screens to give you experiences.”

Kids need to be taught the dangers of screens and the internet as well as the good that has come from this technology. She believes adults are the key to creating successful internet users. “We need to help kids understand why social media affects their moods and their outlook on life.

“We also need to model the reduction of screentime.” In her household, that means no screens at the dinner table, and no screens for an hour before bed. She has bought an old-school alarm clock and she puts her phone across her bedroom, facedown, “so I can get some sleep and let my brain repair itself.”

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You can improve bone strength through sports

Weight-bearing exercises help strengthen the bones.

Taking good care of your bones is important at any age, but even more so as you get older. Weak bones are vulnerable to severe fractures, especially in the hips and spine. While exercise in general plays an important role in maintaining a healthy body, certain types of sports are especially beneficial to keeping bones strong and preventing osteoporosis.

Weight-bearing exercises are ideal for improving bone density. Speed walking, jogging and step are excellent ways to strengthen the bones in the

legs and spine, which carry the bulk of your weight all day. Sports that involve jumping and moving around a lot, such as dance, volleyball, soccer, tennis and basketball, have a similar protective effect.

Muscle-strengthening activities also contribute to bone strength. Resistance exercises (involving elastic bands or free weights, for instance) are particularly beneficial, as they reinforce the tendons that connect bones to muscles.

To sum things up, staying active is the key to a healthy skeleton. A sedentary lifestyle causes bones to lose density and become brittle, so get moving!



Keep an eye on your child’s ocular health

Talk to an eye care professional about how to prevent eye problems if your child plays sports or spends a lot of time in the sun.

The non-profit organization Prevent Blindness has declared August as Children’s Eye Health and Safety Awareness Month. The timing is no coincidence; as children get ready to return to school, the importance of eye health is top of mind for parents, educators and eye health practitioners alike. Prevent Blindness works hard to make sure eye care is accessible for all families and that parents know what kinds of problems to watch out for.

Many families may believe that the cost of eye exams is too expensive. That’s not the case. Prevent Blindness works in tandem with other charities and businesses, including VSP, Luxottica, Visionworks

and Davis Vision, to make free eye exams and eyewear possible for families who qualify. In addition, the Affordable Care Act makes sure that in most states, one free eye exam and one pair of glasses are a part of the benefits.

Two of the most common eye problems experienced by children are amblyopia (lazy eye) and strabismus (crossed eyes). Eye exams can also detect color blindness, retinitis pigmentosa, uveitis (an eye inflammation), conjunctivitis and vision problems such as myopia, hyperopia and astigmatism. It’s also important to have regular exams for children that have diabetes, childhood glaucoma or any chronic illness that can affect the eyes.


Prevention is key word in children’s eye health. Seeing an optometrist or other eye specialist at least once a year is the best way to prevent blindness, so do your part by making an appointment for your child today.

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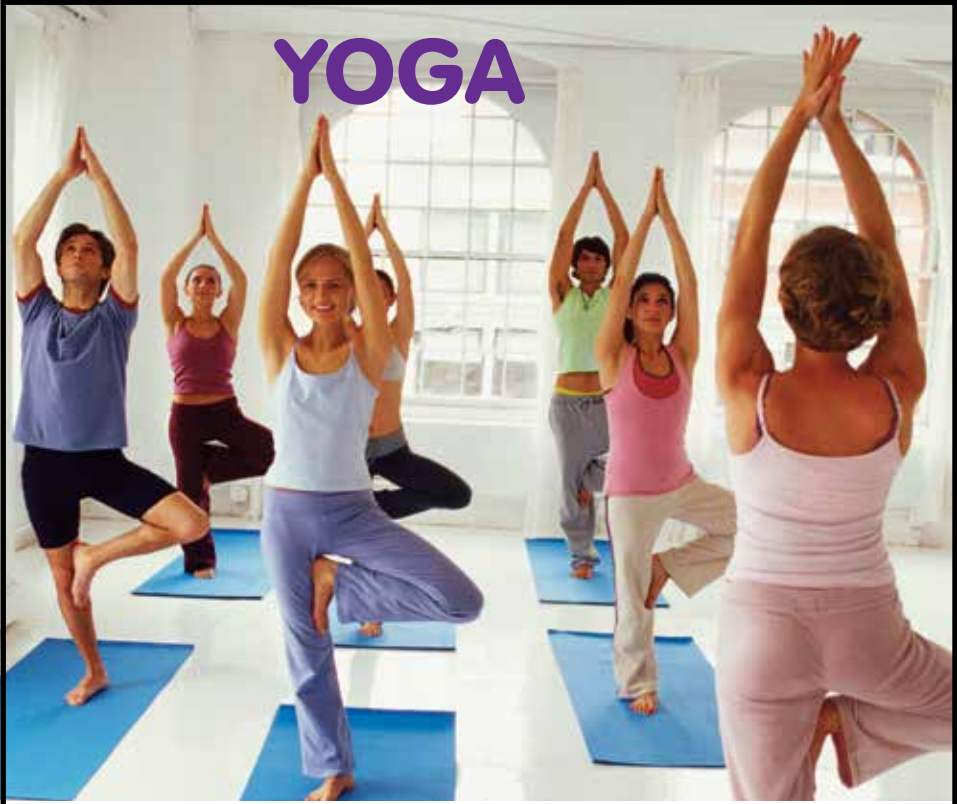
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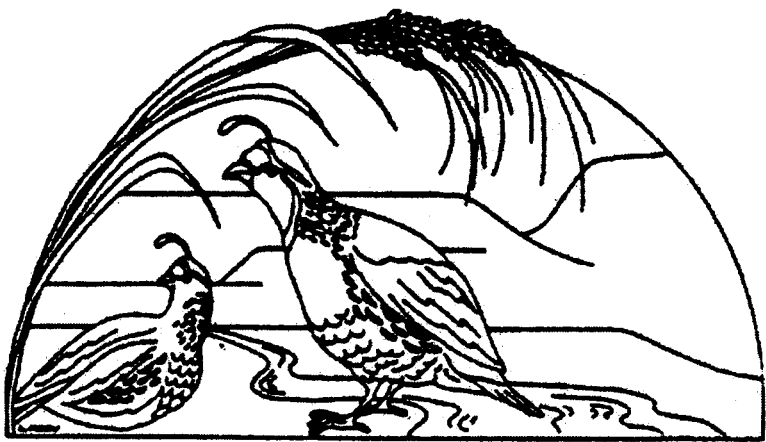
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Pathways to Health



Dr. David Russo of Columbia Pain Management displays a new device that can be implanted in the body and controlled by a remote or cell phone to scramble pain sensations.
RaeLynn Ricarte photo

Managing pain is lifestyle choice

RAE LYNN RICARTE
The Dalles Chronicle

Coping well with chronic pain requires patients to develop resiliency and a lifestyle that focuses on cultivating relationships and giving back, says Dr. David Russo of Columbia Pain Management.

“I know I’m making real progress when a patient comes back and says, ‘I still have the same pain, but I’m not letting it keep me from playing with my grandchildren or going for a walk,’” he said.

Dr. Russo is one of four doctors in the practice, which also includes three physician’s assistants and two mental health providers. The team divides its time between clinics in Milwaukie, The Dalles and Hood River. The local office is located at 3601 Klindt Dr., Suite 200.

“The important thing for people to remember is that chronic pain is not hopeless,” said Russo, who has been working in the Gorge since 2007.

“All pain is real and it’s just how much is caused by physical factors, how much by chemical factors and how much by emotional factors.”

He picked the field because it offers mysteries to solve. He likes sleuthing out solutions in a team-based approach that deals with body, mind and spirit.

“I became intrigued by figuring out the secret sauce to help people get over chronic pain,” said Russo.

When a patient comes in with some type of pain caused by an injury, ongoing condition such as arthritis or a surgical procedure, there are many avenues to bring relief, said Russo. The key is to find the one the combination of treatments that work well.

“Two people can have the same pain problem, but they don’t necessarily have the same solution. It’s still a lot of trial and error,” he said. “We could be seeing patients two or three times per month until we figure it out. What we are ultimately doing is working to help the body heal itself.”

Technological advances are continually being made that keep Russo and the

rest of the team on a continual learning curve.

For example, there is now a miniscule device that is implanted at the point of pain in the body, such as along a spinal cord for back problems, and can be controlled by a remote or cell phone. The equipment uses electronic signals to scramble pain sensations and the patient can control the level.

“This is one of the new, exciting treatments we have,” said Russo.

Another treatment that works well for arthritis involves injecting stem cells from bone marrow into joints or tendons that are not healing. Stem cells have been found to have the remarkable ability to serve as an internal repair system by dividing without limit to replenish other cells.

“This is new, only being tried in a handful of places,” said Russo.

It is no small task for pain specialists to figure out how to relieve symptoms that range from discomfort to agony for 27 million Americans reported by the U.S. Department of Health and Human Services to have some type of chronic condition.

“It used to be that prescribing medication was the way that we treated pain, but we found out that chronic opioid therapy doesn’t work as well as once thought and it doesn’t work for everyone,” he said.

Even if patients didn’t develop an addiction, their bodies often get so used to the dosage that medicines are no longer effective. In addition to being given pills for pain, they were sometimes prescribed anti-depressants and anti-seizure medications as part of their therapy.

“American culture demands a quick fix and we have tended to have the thought that there is a pill for everything, but that’s not the case,” said Russo.

The emphasis to use alternative treatments has heightened with federal recognition that opioid addiction has become a national epidemic.

In figures recently released by the House Energy and Commerce Committee, chaired by U.S. Rep. Greg Walden, R-Ore., 90 people die each day in America from overdoses.

In Oregon alone, more people died last year from overdoses than from car accidents, he said. That figure was more than the entire Vietnam War, which had 58,200 troop losses.

Opioids are a class of drugs that include heroin as well as the prescription pain relievers Oxycodone, Hydrocodone, codeine, morphine, fentanyl and others.

Scientists are now working to develop other pain relievers that are not as addictive, said Walden.

Russo said many people who have used opioids for a long period of time have trouble giving them up because the drugs have changed the structure of their brain and how it works. They associated feeling good with being under the influence of medication and that feeling is defined as “normal.”

For that reason, Russo said pain specialists now offer patients mental health counseling to help them learn new coping skills.

He said it is no small feat for a patient to find the path to a high quality of life if he or she has suffered a debilitating injury that has reduced mobility, has a serious disease like cancer, or some type of a permanent disability.

Regular exercise might not feel good – muscles and tendons get weak, stiff and sore after not being used -- so there can be significant aches and pains to begin with. However, Russo said once patients get over that initial hump, they can stabilize

their “core,” the muscles in the abdomen, pelvis and back, to better support their body.

Movement is not just physical action, said Russo, it is about retraining the brain, so they can relax and function when pain flares up.

“You can help your body heal itself,” said Russo.

He said people with chronic pain should also stay as socially active as possible because being connected to family and friends is a positive morale booster -- and a distraction from pain.

“One of the biggest factors that contributes to pain is loneliness,” said Russo. “People tend to draw inside when they hear the ‘pain song’ in their brain and by changing habits, they build resiliency that can retrain their brain.”

For that reason, he is highly supportive of the Blue Zones Project in The Dalles that is helping people find purpose in life and build connections within the community.

“Be open to try something new in life and in managing your pain,” he said.





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Pathways to Health

Athletic Trainer John Barresse works with a student athlete.

MCMC Sports Medicine

EMILY FITZGERALD
The Dalles Chronicle

In the last six or so years, Mid-Columbia Medical Center’s sports medicine program has grown from one part-time athletic trainer at The Dalles High School to four full-time trainers working at nine schools in the Gorge.

The program services middle and high schools in the Gorge to help reduce injuries among student athletes and ensure student athletes receive timely and adequate care.

In 2017, MCMC saw a 25 percent decrease in non-contact injuries that would require medical referral, such as ankle fractures and ACL tears, from the year before. Of 27 documented injuries, only 16 resulted in referrals, MCMC reported.

Athletic performance has improved as well: For the first season in program history, TDHS wrestling team accomplished over 70 percent of its wins by pin as opposed to decision.

“Teams are rebounding and numbers are going up,” said program director Nick Dills. His goal is to see preventable injury rates continue to drop and performance improvements continue to rise on the field.

The program currently provides services to The Dalles, South Wasco and Lyle High Schools; Horizon Christian, Dufur and Sherman County Schools; and The Dalles Middle School. This year, Columbia High School in White Salmon, Wash., was added to that list. Trainers also travel to some multi-school jamborees, like helping with the annual fall Dufur football classic, Dills said.

Athletic trainers serve as the link between MCMC and the school athletic programs, working with student athletes, standing on the sidelines of games in case of injury and teaching proper workout technique, strength and conditioning to students to help prevent injury in the first place.

MCMC’s four full-time trainers spend most of their time at their respective “home-schools,” Dills said, and service surrounding schools as needed. One of the biggest challenges for the athletic trainers entering a new school is earning the trust of the student athletes and their community, a process that Dills said often takes two or three years. “Community support really comes into play” by that third year, Dills said.

Athletic trainer John Barresse, who works primarily at The Dalles High School as well as The Dalles Middle School, said it takes about three years to develop the relationships with athletes, students, coaches and school staff that truly make the job fun.

“In general, your first year, people are trying to figure you out a little bit...and they’re scared of the new person because they don’t know what the expectation

is, especially in athletics it’s difficult because athletes are competitive, they don’t want to be told they can’t participate or that they shouldn’t participate,” he said, adding that it takes time for the students and their community to “understand that you’re here to keep them in the game as long as possible, as safe as possible.”

Though these relationships take a lot of time and energy to build, the payoff is worth it, Barresse said. “Every incoming freshman group...is a new opportunity to make new relationships, to make a solid impact on someone’s life, to be able to keep them enjoying doing what they’re doing,” he said. “And anytime I can do that and just be a positive influence, a role model, in other peoples’ lives as they learn to develop not only physically but mentally is very, very rewarding.”

Barresse said he respects the students’ desire to play and tries to keep kids in the game whenever possible, but keeps a close eye on the risk/reward ratio of doing so.

“Someone with a very mild ankle sprain that’s only slightly swollen but has great strength, great balance—that’s a kid that you can brace up, tape up, and get back in the game,” Barresse said, “but the kid who has an extremely swollen ankle, has no strength, no ability to balance...those are the ones you definitely need to make sure you safeguard because...they’re at a huge risk for making their injury much worse.”

This year marks Barresse’s fourth in The Dalles. He has a master’s degree in human physiology from University of Oregon and is certified as both an athletic trainer and orthopedic technician. “I’ve gotten to see a lot of things in my career, that’s definitely helped me improve as an athletic trainer,” he said.

Though he grew up in White Salmon, Barresse spent 12 years of his career happily working in Bend and only moved to The Dalles when MCMC offered him his current position. “[this program is] different from anything else I’ve been involved in, it’s absolutely phenomenal,” he said.

One of his favorite aspects of MCMC’s sports medicine program is a “concussion task force,” a joint effort between high schools and MCMC focused on concussion treatment.

The task force also provides return to activity training for concussed students to work their way back up to full participation and help guide them through homework and classroom activities so they don’t fall behind while recovering.

The program requires all freshmen and junior athletes to undergo baseline Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT), an online 25-minute cognitive test that measures memory, attention, learning and reaction speed. One of multiple measures used in return to participation protocols, the baseline tests help trainers identify concussions and determine when a concussed student is well enough to return to school and sports. The test is retaken whenever there is a suspected concussion and MCMC funds the cost of the tests for every school they cover.

Coaches also receive annual concussion management and identification, a



requirement of the Oregon School Activities Association (OSAA).

“No concussion is ever treated the same,” Barresse said, relating treatment to a “Choose Your Own Adventure” game-book. Eighty percent of concussions, he said, have their symptoms resolve in 2-3 weeks and the task force is primarily concerned with the 20 percent that don’t.

MCMC physical therapists and representatives of both pediatric and family medicine meet regularly with athletic trainers to ensure that students get timely care. “We want to make sure kids transition back to school sports as safely as possible,” Dills said.

Dills said the biggest impact of the program is the sheer volume of kids that benefit from it, not just in terms of injury prevention and recovery, but student engagement as well. “The kids are having fun with it,” he said, it’s a fun, kind of awesome vibe that I’ve seen.”

Some 25 to 30 percent of students enrolled in TDHS’s strength training and

conditioning classes are non-athletes, MCMC reported, and the remodeled weight room saw an average of over 400 individual workouts in 2017.

The weight room, officially renamed the Tod and Maxine McClaskey Wellness and Fitness Center, was remodeled as part of MCMC’s “Level the Playing Field” project and completed in 2016. The fundraising campaign included employee support from both MCMC and North Wasco School District, as well as from regional foundations and local community members.

The facility hosts four strength classes per trimester and is open for after-school workout programs for middle school students for two thirds of the year; as well as free, community based injury prevention and athletic development camps every summer. MCMC began to consistently offer the eight-week programs a couple of years ago, Dills said.

“We’re always looking for new avenues to help students,” he said.

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Pathways to Health

Healthy habits for a happy immune system

If you’re dreading the return of seasonal cold and flu viruses, be proactive. Healthy habits will help keep your immune system in tiptop shape and primed to stave off unpleasant infections.

A healthy person’s immune system doesn’t need any outside help to stay in good condition, as it’s naturally designed to defend your body and heal itself. However, some behaviours may affect your body’s capacity to fend off attackers (viruses, parasites, cancerous cells, foreign bodies, etc.).

A healthy lifestyle
A balanced diet is essential in preventing nutritional deficiencies, which weaken the immune system. As well, getting enough sleep, exercising regularly, avoiding stressful situations, learning to manage anxiety and not smoking are all habits that contribute to your immune system’s good health.

Immunization
Getting vaccinated is the best way to defend yourself against certain types of illness. Other than that, there’s no magic formula for a healthy immune system: You just need to take good care of yourself.

Immune system 101
Your immune system is one of your body’s most vital allies: without it, the tiniest scratch would leave you vulnerable to life-threatening infections. It comprises various organs, including bone marrow, the thymus, the spleen and the lymph nodes. In addition, your skin and mucous membranes are the first line of defense against foreign attackers.



A balanced diet prevents nutritional deficiencies that weaken the immune system.



Antioxidants such as those found in berries may help slow cognitive decline.

Foods that are good for your brain

Your brain needs more than 40 distinct nutritional elements to function properly, meaning that a varied diet goes a long way toward optimal cognitive health. Some foods are particularly beneficial to the human brain, including the following:

- 1. **Fish.** Salmon, trout, mackerel and tuna are all packed with omega-3 fatty acids, which have a protective effect on neurons.
- 2. **Berries.** There’s a reason blueberries, blackberries, goji berries and the

like are sometimes referred to as superfoods. Berries contain high concentrations of antioxidants, which have been shown to slow the progression of age-related cognitive decline.

3. **Low glycemic index carbohydrates.** Foods with a low glycemic index, such as brown rice, whole grains and cooked beans, contain slow-release carbs that progressively make their way into the bloodstream. This helps the brain maintain its energy supply throughout the day—in fact, half of your daily carb intake is used to power your gray matter.

4. **Legumes.** Lentils, peas and beans are good sources of thiamine, also known as vitamin B1, which plays an important role in converting sugars into energy.

5. **Mussels.** These tasty mollusks have a higher iron content than red meat. Your body uses iron to ensure that oxygen is properly circulated through the bloodstream. Needless to say, your brain needs its oxygen.

Traffic calming at Dry Hollow school



A schematic of a new drop off route shows how it will be implemented at Dry Hollow Elementary starting on June 2. The “pop up” route intends to increase safety and encourage movement for children without major construction. The project is a grass roots development to gauge the idea before any permanent structures are created.

There will be several changes tested in this temporary pop up, including a new pick up/drop off area on Dry Hollow, a snorkel lane and cross walk on 19th St., and a mini-circle at the intersection of 19th & Lewis streets to deal with u-turn safety issues. In early June, Dry Hollow Elementary will temporarily restructure their drop-off and pick-up area, cutting back on confusion and making it safer for kids and drivers. These traffic calming measures are part of a larger Safe Routes to School (SRTS) effort. Evidence for Safe Routes to School improve quality of life to improve:

- Actively commuting to and from school can improve mental and physical health.
- SRTS has made it safer for students to walk or bike to or from school.
- SRTS can lower healthcare and transportation costs for school districts and families.

Get Involved! Volunteer to help install



the project or manage traffic during the following times: Saturday, June 2nd: 9 - 11 am, 11 - 1 pm, & 1-3 pm; Sunday, June 3rd : 10 - 12 pm, 12- 2 pm, & 2-4 pm; Weekdays (except Wednesdays) June 4-13th; M, T, Th, F: 7 - 9 am, 2 - 3:30 pm and Wednesdays: 7 - 9 am, 12:30 - 2 pm (early dismissal) Let us know you'll be there! Call 541-705-5346 or email taylor.smith@sharecare.com



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Since 2011 HAVEN has been working with healthcare providers as part of *Project Connect* and the *Safer Futures Project*, promoting survivors’ health as an important part of healing from IPV and promoting partnerships between health care providers and agencies like HAVEN.

Some Effects of Domestic Violence During Pregnancy

- ❖ Low and very low weight at birth for newborns
- ❖ Premature birth
- ❖ Postpartum depression

Some Effects of Domestic Violence on Children*

- ❖ Developmental delays
- ❖ Depression & anxiety
- ❖ Bed wetting
- ❖ Frequent school absences and lower grade point averages
- ❖ Post-traumatic Stress Disorder

*witnessing a mother or stepmother being abused by a significant other is one of ten **Adverse Childhood Experiences (ACEs)**, learn more about ACEs here: www.cdc.gov/violenceprevention/acestudy/

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