

OOB is a special place – even in the winter

has created for families in the winter.

The Winter Carnival presented by a group called OOB365, which is looking to turn Old Orchard into a year-round destination, was absolutely awesome.

I was able to bring my 5-year-old nephew Charlie down to the Palace Playland arcade, which is closed for the winter – except for a few days around the Winter Carnival.

OOB365, which is run by local business owner and former state Rep. Sharri MacDonald, has also been running events like a New Year’s Eve party with a bonfire and Taste Around Town dinner tours.

More recently, I was able to go to the OOB Egg-Stravaganza at the high school, which was put on by the Old Orchard Beach Recreation Department.

I got my sister to bring my nephew down and it was a blast watching him enjoy everything from the Frozen-themed bouncy house to a huge inflatable slide to dancing with the Easter Bunny.

This was the kind of event that makes a town like Old Orchard Beach special – and it really made me feel like I made the right choice when I decided to call OOB home.

— P. M. D.
Journalist
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stay open year-round and they are absolutely delightful.

From Shelly’s and David’s sandwich shops to sports bars like Last Call and The Strike Zone, there are some great local spots in OOB.

The main thing I have been impressed with about Old Orchard are the events the town

aware of this through meeting the Goulet family from Saco. Michael Goulet suffered a traumatic brain injury during a snowmobile accident in 2003, at the age of 13. Michael was wearing a helmet, but it wasn’t sufficient to prevent substantial injury, including the development of epileptic seizures. After years of treatment, beginning with a medically-induced coma and continuing rehabilitation, Michael

Saco, Mich. 04103, is now a professional brain injury, are motivated to keep themselves safe and perhaps will be better able and more motivated to help the brain injury sufferers around them.

There is nothing we can do to completely prevent brain injuries. However, there are things we can do to help mitigate their harm. Proper safety gear, including helmets, can prevent or reduce the severity of many injuries. When a hard impact does occur, symptoms of concussion may not appear for up to three days and may disappear before the brain is fully healed. Nevertheless, during this period, even if symptoms are not present, the brain is highly fragile and at risk for further damage – called second-impact syndrome.

Athletes must take preventative action after an impact to make sure they fully heal before returning to play.

The University of New England, the53(a)9(n)23(y 29)5((e) -y f

Readers’ Forum

Support CARE Act

The Boston Globe, March 20:

By all accounts, Chris Borland of the San Francisco 49ers was on the cusp of professional stardom. An All-American at Wisconsin, he was expected to be a starting line-backer for the 49ers next season, earning \$2.9 million over his first four years. When he announced this week that he is retiring from football at the age of only 24, he stunned fans and followers of the game. But he should be commended for his reasons: He is troubled by evidence of brain damage from repetitive head trauma in the sport he loves. His move should prompt renewed debate about safety in the NFL, one of the nation’s most vis-

ible and powerful brands.

Borland told ESPN that he was haunted by a blow last summer in training camp. It felt like a concussion, but he kept playing, in an effort to make the team. “I just thought to myself, ‘What am I doing,’” Borland said. “Is this how I’m going to live my adult life, banging my head, especially with what I’ve learned and knew about the dangers?”

Borland, a history major at Wisconsin, said he was moved to his decision by several other factors, including reading about the discovery of chronic traumatic encephalopathy (CTE) in

long-lasting changes. I became

the brains of deceased stars such as Super Bowl champions Dave Duerson and Mike Webster and lesser-known players such as Ray Easterling. All went on to suffer from depression. Duerson and Easterling committed suicide, and Webster became homeless and died of a heart

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