

## Commentary: “The day I met – Junior Seau”

Written by Yolande Y. Lezine, Sports Editor  
Monday, 14 May 2012 18:57

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Polite, sensitive, kind-hearted, just someone who despite his NFL Fame, he always wanted to do everything that he could to help others. This was the first impression that I got from former San Diego Chargers linebacker Junior Seau, when I first met him at a series of the “Crescent Moon Foundation” charity events that were put on by former NFL Hall of Fame quarterback Warren Moon.

Junior didn’t mind taking photos with fans, signing autographs, or even having a laugh with someone that he never knew at these events.

We even had fun just riding on the gold cart and having a civilized conversation about life and people in the world today.

That was the Junior Seau, that I got to know and meet, thanks to Warren and Felicia Moon and their foundation. I too was very shocked and saddened to hear about the death of such a great man. It’s hard to believe that he would commit suicide!

Not only did he stun his family, but he stunned his entire family, city, former teammates and the nation.

Seau was only 43 years old and he was found dead in his California home, in Oceanside, located in northern San Diego County. He led the Chargers to their only Super Bowl, following

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the 1994 season. He was known as a ferocious tackler, who had fierce power and speed. His death follows the suicide of former Chicago Bears player Dave Duerson, who also shot himself in the chest.

In October of 2010, Seau survived a 100-foot plunge down a seaside cliff in his SUV, hours after he was arrested for investigation of domestic violence at the Oceanside home he shared with his girlfriend. The woman had told authorities that Seau assaulted her during an argument; however, there was no evidence of drugs or alcohol involved in the crash and Seau told authorities he fell asleep while driving. He sustained minor injuries.

Junior Seau was always so upbeat and he would do things to keep people up. He practiced the way he played. He made practice fun. He was a coach’s dream. He was an amazing man as well as a player and a person. He even took the time to text his ex-wife and their three children separate messages of “I love you”, according to the Union-Tribune San Diego Newspaper.

Seau, who played in the NFL for parts of 20 seasons, is the eighth member of San Diego’s lone Super Bowl team who has died, all before the age of 45. Lew Bush, Shawn Lee, David Griggs, Rodney Culver, Doug Miller, Curtis Whitley and Chris Mims are the others. Causes of death ranged from heart attacks to a plane crash to a lightning strike.

Junior Seau’s death is among a few of the most recent, unexpected deaths of NFL veterans. Duerson’s family filed a wrongful death suit against the National Football League, claiming the league didn’t do enough to prevent or treat concussions that severely damaged Duerson’s brain before he killed himself in February of 2011.

The Associated Press confirmed that Seau sustained concussions during his career; however, he always bounced back and kept on playing. He was a warrior, and concussions didn’t stop him from playing on the field. However, at this point and time only God knows what really happened and caused him to end his most precious life in this matter.

Junior Seau will be truly missed, but you can best be assured that his life and his legacy will never be forgotten.

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