

This autopsy is performed at the request of Dr. Nancy Bodelson, the Coroner of Jefferson County. The external examination is performed on April 21, 1999 at 2:30 p.m. The identification is by personal effects and clothing characteristics. Members of the Jefferson County Sheriff's Department attended the autopsy. I am assisted in the autopsy by Mr. Rob Kulbacki.

HISTORY: This is the case of a 15-year-old, white male who was the victim of a shooting incident that occurred at Columbine High School in the late morning of 04/20/99. For location purposes, this individual is #15, and apparently was outside of the school building when he expired. No other history is available at the time of autopsy.

EXTERNAL EXAMINATION: The body is clothed in a green, blood-stained T-shirt that shows circular tears in the left shoulder and right upper back; "Big Dog" boxer shorts; Ralph Lauren jeans; white socks; and black shoes. There are circular tears in the left lower pant leg and there is also an additional circular tear in the front left lower aspect of the T-shirt. This is the unembalmed, well-developed, well-nourished body of a white male appearing consistent with the stated age of 15. Height is measured at 5'5-1/2"; weight is 150 pounds. Rigor is absent. Reddish-purple livor is well set over the anterior aspects of the body on the right side. There is also some livor posteriorly with appropriate blanching of the pressure points.

HEAD: The scalp is covered by short brown hair. Present in the right anterior hairline is a small area of reddish-purple contusion. There is also a small area of reddish-purple contusion just above the right eyebrow. No other external trauma involves the head. Palpating the head reveals no instability or soft tissue swelling. Ears - the ears are externally unremarkable and purple in color. Eyes - the eyebrows are brown. The sclerae are white with minimal congestion, greater on the right than the left. The irides are blue. The pupils are round, measure 9 mm, and are directed anteriorly. The conjunctivae are minimally congested, greater on the right than the left. Present over the right zygoma is a circumscribed area of reddish-brown abrasion which measures 3/4". There is some dirt clinging to the skin below this. Nose - the nose is externally unremarkable. The nasal passages contain some blood, and there is some blood smeared on the external surface of the right nostril. There is a dried blood flow pattern lateral to the right nostril. The septum is in the midline. Mouth - the lips are reddish-purple. The oral mucous membranes are tan and moist. The tongue is reddish-brown and finely granular. The teeth are in a good state of dental repair. There is some hemorrhagic fluid in the oral cavity. No injuries are observed.

NECK: The external surface of the neck reveals no evidence of trauma. The neck organs are in the midline without palpable masses.

Ryan Shay Autopsy Report

Liz Robbins

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name Liz Robbins.

Ryan Shay Autopsy Report:

Runner's World, 2008-02 *Runner's World* magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

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Runner's World, 2008-02 *Runner's World* magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

Physiology of Sport and Exercise 6th Edition Kenney, W. Larry, Wilmore, Jack, Costill, David, 2015-03-30 *Physiology of Sport and Exercise* Sixth Edition frames research findings in physiology in a reader friendly format making this textbook a favorite of instructors and students alike This resource offers a simple way for students to develop an understanding of the body's abilities to perform various types and intensities of exercise and sport to adapt to stressful situations and to improve its physiological capacities

Return to Fitness Bill Katovsky, 2011-01-22 Bill Katovsky was a two time Hawaii Ironman finisher a guy who bicycled solo across the U S an endurance athlete who competed in a three day race mountain bike race across Costa Rica But through a series of misfortunes including depression losing his dog death in his family and debilitating health problems Katovsky went from being a multisport junkie to complete couch potato He stopped working out For almost ten years By the time he hit fifty he decided it was time for a change How he fought his way back to fitness is not only a riveting brutally honest and ultimately inspiring story it is also a hands on guide to help anyone reclaim health and well being Katovsky supplements his personal story with those of others successfully making a return to fitness an astronaut who spent five months in space a former Wall Street trader who lost seventy five pounds and became Hawaii's Fittest CEO a retired two time world champion Hawaii Ironman triathlete with a bum hip that needed replacing a Yosemite park employee who broke her spine in a hiking accident and is now back on the trails and a sixty something business educator who's had six heart bypasses but still backpacks and goes to the gym With the advice of personal trainers fitness experts and multisport coaches Katovsky offers a wealth of useful information including Diet and nutrition what you need to know for a healthy body How aging body fat and motivation affect physical and mental health and why exercise is good for depression Successfully building a proper aerobic and strength base workouts you can do at home Tips for injury prevention from avoiding overtraining to why stretching isn't recommended

Runner's World, 2008-12 *Runner's World* magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

A Race Like No Other Liz Robbins, 2009-10-06 When 39 195 competitors thunder over the Verrazano Narrows Bridge to begin the thirty eighth running of the famed New York City Marathon they experience one of the most exhilarating moments in sports But as they cross five towering bridges and five distinct boroughs carried 26.2 miles by the cheers of two million fans and by their own indomitable wills grueling challenges await them New York Times sportswriter Liz Robbins brings race

day to life in this gripping saga of the 2007 Marathon weaving the unforgettable stories of runners into a vibrant mile by mile portrait of the world's largest marathon The professionals pound out the suspense in two thrilling races Paula Radcliffe the women's world record holder from Great Britain returns with new resolve after having given birth nine months earlier Gete Wami her longtime rival from Ethiopia tries to win her second marathon in just five weeks and Latvia's Jelena Prokopcuka desperately hopes for her third straight New York title If the women's race plays out like a mesmerizing chess game then the men's race quickly turns into a high speed car chase South Africa's Hendrick Ramaala eager to recapture glory at age 35 surges to lead the pack as Kenya's Martin Lel and Morocco's Abderrahim Goumri stay within striking range While the professionals offer insight into the intense often painful experience of being an elite athlete the amateurs provide timeless stories of courage and obsession that typify today's marathoner Harrie Bakst a cancer survivor at 22 who is a first timer Pam Rickard a 45 year old mother of three from Virginia who is a recovering alcoholic and 65 year old Tucker Andersen who has run the race every year since 1976 Enlivening the history of the New York City Marathon with stories of such legends as the late Fred Lebow the race's charismatic founder and nine time champion Grete Waitz A Race Like No Other provides a curbside seat to the drama of the first Sunday in November Feel the anxiety at the start in Staten Island Listen to gospel choirs in Brooklyn and the accordion in Queens Bask in the delirious sound tunnel of Manhattan's Upper East Side Hit The Wall in the Bronx And overcome agony in the last hilly miles before arriving in Central Park exhausted yet exhilarated at the finish line

Musculoskeletal and Sports Medicine For The Primary Care Practitioner, Fourth Edition Richard B. Birrer, Francis G. O'Connor, Shawn F. Kane, 2016-01-06 Primary care practitioners are often the first medical professionals to see patients after an injury making it critical for them to stay up to date on the latest developments in sports medicine Musculoskeletal and Sports Medicine for the Primary Care Practitioner contains the most current information on major topics in sports science and clinical medicine It is a valuable resource for primary care physicians and allied health professionals who practice teach and hold specialty certifications in sports medicine and related fields The book discusses key concepts related to the diagnosis treatment and prevention of sports injuries This edition adds new sections on pro inflammatory treatments field side acupuncture and brief musculoskeletal ultrasound as well as a new chapter on wellness and video illustrations of important musculoskeletal maneuvers at www.crcpress.com 9781482220117 The book follows the Strength of Recommendation Taxonomy SORT which addresses the quality quantity and consistency of evidence It recommends levels of patient oriented evidence to assist physicians in their diagnoses Also included is a link to videos that demonstrate important musculoskeletal maneuvers used in sports medicine As exercise and sports move beyond the realm of leisurely activity to a necessary component of good health this book has become an important resource for all those involved in sports medicine

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Current List of Medical Literature, 1952 Includes section Recent book acquisitions varies Recent United States publications formerly published separately by the U S Army Medical Library

Braunwald's Heart Disease - E-Book Peter Libby, 2021-10-15 Current comprehensive and evidence based Braunwald's Heart Disease remains the most trusted reference in the field and the leading source of reliable cardiology information for practitioners and trainees worldwide The fully updated 12th Edition continues the tradition of excellence with dependable state of the art coverage of new drugs new guidelines more powerful imaging modalities and recent developments in precision medicine that continue to change and advance the practice of cardiovascular medicine Written and edited by global experts in the field this award winning text is an unparalleled multimedia reference for every aspect of this complex and fast changing area Offers balanced dependable content on rapidly changing clinical science clinical and translational research and evidence based medicine Includes 76 new contributing authors and 14 new chapters that cover Artificial intelligence in Cardiovascular Medicine Wearables Influenza Pandemics COVID 19 and Cardiovascular Disease Tobacco and Nicotine Products in Cardiovascular Disease Cardiac Amyloidosis Impact of the Environment on Cardiovascular Health and more Features a new introductory chapter Cardiovascular Disease Past Present and Future by Eugene Braunwald MD offering his unique visionary approach to the field of cardiology Dr Braunwald also curates the extensive bimonthly online updates that include Hot Off the Press with links to Practice Update and Late Breaking Clinical Trials Provides cutting edge coverage of key topics such as proteomics and metabolomics TAVR diabetocardiology and cardio oncology Contains 1 850 high quality illustrations radiographic images algorithms and charts and provides access to 215 videos called out with icons in the print version Highlights the latest AHA ACC and ESC guidelines to clearly summarize diagnostic criteria and clinical implications Provides tightly edited focused content for quick dependable reference Flexible format options include either one or two volumes in print as well as a searchable eBook with ongoing updates Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Annals of Internal Medicine Aldred Scott Warthin, Carl Vernon Weller, Maurice C. Pincoffs, Paul Wiswall Clough, 1942

Journal of the American Association of Medical Record Librarians, 1949

Current List of Medical Literature, 1952

Los Angeles Times, 1978

Press Summary - Illinois Information Service Illinois Information Service, 1982

Biological Abstracts, 1953

RISKING LIFE FOR DEATH - Lessons for the Living from the Autopsy Table Ryan Blumenthal, 2023-07-12 Every contact leaves a trace a single strand of hair or a tiny droplet of blood can be the silent witness at a crime scene Locard's Exchange Principle underpins all forensic science and holds that the perpetrator of a crime will bring something to the crime scene and leave with something from it Forensic experts use this principle daily to catch murderers and assailants In *Risking Life for Death* South African forensic pathologist

Ryan Blumenthal offers a master class in this singular forensic technique based on real life case studies. With more than twenty years experience in the field, Blumenthal explains how to look for clues and traces and how what he does not find at autopsy is often more important than what he does find. In other words, the absence of evidence can sometimes be of greater value than the presence of evidence. His account also highlights the dangers forensic pathologists are exposed to daily. As they try to unravel the puzzle of someone's death, forensic pathologists often face life-threatening infections, toxic gases, and the hazards associated with high profile cases, in effect risking their life to solve someone else's death. An understanding of Locard's Exchange Principle can help you become a medical detective in your own life, can help you be a happier person, and can even provide you with a better philosophy for growing older. Blumenthal argues

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