

## SPORTS & RECREATION

### EMMC and local high schools work together to fill a need for athletic trainers on and off the field

BANGOR — Athletic trainers play an important role in school athletic programs as the first health-care professionals to respond when there is an injury. During National Athletic Training Month, Orono High School and EMMC Sports Health are highlighting the work of athletic trainers in the prevention, treatment, and recovery of injuries.

Athletic trainers have become increasingly common in schools. Many high schools in Greater Bangor utilize athletic trainers, including Orono High School, which contracts with EMMC Sports Health for athletic training services.

"Athletic trainers provide the best on site medical attention, along with timely and appropriate care that gets our athletes back to the playing surface with personal safety as the number one priority," said Mike Archer, athletic director at Orono High School. "Our coaches turn to our athletic trainer for training guide-

lines, drills, and off season training programs."

Athletic trainers work under the direction of a physician, and are specifically trained to work with athletes of all ages in a variety of settings. In the high school setting, they are available at practices and athletic events. This allows them to provide immediate service to injured athletes, and educate students about proper nutrition and safe exercise regimens that could potentially help them stay healthier throughout their lives.

"The communication from the athletic trainer to our athletes, coaches, parents, teachers, and opponents is critical," Mike adds. "It provides everyone with the information that is needed to get the student athlete back to their regular academic and athletic regimen. I have always felt that our athletes get better care and are better prepared physically because of the work

of our athletic trainers."

Athletic trainers coordinate a comprehensive approach to care that is geared toward athletes. Previously, coaches, administrators, or volunteers may have provided these services. The increase of athletic trainers in schools improves safety and helps student athletes achieve their greatest potential.

"Athletic trainers are usually the first ones to evaluate an injury, make a referral and return to play decisions, and organize treatment and rehabilitation plans to get an athlete back as quickly and safely as possible," says JP Stowe, ATC, certified athletic trainer at EMMC Sports Health. "Some may think we focus on taping ankles and handing out ice bags, but this is only a very small part of what we do."

National Athletic Training Month is held every March to spread awareness of athletic trainers and the importance they play in athletes lives.

### Registration open for Junior Bears Triathlon

ORONO — Registration is open for the second annual Junior Bears Triathlon June 4 at the University of Maine. The event is a fundraiser for Black Bear Aquat-

ics. The triathlon is open to children ages 6-14. Athletes will swim at UMaine's Wallace Pool and bike and run on closed roads and paths. Participants ages 6-9 will swim 50 yards, bike 1 mile and run half a mile.

Those ages 10-14 will complete a 100-yard swim, 2.3-

mile bike ride and 1 mile run. Registration is 7:30-8 a.m. on race day for \$40. BBA is partnering with the Black Bear Race Series, organizers of the second annual Black Bear Marathon to be held June 5. Contact Andrea Oldenberg at andreaoldenberg@gmail.com or (216) 375-5248.

### Owner intends to keep Rocky Knoll Country Club as golf course

BY LARRY MAHONEY  
BDN STAFF

ORRINGTON — Erlene "Stella" Morgan tried golf when she was younger. She tried to hit the ball as hard as she could.

Things didn't go well.

But she said on Thursday that she will probably give it another try now that she is the new owner and general manager of the Rocky Knoll Country Club in Orrington.

And she emphatically dispelled any rumors that she intended to transform it into something else.

"It's a golf course! And I think it will always be a golf course as far as I'm concerned," Morgan said. "It's a no-brainer."

"I think it's going to be a great year," Morgan added. "I've got a lot of new ideas. We're going to make it work. We're going to have fun."

Morgan said she hasn't named a golf pro as of yet but will do so soon.

Morgan bought the 18-hole course at auction for \$350,001 on March 15. She placed the only bid.

The assessed value of the property and equipment, including the clubhouse, was \$629,000.

The two accounts, one for the leased land and the other for the clubhouse and 96½ acres, were delinquent, which led to the auction.

Barbara Bagley was the major owner, and Bob Phillips, Dan Grover and Louis Daigle were minority owners. Bagley's husband, Tom Bryant, was the operations manager and an investor.

Bucksport's Allen Staples said he has been a member for

"four or five years" and was relieved to see Morgan honor the memberships and that she is keeping things status quo.

"I had already paid for this year. My concern was what happened if it closed. I would have been out nearly \$800," said Staples, who thoroughly enjoys the 6,092-yard, par-72 layout.

"I love the course," said Staples. "It's hard but not overly hard. It's a good course for average players."

The memberships vary on a variety of factors. It is \$600 per year for greens fees only; \$800 for greens fees and free access to the 25-tee driving range; \$1,110 for greens fees and a motorized cart and \$1,510 for greens fees, cart and the range.

There are discounts for those over 55 years of age,

18 years old or under, students 19 and over, active or retired military, couples, senior couples and a family of three with further discounts for more than three family members.

There will probably be a slight increase for the use of carts because they have to be repaired.

"I've already ordered all kinds of stuff. We're going to get them up to par," Morgan said.

She said that any lingering problems with the course will be addressed.

"We'll do what it takes to make things right. We're going to be on top of things," said Morgan.

She speculated that the course will officially open for walkers only the first week of April.

But she also said the back nine, which is the drier of the two nines, is open for play now for a \$10 fee which can be dropped into a bucket on the clubhouse steps.

She said one of her goals this year will be to attract more families and younger golfers.

And she will give it another shot with a different mindset. She won't be trying to drill the ball as hard as she can.

"I'm going to ease into it," she said.



Morgan

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