

Tom Knorr He knows what to do when an athlete is injured

Tom Knorr had a rough time that first game—a concussion, a broken arm, and a blow to the solar plexus. Fortunately, the injuries were done to other people. Still, as the DHS football team's assistant coach, he was kept busy on his first night in that position. He started recruiting students to help him with taking care of the wounded.

That game was three years ago. Today, Tom Knorr doesn't have to worry about being overloaded with injured players: His efforts in training students to cope with injuries has been a roaring success.

Tom, who is the son of Justice of the Peace Ray Knorr, is a health and phys-ed teacher at the high school. Working along with principal Don Drenner, Tom instituted a course at DHS which is unique in the area, teaching kids athletic training, of which first aid is a part.

It started with a group of girls he taught to organize equipment, mix gatorade, and tape ankles. By the time summer rolled around, the Parents Booster Club had decided to subsidize summer training for the girls at the Cramer Clinic held at West Chester State. Four of the girls graduated, and the next year the

regular class was started.

The class now has 36 students in it, and meets 3 times a week for a year. The students learn to record NAIRS reports on injuries to be sent to Penn State. (NAIRS stands for National Injury and Illness Reports System.)

At Penn State a computer chews up the reports and spits out a statistical analysis of DHS sports injuries, and tells Tom Knorr when the numbers or types of injuries here are out of line. For example, if more than an average number of DHS football players hurt their shoulders, the report will say that the team's shoulder pads may be sub-standard. (This example was made up. There is no reason for the Times to think the equipment here is bad.) The computer can also spot faulty practice techniques.

Tom is a Red Cross certified 1st aid instructor, and part of the class is the standard advanced 1st aid Red Cross course. He also teaches therapy and preventive measures—the students learn about whirlpool baths, ice packs, therapeutic exercise, microwave diathermy.

Microwave diathermy uses radiation to heat the deep interiors of bruised muscles. It works like a

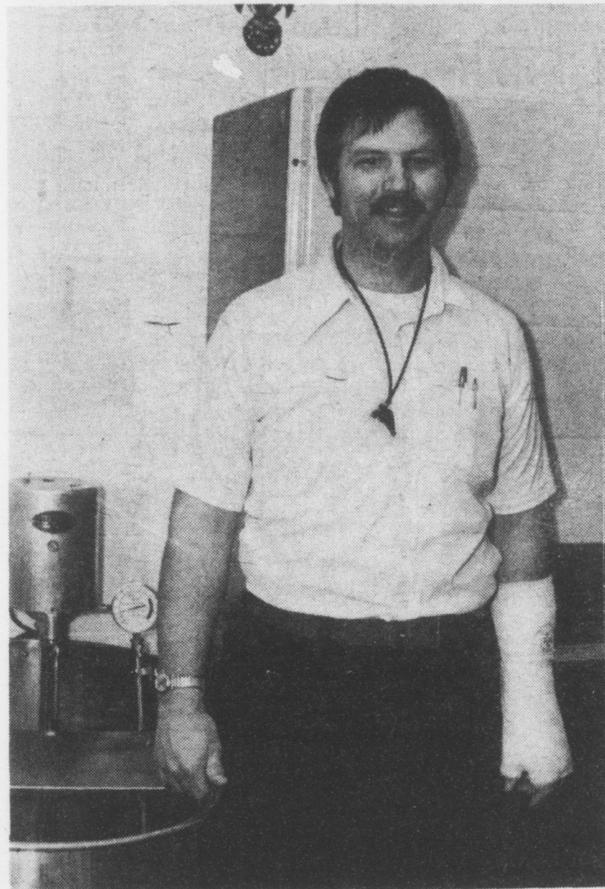
microwave oven, but at lower power.)

Tom's medical advisor is Dr. Brubaker of the Norlanc center, a '69 DHS grad himself. He is a guest speaker in the Health class. Team injuries are referred to him also.

Tom Knorr has always had a special interest in athletic training. He is an associate member of the National Athletic Trainer's Association, and is working on National Certification. That requires 5 years of experience (he has been a teacher for 3 years) and passing an exam.

He comes from a medical family—three of his cousins are osteopaths, his sister is an R.N., and so is his mom—and being a health and physical ed. teacher, his special interest in training came naturally.

Tom often takes injured athletes to Dr. Joe Grosh of Lititz. Dr. Grosh has the special equipment needed to practice the above-mentioned microwave diathermy, and also something called "ultrasound." According to Tom, these methods can almost instantly heal a sorely bruised muscle, which can keep a valuable star player on the team when he might otherwise be out of the games for weeks.



Tom Knorr

Babysitting



The Mount Joy Joyceettes are sponsoring a baby-sitting clinic for Donegal School District students. Boys and girls, in grades 7 through 12, are eligible. The course consists of four two-hour classes beginning on April 3rd and continuing to April 10th, 17th, and 24th. The classes will meet at 7:00 PM at Trinity Lutheran Church in Mount Joy.

Current and prospective baby-sitters will hear talks by a registered nurse on 1st aid and care of infants; talks by firemen and police on safety and emergency procedures; and a panel of mothers of children of varying ages will sit in on a panel discussion of what is to be expected of baby-sitters.

Babysitting certificates will be awarded to those who attend all 4 classes and pass the final exam. Their names and phone numbers will be printed in

the baby-sitting directory and distributed around the Mount Joy area.

Watch for dates and times of registration for this course in later issues of the Times.

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Bob Stoner's career as chef moves ahead

Rodney Stoner, formerly of Mount Joy and a DHS graduate, has been appointed executive food director at The Greenbrier, White Sulphur Springs, West Virginia. He has been an executive chef there since early in 1977.

The Greenbrier is one of the most prestigious eating places in the world, and has some of the finest chefs. (Readers may recall the story on the Greenbrier chef who baked Charley Groff's wedding cake.) Stoner, a graduate of the

Culinary Institute of America, and the Greenbrier apprentice program, formerly worked in Colonial Williamsburg. He got started in cooking in his early teens, while working under his grandfather, Eli B. Hostetter.

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