



**SAUCY:** BBQ ribs, parade, more draw hundreds to Ogilvie Back to the Tower Day. **P10**



DAN VOICE | SUBMITTED

To reduce the risk of head trauma that comes with tackling and blocking during football practices and games, Mora football players practice their blocking skills against rubber trash cans. They also practice their tackling skills with stationary and mobile tackling-dummies.

## Sports physicals, concussion testing add layers of safety

BY NICK HOFFMAN  
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Fall sports are coming up fast; for some student-athletes they have already begun, but before young athletes gear up to compete there is some off-the-field business to take care of. Each athlete is assessed by medical professionals to make sure their bodies and minds

can safely handle the exertion of sport-related activities.

Assessments include sports physicals, concussion baseline testing and the “Return-To-Play” system each add another layer of safety for student athletes.

### SPORTS PHYSICALS

High school student-athletes poured into the Welia Clinic on

Tuesday, Aug. 10 for free sports physicals and concussion baseline testing.

Sports physicals are required to play in high school sports and are required and due every three years through grades 7-12. So what happens at a sports physical and what are doctors looking for?

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## Corn on the Curb Aug. 13

Ogilvie’s annual Corn on the Curb event will start at 4 p.m. Friday, Aug. 13 at the Ogilvie Fire Hall. The event is sponsored by the Ogilvie Lions Club.

## Mora half marathon, 5K is Aug. 21

BY KIRSTEN FAURIE  
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The annual Mora Half Marathon and 5K race is coming back after a one-year hiatus, hitting the streets Saturday, Aug. 21.

Both races start in downtown Mora and finish near the Mora Public Library. The 13.1 mile half marathon will start at 7:30 a.m., followed by the 5K at 7:45 a.m.

The event usually draws anywhere from 300-500 racers. Race organizers ask that drivers be aware of the runners and drive with caution. Residents along the race route could also show courtesy by making sure dogs are tethered or penned so they will not follow or chase after passing runners.

Mora’s Half Marathon is part of the Classic Series which includes the Snake River Canoe Race, the Mora Bike Tour and the Mora Vasaloppet. Visit [vasaloppet.us/mora-half-marathon-5k](http://vasaloppet.us/mora-half-marathon-5k) for more information.



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Instructor Steve Ziegler, left, of Evolution Tae Kwon Do in Mora, leads Earl Molin through a Tae Kwon Do pattern involving hits and kicks.

## Old dog learns new kicks

BY HOPE MURRAY  
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When most people retire, they think about sitting back, putting their feet up, and enjoying the upcoming years of rest and relaxation.

Not Earl Molin.

After he retired, Molin was looking for something to do to occupy his free time. His solution? He took up Tae Kwon Do, a sport he had only been involved in as a spectator, as his daughter Becky had already participated in the martial art for three years. Molin — or Mister Earl, as he is known at Evolution Tae Kwon Do in Mora — was 61 at the time.

That was five and a half years ago. He’s 67 now and a second-degree black belt. He

has no interest in stopping.

“This was something I wanted to do all my life, but I never had time,” Molin said. “When Becky started (Tae Kwon Do) I was here every week, so after I retired, I took the time.”

**‘All my life I did things for everybody else. This, I did for me.’**

**Earl Molin**

67-year-old Tae Kwon Do student

According to Evolution Tae Won Do instructor Steve Ziegler, “Tae Kwon Do” translates to “the Art of the Hand and Foot.” This Korean martial art focuses not only on

self-defense, but on self-discipline in areas such as respect for oneself and others.

“I was trying to find myself, in a way,” Molin said, regarding his decision to participate. “It was like trying to put a puzzle together, and this was just another piece of my puzzle.”

Despite his advanced age for a beginning student, no one, it seems — including his wife Sandy — had any qualms about his taking up the sport. “Doing something like Tae Kwon Do was something my dad had always wanted to do from a young age, so we were all on board with him signing up,” Becky Molin said.

Ziegler, too, was not troubled. “He had the attitude that



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Practitioners of Tae Kwon Do are awarded a series of belts such as these Earl Molin obtained over three years’ time.

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