

Following national trend, disc golf gains local popularity

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Tired of having nothing to do around the Linn? Don't want to spend much money or see yet another over-priced film at Bridgeport Village? Better yet, since the weather is getting nicer, wouldn't it

and use during game play. However, unlike golf, there are referees to regulate the rules and settle disputes between the players, if one were to arise.

Disc golf has many perks over regular golf, although the two really aren't comparable. Golf can

and essentially, the disc acts as the club and the ball, another saving. Still, the most expensive part of golf itself is the course fees. Disc golf courses at an Oregon state park require a \$3 admission for the entry into the park. However, a \$25 annual park pass can save the avid disc golfer some serious bank.

The Riverbend Disc Golf Course at Milo McIver State Park in Estacada is ranked the third best disc golf course in the nation by the Professional Disc Golf Association, and number one in Oregon. Only about a 30-35 minute drive from here, the course has a wide range of difficulty, making for a challenge around every dog-legged, tree-ridden, river flowing hole. The holes are much longer than those at other courses, which makes par even more challenging. Riverbend has

27 holes available on three courses of nine holes apiece, the same as regular golf.

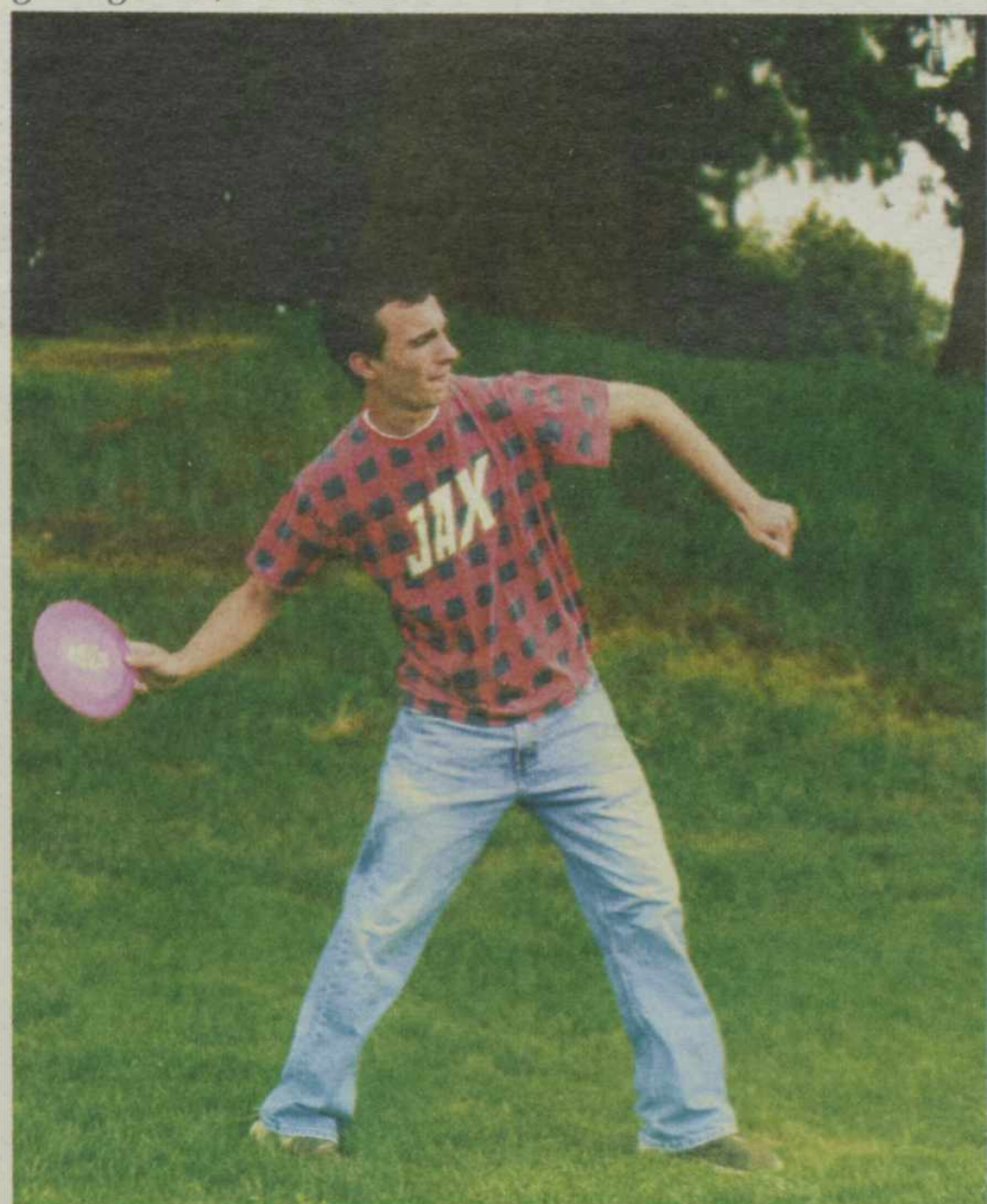
Timber Park, also in Estacada, is not currently ranked by the PDGA, but only two courses in Oregon were. A pretty standard park, all 18 holes offer some challenges, including a few holes straight through a forest with many unforgiving trees. The holes are much shorter, but is a better alternative for the less enthusiastic disc golfer, or a newbie. Like Riverbend, Timber Park is only about a 25-30 minute drive from West Linn. However, unlike Riverbend, Timber Park does not charge an entrance fee, since it is not a state park.

Champoeg State Park in Newberg is a little different from most disc golf courses in that it offers 15 holes instead of the traditional nine, 18, or 27. Plus, the

holes are a little shorter, making for a faster game. But don't let the number of holes or the distance fool you...the baskets are strategically placed to add difficulty. With only 15 holes, and only about a 20-25 minute drive from West Linn, Champoeg offers a quick game for those who don't have a lot of time, but want to get out and relax.

"I brought frisbee golfing to West Linn. I like it because you can be outside in a relaxed, fun environment. My favorite course is Riverbend at Milo McIver Park because it is the most challenging course, but it's also the most fun to play," Thomas Lord, senior, said.

As the school year comes to a close and the weather is getting better, head outside and play disc golf; it's a fun, active, relaxing game, and the best part is, it's cheap!



Thomas Lord, senior, employs a standard disc golf throwing technique to launch his distance driver. After playing disc golf for the first time last summer, Lord introduced the sport to WLHS and, along with some friends, founded the Frisbee Golf Club. Photo by Jon Helmkamp

be great to be outside? But golf is too expensive at an average of \$20 for 18 holes. The answer: Frisbee golf, also known as disc golf.

Much like regular golf, disc golf has many of the same rules including the rule of courtesy, and nuances such as how many discs a player may carry

be expensive, and the costs can really add up after you factor in the bag, 14 clubs, balls and finally, course fees. One can go broke pretty fast playing golf on a regular basis. However, disc golf is different. The discs themselves range in price from about \$7 to \$25 (for a "professional" disc),

Lord Legacy

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"Competing against each other was fun. It wasn't a big deal between us, but I think my players got a kick out of it. It's not about us though, it's about the kids. I'll tell you though, I never thought we would be on this side of the river. I coached at Oregon City for years and Mike played there for his four years of high school. But when he was given the opportunity to teach here and coach baseball, I told him to go for it. It's been a great experience for him," Greg said.

The thing that Greg wants the most for his son is for his son to be a positive influence, whether in the classroom or on the field. "The biggest championship he could win, bigger than any trophy he could win and put up in the hallway in the high school, would be to have his players come back 10 to 15 years later and say 'Thank you' or to come back and be an assistant on his team. That would be the biggest win, knowing that he made a difference," Greg said.

Greg describes himself and his coaching style by one phrase, a phrase that he

tells all of his players. "Good, better, best, never let it rest, until you're good is your better and your better is your best."

This philosophy is nothing new to Mike, who knows it all too well. "I've heard that quote plenty of times in the last 30 years. He uses this quote or part of it in someway during practice every day. We are always asking our kids to get better every day in whatever they do," Mike said.

The father-son duo is all about the game, the kids they coach and the father-son baseball tradition.

Family will have little time to adjust to life in Africa before school starts

Cumpston in Zimbabwe

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Cumpston hopes to stay in contact with West Linn and the parents and students that he has built friendships with. He plans to keep a blog that he will update so people can check in and see what he and his family are up to and how they are doing in Zimbabwe. They also intend on coming back over the holidays. In addition, several people have told him that they are going to come visit and he hopes that they will.

Despite few opportunities to continue performing live music, Cumpston wants to be able to see live music. "When I was talking to one of the teachers from Zimbabwe, I asked him if I'd be able to go into the city and listen to music and grab a cup of coffee, and he said that there were plenty of opportunities for that."

Leaving around July 20, depending on what

flights are available, gives Cumpston and his family only two and a half weeks to adjust to life in Zimbabwe before school begins. Terry will be teaching kindergarten at the same school and the children will be entering sixth and third grades, respectively.

In addition to adjusting to a new school, tasks like a simple trip to the local grocery store will be a substantial change. In this region, grocery shopping means an uncomfortable eight hour drive to Johannesburg, South Africa. "Many people will leave Friday afternoon and get in during the middle of the night, spend Saturday shopping and stocking up on the things they need, and drive back Sunday," Cumpston said.

Cumpston is feeling a little uneasy about the sudden change, but is also excited. "That's not a lot of

time for a major lifestyle change," Cumpston said, referring to the minimum amount of time he and his family will have to adjust to this new way of life before starting their new lives.

In Zimbabwe, he and his family will be provided with a furnished house within walking distance of the school campus. Their house will have a swimming pool, a big yard, and greenery and trees. Cumpston figures that he and his wife will both be able to save half of their salaries since their cost of

living will be low and they won't have commuting costs.

The family will be moving into an economically unstable situation in Zimbabwe though. "We were told that there might be several 'inconveniences,' but nothing that we would have to worry about. We've been in contact with a teacher from the school, and we were told to bring with us at least a six month supply of food. I was hit with the reality of it," Cumpston said.

His family will be provided one 40 foot

storage container to pack all of their belongings into. "We're going to pack as much stuff as we can. We were also told it would be smart to buy as much in advance as we can because it might be hard to come by some things once we're there."



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