



photo courtesy of University of Hawaii Media Relations Department

CGHS grad Destiny Dawson throws the javelin for the NCAA Division I Rainbow Wahine women's track team, but the opportunity to compete collegiately was just one factor that led her to the University of Hawaii at Manoa.

## Dawson's Paradise

CGHS grad seeks so much more than the island lifestyle at the University of Hawaii

BY MATT HOLLANDER  
The Cottage Grove Sentinel

Destiny Dawson goes to the University of Hawaii at Manoa, and she is very aware of what that is supposed to imply.

"It's actually not so much living in paradise," said the 2014 graduate of Cottage Grove High School, "not because it isn't beautiful, but I didn't come here for a vacation."

In fact, Dawson's schedule couldn't be less conducive to the island lifestyle; she's a double major in architecture and engineering, and she throws the javelin for the NCAA Division I Rainbow Wahine women's track and field team.

Most 18-year-olds should have a harder time resisting the temptation of world-famous beaches within walking distance of campus, but Dawson possesses discipline, focus and independence well beyond her years. But while these qualities have enabled her to excel as a young adult, they were forged through a tumultuous childhood.

Originally born in Cottage Grove, Dawson moved back to the area as a second-grader with her father, David, and older brother, Devin, following her parents' divorce. With two older children as well, David, a 1985 graduate of Cottage Grove, acknowledged that there wasn't always enough support to go around.

"With so many families that are split, broken or blended these days, the kids take the brunt of it," he said. "And I know there were times the kids were in tough situations because of my employment, or lack of employment. But Destiny is the most hard headed kid I've ever met. She didn't allow the negative stuff to run her life."

The father and daughter went on to form a special bond through athletics, and their time together playing sports was often a sanctuary to the familial stressors. Destiny played softball in her first spring at Cottage Grove but switched over to the Lions track team as a sophomore — which meant that David had to make the switch as well.

"When she played softball as a freshman, they put her behind the plate. She didn't know much about catching then, so I went to practices and tried to learn what they were teaching her," David recalled. "But when she decided to go out for track as a sophomore, I had to learn an all-new sport. I never once thought there would be so many interesting events in one sport."

Not many young athletes dream of excelling in the javelin; it's not the most glamorous event in track and field, and in most places it's not introduced until high school. But Dawson said she took to it instantly. She also had the opportunity to learn from two of Cottage Grove's all-time great throwers-turned coaches, first in Blair Wilkinson, and later under Jordan Brunetti.

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## Road to Rio starts with wellness

Grant supports fitness classes, wellness education for school district employees

BY MATT HOLLANDER  
The Cottage Grove Sentinel

At the start of the New Year, South Lane School District employees were invited to join in the Road to Rio, the site of the 2016 Olympics.

After six months and four cycles of fitness classes, it appears that many SLSD employees are well on their way to Brazil. Not literally, of course; the bulletin board in the district office (pictured) was designed to track staff

participation in a new grant-funded wellness program.

"It's really a win-win for everyone," said grant coordinator Emily Wren. "We're able to offer an incentive for our employees that also promotes healthy living."

Since the early part of January, the district has supported five, six-week fitness cycles, during which staff can choose from 5-10 classes, including yoga, water aerobics, cycling and cross fit. Employees can also suggest a new class for a future cycle, or they

can opt for another activity they can track independently. Classes are at no cost to district employees.

There were 75 participants across seven fitness classes in the first cycle, and overall there were 329 participants during the first three cycles. There were also 26 participants in six nutritional classes. Participants are recognized for reaching different benchmarks on the "Road to Rio," measured by participation.

"When you're starting something new, it can be hard to catch on," said Wren. "But we started to fine tune our registration process, we saw a

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photo by Matt Hollander

Participants in SLSD's grant-funded wellness program can track their "progress to Rio" on this bulletin board at the district office.



## Athletes of the Week: Junior Golf

Cottage Grove Junior Golf completed its six-week summer program with a five-hole and a three-hole junior/adult competition at Middlefield Golf Course on Wednesday, July 29. The junior golfers are ages eight through 14. The winners of this year's tournaments were:

- 5-Hole Chapman format:  
1st — Carson Kane and Clayton Nordquist, 21  
2nd — Garrett Allen and Taylor Neigh, 25  
3rd — Kaden Erickson and Jason Erickson, 26  
4th — Tristan Kane and Tracy Kane, 28  
5th — Kelvin Johnson and Bob Martin, 31

- 3-Hole Chapman format:  
1st — Alexis Christie and Dave Erickson, 11  
2nd — Owen Land and Reid Stockwell, 12  
3rd — Kaylee McHugill and Mark Cooley, 13  
4th — Austin Arthur and Rob Hanson, 14  
5th — Cassidy Poetzl and Kevin Lucke, 16  
6th — Rhianah Poetzl and Jim Poetzl, 17  
7th — Logan Shroy and Steve Perry, 18

The Junior Golf program is sponsored by Bohemia Sunrises Kiwanis of Cottage Grove, Hidden Valley and Middlefield golf courses.



## Be ready for fall: Take a hunter education class this summer

SALEM, Ore.—Keep the kids occupied this summer and get them ready for fall hunting. Register them for a hunter education class or field day happening around the state in August and early September.

ODFW offers two types of hunter education classes: a traditional classroom experience or independent study, which kids can do from home via workbook or online course. Independent study students also need to attend a field day to receive their hunter education certificate. Both types of class take about 12 hours to complete.

For a list of current classes and field days open in Oregon, visit the ODFW's license sales site and click View All Classes-Workshops / Hunter Ed Class or Hunter Ed Field Day tab. New classes are added regularly, so check back if you don't see a date, time or location that works for you. Registering for a class or field day costs \$10.

Independent study students can take one of three

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