

# DAWSON

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Having already established herself as a standout in soccer and basketball, the coaching staff had her pegged as a sprinter. But Dawson found that racing someone to a finish line wasn't the same as chasing down a loose ball.

"It was a totally different mindset. I tried every event and it still had me messed up. So at the end of my first season, I told the coaches that I only wanted to throw javelin," she said.

From that point on the coaches allowed Dawson to focus exclusively on field events, but she says it wasn't until she broke 100 feet in the javelin early in her junior season that they truly relented. Later that year, she threw a personal best of 123 feet, two inches at the state meet, where she placed seventh overall.

The next fall, with college on the horizon, Dawson started to consider her options. There were schools closer to home that offered programs in architecture or engineering, but only Hawaii had both. And while athletics weren't the major factor, she would have had an opportunity to try out for the Rainbow Wahine.

"My goal was to get on scholarship somewhere," Dawson recalled. "I had such a passion for basketball, but I knew that I was better at javelin, and I thought that it would take me further."

Dawson also felt the need to become more independent from her family,

which by that point had grown by three more siblings when her mom, Rene', remarried.

"When divorce happens in your family at such a young age, I think that independence starts to set in earlier than it's supposed to. I went through a lot of hardships in high school. I was nearly living on my own, but it was more so that I had my own plan. And I knew that I wanted to keep that up, or I would start losing what I wanted for myself," she said.

While David was concerned about Destiny being 2,500 miles from home, he said that her stubbornness won out.

Dawson did not have the senior season that she had hoped for. After setting a new personal best of 128-09 at a Sky-Em League meet at Sisters in early April, she did not approach that distance again until the state meet, where she threw 124-01 for fifth place.

"When I threw a PR so early in the year, I was so encouraged, and I expected it to keep happening, but even though that didn't happen, I still loved it enough to keep going," she said.

Dawson's foray into Hawaii athletics was not uneventful. Although she had been in regular contact with the throws coach during her senior year, that person left over the summer and didn't tell anyone else on the staff to expect her. However, Dawson was still allowed to walk-on during her first semester, and in the spring she was placed on a single-semester tuition scholarship.



file photo

**Destiny Dawson finished fifth at the Oregon 4A state track and field meet in 2014, her senior year at Cottage Grove.**

Dawson spent much of her first collegiate season almost exactly where she left off in high school: struggling to break out of the 120s. But in the two weeks leading up to the Big West Conference Championships, she made a dramatic change to her approach; instead of the standard run-up and five-step crossover, Dawson dropped the run-up completely and went

to a seven-step crossover. "It changed everything," she said. "What I was doing before was just too hard; transitioning from the run-up into my crossover, I would lose all the momentum I had built up, and it messed up the rest of the throw. But there are so many ways to tweak a throw, and my coach just wanted me to do what was comfortable."

At the conference championships hosted at University of California at Riverside in May, Dawson improved on each of her first four throws and finished with a new PR of 129 feet. David, who took the first chance he could get to see Destiny compete on the mainland, couldn't have been more proud.

"It was killing me that she was struggling in the regular-season meets, because it sounded like she was practicing so well. Over the phone, all I could say was, 'I'm sorry. I wish I could tell you something to do, but I'm not there; I can't tell you what's going on.' I can't even explain what it was like to watch her throw a PR," David said.

The outlook for Dawson is bright. She is wrapping up a summer physics course, the tuition for which was paid by the athletic department, and depending on how she progresses athletically and academically, she said she hopes to earn a full scholarship.

## Middlefield Men's Club

**Game: 2-3 Points**  
**Date: July 27**

1, Larry Eyman, Bill Wilson, David Morris, Gary Culp 116. 2, Bob McCarty, Bob Lefler, Larry Dreiling, David Morris 110. 3t, Bill Avery, Leon Hayes, Frank LaCrosse, Larry Zuvich 108. 3t, Larry Emery, Dan Pearson, Gary Sparks, Larry Eyman BD 108.

**Low Gross:** 1, Dan Smith 70. 2t, Gary Sparks 71. 2t, Jack Doleman 72.

**Low Net:** 1, Bob Armor 58. 2, Larry Zuvich 62. 3t, David Morris 63. 3t, Don Arendell 63.

**Closest to the Pin:** No. 5, Don Arnedell. No. 7, Mike Cooney. No. 14, Dan Pearson.

**Longest Putt:** No. 13, Mel Gowing.

**Game: 2-3 Best Ball**  
**Date: July 30**

1, Dave Tooker, Milt Levings, Darrell Lee, Les Rhodes (-27). 2, Dan Pearson, Don Perkins, Ed Wilson, Larry Zuvich (-26). 3, Jake Cox, Frank Gates, Leon Hayes, Bill Medin (-23).

**Low Gross:** 1, Dan Smith 65. 2t, Dan Pearson 70. 2t, Mike Helms 70. 2t, Deros Kinkade.

**Low Net:** 1, Ed Wilson 56. 2, Dick Winters 61. 3, Leon Hayes 62.

**Closest to the Pin:** No. 5, Deros Kinkade. No. 7, Leon Hayes. No. 14, Jim Cunningham

**Longest Putt:** No. 15, Jake Cox.

# HUNTING CLASSES

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online courses (fees range from \$13 to \$24.50 and include mobile-friendly options) or request a free workbook by emailing [odfw.info@state.or.us](mailto:odfw.info@state.or.us). These students must also sign up for and complete a field day, where they practice safe firearm handling and shooting with certified hunter education instructors.

"It can be difficult to keep the kids busy this time of year, but our summer courses allow them to complete this important class before school starts and in time for fall hunting season," said James Reed, ODFW hunter education coordinator. "If you can't get them to a traditional class, they can do most of the class online or through a take-home workbook."

Most Oregon's volunteer hunter education instructors hunt in the fall, so we usually have more classes available in summer," Reed added.

Adults are also welcome to attend any hunter education classes and may take the adult online course, which doesn't require a field day for certification.

Hunter education is required for all hunters under the age of 18 and encouraged for adults, too. The classes cover important issues including hunter ethics and respect for private landowners; wildlife management and identification; firearms handling and safety; hunt preparation and techniques; survival and introductory bowhunting.

All classes and field days are taught by certified volunteers dedicated to passing on the tradition of hunting to future generations. These volunteer instructors teach and certify about 6,500 students statewide each year in hunter education.

Those seeking more information about hunter education may visit <http://www.dfw.state.or.us/education/hunter/>

# SPEEDWAY

**Race Summary:**  
**Wallbanger Cup**  
**Saturday, August 1**  
**Cottage Grove Speedway**

### Late Models

A Feature 1: 1. 42-Curtis Towns; 2. 16W-Jesse Williamson; 3. 9-Rob Campos; 4. 13-Tony Brakeall; 5. 5-Britton Donahoo; 6. 88-Randy Martin; 7. 09-Todd Shandy; 8. 38-Thomas Hunziker; 9. 68-Greg Schellhorn; 10. 16-Rob Williams; 11. 78-Ed Peters; 12. 20-Josh Sim

### Clark Printing Extreme Sprints

A Feature 1: 1. 5D-Patrick Dills; 2. 3K-Michael (Buddy) Kofoid; 3. 12-Orion Redmond; 4. 51-Bricen James; 5. 70-Raquel Ivie; 6. 1B-Chelsea Blevins; 7. 57-Dusty Redmond; 8. 1-Bailey Hibbard; 9. 10K-Don Waddell; 10. 85-Ricky Ashley; DNS 3-David Hibbard; DNS 71-Colby Carter; DNS 8-Anthony Pope

### IMCA Modifieds

A Feature 1: 1. 5M-Jake Mayden; 2. 1K-Kinzer Cox;

3. 27-Mark Carrell; 4. 24-Curtis Towns; 5. 11-Sтивен Sturdevant; 6. 30-Kyle Yeack; 7. 84-Eric Ashley; 8. 44-Greg McDonald; 9. 50-Justin Ryker; 10. W5-Jesse Williamson; 11. 34-Eric Cooper; 12. 77-Kreg Britton; 13. 44-Nick Bessette; 14. 85-T.J. Langan; 15. 10-Gus Cooper; 16. 34-T.J. Richman; 17. 57-Ethan Landers; 18. 95-Josh Linville; 19. S-Collen Winebarger

### Street Stocks

A Feature 1: 1. 47-Kyle Yeack; 2. 13-Bricen James; 3. 85-Evan Britton; 4. 24-Chris Sine; 5. 41C-Cody Smith; 6. 88-Kevin Roberts; 7. 3-Jeff Casto; 8. 11X-Donald Schott; 9. 99H-Dustin Hitner; 10. 4-Justin Krossman; 11. 7M-Marena Starr-Ferguson; 12. 10-Steve Dubisar; 13. 35-Ken Fox; 14. T3-Talyn Roberts; 15. 2D-Daniel Land; 16. 74-Andrew Langan; 17. 7K-Matt King; 18. 51-Doug Coffman; 19. 25-Myshkin Ferguson; 20. 11-Sтивен Sturdevant; DNS 99-Justin Evans; DNS 1X-Sidney Schott; DQ. 34-Mark Gaylord

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## SOUTH VALLEY ATHLETICS

**Fall Soccer Registration - 4 years old thru 8th grade**  
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**Now through 3:00 on August 8th**  
**Mass Registration: August 8th from 10:00 am to 3:00 pm**

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# WELLNESS PROGRAM

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dramatic increase in participation."

According to Superintendent Krista Parent, SLSD used to have wellness committees that were tasked with finding healthy solutions for the school district's 400-plus employees; however, when federal support for those programs went away, employees were left on their own to develop a healthy lifestyle.

"Teaching is hard work, and the mind-body is critical for our teachers to be at their best for seven class periods a day," she said.

The grant was awarded to SLSD through the Oregon Ed-

ucation Association's Choice Trust Employee Wellness Grant Program. Grantees are eligible to receive up to \$75,000 over a five-year period to implement a wellness program that improves the health and well being of school district employees by focusing on physical fitness, healthy eating and other measures of health, including body weight, blood pressure and cholesterol.

In addition to the obvious benefits, the wellness program has helped to facilitated more interaction between staff who otherwise may not ever get to know each other.

"I know everybody in the district, but if you work at London

you may not know your colleagues at the high school. So it has been neat to see people form those new connections," said Parent.

SLSD was awarded the maximum \$25,000 in the first year of its wellness program, and the expenses thus far have been minimal: small stipends for fitness instructors and the grant coordinator, two wellness clinics that will take place later this year and incentive prizes for participation.

Parent said that the district received glowing reviews on its mid-year report for being on track to exceed its objectives as far as participation, meeting benchmarks and raising aware-

ness for wellness opportunities. She said that a renewal of the grant is highly likely.

"Krista is a strong advocate for SLSD, and she is very proactive and aware of what grants are available," said Wren, who will be replaced by Erin Boyce as the grant coordinator as she transitions from being a teacher at Harrison Elementary into her new role as an assistant principal at Lincoln Middle School.

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