

release dates: July 10-16

28-1 (10)



# The Mini Page

Betty Debnam, Founding Editor and Editor at Large



## Teeing Off and Throwing

# Playing Golf With Discs

Do you enjoy tossing around a Frisbee? Do you play golf, or have you watched people playing it? Frisbee golf, or disc golf, as it is usually called, combines these two popular activities.

The Mini Page talked with an expert to find out more about this fast-growing, fun outdoor sport.

### Birth of a new toy

In the late 1800s, the Frisbie Baking Co. sold pies in special tins. College students had fun eating the pies and then tossing around the empty tin pie plates.

After World War II, inventors created a toy plastic version of this pie plate. They sold the design to the toy company Wham-O.

The new toy was called a Pluto Platter because it looked like a flying saucer. Wham-O changed the name to "Frisbee" in honor of the pie company.

A Wham-O employee, Ed Headrick, re-designed the Frisbee so it was easier to throw and catch.



This disc golfer puts out on a hole during a tournament. A putt is the last of the throws. Putts are the throws made closest to the hole.

A putter disc would be most like a regular Frisbee, designed to fly shorter distances and with less force than other discs.

Frisbee® is a registered trademark. You can tell by the small R in a circle next to it. It means that the name Frisbee belongs to a company.

### Birth of a new sport

People invented games with the new toy. Some tried to hit targets such as trees or trash cans with their Frisbees. Others sneaked onto golf courses to play with a Frisbee rather than a ball.

Ed Headrick wrote the first official rules for disc golf.



Ed Headrick (1924-2002) invented the disc golf "hole," set up the first disc golf course and named the sport.

### Golf with a twist

Disc golf was patterned after regular ball golf. Disc golf courses are usually nine or 18 holes.

Players get one throw per turn. The player whose disc lands the farthest away from the hole gets the first throw of the next turn. Players with the lowest scores, or fewest throws, win.



Players of all ages golf with discs. Often players create their own courses.

## Mini Spy . . .

Mini Spy is playing with her friends in a round of disc golf. See if you can find:

- two sheep
- ring
- sea horse
- strawberry
- ladybug
- heart
- turtle
- number 3
- owl
- word MINI
- lizard
- elephant
- squirrel



## Rookie Cookie's Recipe Blackberry Parfait

**You'll need:**

- 1 (1-ounce) package sugar-free instant vanilla pudding
- 2 cups low-fat milk
- 2 cups blackberries, washed and rinsed
- 2 tablespoons seedless blackberry preserves
- whipped dairy topping

**What to do:**

1. Make pudding according to package directions. Chill for 5 minutes until barely set.
2. Place blackberries and preserves in a small saucepan; cook on medium heat for 5 minutes to combine preserves and fruit. Let cool.
3. Spoon half of pudding evenly into 4 parfait dishes. Spoon 1/4 cup blackberry sauce on top.
4. Layer with remaining pudding, then with blackberry sauce.
5. Spoon whipped dairy topping as the final layer. Serves 4.

You will need an adult's help with this recipe.

## Meet Lee Pace



Lee Pace stars as Phil in the movie "Marmaduke." Lee has starred in several movies and in the TV series "Pushing Daisies."

Lee, 31, was born in Chickasha, Okla., but spent much of his early childhood in Saudi Arabia, where his father was based. His dad worked in the oil business.

Later, the family lived in New Orleans and then Houston, where Lee went to high school. He began acting at a local theater there.

Lee went to college at Juilliard, a famous school for the performing arts in New York. He acted in several plays there. After college he appeared in plays off-Broadway.

He has a pointer dog named Carl.

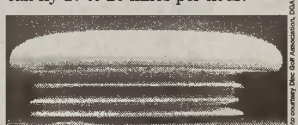
# Golfing With Flying Discs

### The discs

You can play disc golf with a regular Frisbee. But most disc golfers play with special discs. Different companies make them, so they aren't called Frisbees, which is a brand name.

Frisbees are larger than golf discs. They don't fly as far or as fast. Frisbees are light, designed to float through the air and be easy to catch. They have rounded rims so they don't hurt when you catch them.

Golf discs are made of harder plastic and have sharper edges. They are designed to fly more accurately and for longer distances. A golf disc can fly 17 to 20 miles per hour.



A Frisbee rests on smaller golf discs. Note how rounded the Frisbee rim is.



Obstacles such as trees and hills add to the challenge of disc golf courses. Course managers might keep the underbrush mowed so players can get through. But disc golf courses do not need big areas of mowed, smooth green grass to play on.

### Designed for a purpose

There are many different types of golf discs, just as there are different kinds of golf clubs. Each type is used for a different purpose.

For example, a driver, a disc for long distances, can sail more than 800 feet in a steady direction. A putter is made for short distances.

A player might choose a different disc when it's windy. Different discs might be better for flying up a hill or sailing through trees.

Professional players may have 20 different discs. But you need only one to play.

A disc golf tee is usually a flat area or pad made of concrete, packed dirt or gravel. The golfer chooses a disc, then stands on the tee or runs up to it, throwing the disc as far as possible toward the basket.

## Goldie Goodsport's Report Supersport: Danielle Lawrie

Height: 5-7 Hometown: Langley, British Columbia, Canada On the mound, Danielle Lawrie baffles batters. At the plate, she pounds pitchers. With her powerful arm and booming bat, the multi-talented senior has led the University of Washington women's softball team to a No. 1 ranking.

Last season, the tireless All-American hurled the Huskies to the NCAA championship and won National Player of the Year honors.

In Washington's 59 games this season, her pitching record was 40-5, with 495 strikeouts and a microscopic 1.11 earned run average. One fan told a reporter that Danielle "could kill a bear" with her hard fastball.

Batters hate to face her, and pitchers hate to throw to her. In the Huskies' regular season, Lawrie posted a .322 batting average.

Lawrie also pitched in the 2008 Olympics for the Canadian national team. Looking into the future, she has expressed interest in sports broadcasting.

# Disc Golf Takes Off

### Disc golf hole

When people first started playing disc golf, they used a pole as the target. But players got into arguments about whether the disc had hit the pole or not.

Players began using tone poles, which made a noise when a disc hit them.

Ed Headrick designed a "disc pole hole," which was a special basket on a pole. This is the standard disc golf hole, or basket, used today.

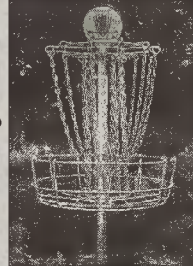
### Ringing the chains

In the regulation pole hole, the pole is about 5 feet tall. A basket is set a couple of feet down the pole.

Rows of chains hang down around the pole. They stop just above the basket.

When the speeding disc flies toward the pole, the chains wrap around the disc, slowing it down. Otherwise, the disc might bounce off the pole or fly past the target.

The disc drops through the chains and into the basket. When the disc hits the chains, they make an exciting ringing sound.



A disc pole hole



This woman prepares to throw her disc. Disc golf can be played on rough ground that is inexpensive to keep up.

### A growing sport

Experts say disc golf has grown steadily for the past 30 years. Each year there have been about 10 percent more players than there were the year before.

There are about 3,000 to 4,000 courses in the United States. The sport is also growing in Europe, Australia and Japan. There are about 1,000 international courses.

Disc golf courses don't need as much space as ball golf courses. A good disc golf course might cost about \$5,000 to build. Other recreational areas, such as tennis courts, might cost at least 10 times more.

### A sport for all ages

You can play disc golf with a regular Frisbee and your own target or basket. Or, if you want an official disc, you can get one for about \$8. This sport does not have to cost a lot to play.

Disc golf players often volunteer to help build and care for a disc golf course themselves. This saves the community money too.

You can also invent your own games. Many kids play disc games on playgrounds, in their backyards or on school grounds. You can have relays, play a type of basketball, a type of golf, or anything else that interests you.



Disc golfers can have fun practicing on their own too.

The Mini Page thanks Josh Orzech, Disc Golf Association (DGA), for help with this issue.

Look through the sports section of your newspaper for stories about summer sports in your area.

Next week, The Mini Page is about amazing, colorful beetles.

## MIGHTY FUNNY'S Mini Jokes

All the following jokes have something in common. Can you guess the common theme or category?

- Fay:** Why did the disc golfer need a new Frisbee?
- Farrah:** He had a hole-in-one!
- Fester:** How do you learn to play disc golf?
- Ferris:** Take a course!
- Frank:** What happens to your hair when you play Frisbee golf?
- Farley:** It gets frizzy!

## Disc Golf TRY 'N FIND

Words that remind us of disc golf are hidden in the block below. Some words are hidden backward or diagonally. See if you can find: BASKET, CHAINS, COURSE, DISC, DISTANCE, DRIVER, FRISBEE, FLY, GAME, GOLF, HIT, HOLE, OBSTACLES, OUTDOORS, PIE, PLASTIC, PLATE, PLAY, POLE, PUTT, RIM, SCORE, TEE, THROW, TIN, TREES.



Disc Golf's A "HOLE" LOT OF FUN!

## Ready Resources

The Mini Page provides ideas for websites, books or other resources that will help you learn more about this week's topics.

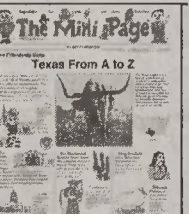
- On the Web:**
- www.discgolfassoc.com
  - www.pdga.com
  - www.frisbeedisc.com/sports/golf/index.html

- At the library:**
- "The Wham-O Ultimate Frisbee Handbook: Tips and Techniques for Playing Your Best in Ultimate Frisbee" by Jacqueline Sach and Cynthia L. Copeland
  - "Material Detectives: Plastic: Let's Look at a Frisbee" by Angela Royston

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