

Sisters has a new softball coach

By Tom Mauldin
Correspondent

Dave Smith, a former youth softball coach and retired California deputy sheriff, has been named Sisters High School's varsity softball coach.

"I am excited and honored to be back in the coaching ring and to be coaching at the high-school level," said Smith. "It will be a challenging one that I am looking forward to."

Smith replaces Cierra Jones, who guided the Outlaws to a two-year record of 7-36 in 2014 (2-20) and 2015 (5-16). The Outlaws won their final two games of the 2015 season, defeating Junction City twice, 2-1 and 3-1.

"I am really looking forward to helping these girls build confidence in themselves and teaching them not to give up," said Smith. "The hard part is going to be recruiting and getting the numbers up."

The numbers have been an issue in recent years. The Outlaws haven't had enough players to field a junior varsity team in three seasons.

Smith and his assistants held an introductory team meeting last week and are planning a second meeting. He said he would like to get a roster of 15 players.

"We had 10 (prospective) softball players show up," said Smith, who had the

players fill out information cards. "We asked them to put their name down, what position they would like to play and what they wanted to see in their team and summarily they want to be a strong team, be more serious, work hard-core together as a team."

Smith has been involved in a lot of softball since the 2015 high school campaign ended as his daughter, Amanda, participated in Fastpitch Northwest's College Exposure program as well as played Fall Ball for the Washington Explosion U-16 Team with tournaments in Washington and California.

Amanda Smith is a 6-foot-1-inch left-handed pitcher, who has taken private off-season pitching and hitting lessons. She was chosen Second Team All-Sky-Em League as a sophomore.

And Coach Smith regularly catches Amanda's private pitching lessons. Another of Smith's daughters, Ashley, played on the 2013 Outlaw team.

Smith noted that practice begins February 29, but that new OSAA (Oregon School Activities Association) allows pitchers and catchers to start two weeks prior.

"Right now my goals are to let the girls have fun, form a strong team, encourage the girls to work at their skills and make them better student athletes," said Smith, who added the coaching staff would also be getting

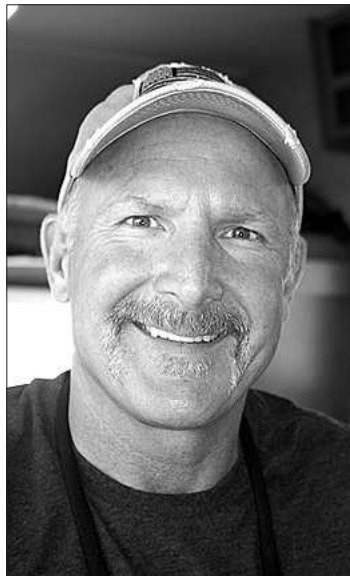


PHOTO PROVIDED

Dave Smith.

involving with softball players at younger levels.

Smith will be assisted by Harley Rowe and McKibben Womack.

As a freshman, Rowe was a starter on Sisters' lone Sky-Em League softball title in 2010 and was a four-year varsity starter. She was selected All-League on several occasions and has travel ball experience as a pitcher, catcher, outfielder and infielder. She graduated from SHS in 2013.

"I am excited that Harley has joined the coaching staff," said Smith. "She will be working with the pitchers, catchers and infielders."

Womack will be the strength and conditioning coach as well as assisting drill stations during practices, said Smith.

Deschutes County transitions to eWIC

Beginning this week, more than 2,500 families in Deschutes County will start transitioning to eWIC, which will enable them to shop for WIC food benefits using an EBT (electronic benefit transaction) card.

Currently, participants of WIC, a program of the Oregon Health Authority's Public Health Division, use paper vouchers to buy WIC-approved foods. Now, with this new card, shopping will be easier and WIC families will be able to better track their monthly food balance.

Participants will also have access to a new WICShopper smart phone app, which will allow them to scan a food's bar code to determine if it is a WIC allowed food.

"We're so excited to offer a new, convenient way for our families to shop," said Laura Spaulding, Deschutes County WIC coordinator. "With these new options, accessing and tracking benefits will be easy."

In Deschutes County, WIC serves more than 3,330 women, infants and children. In 2014, these families spent more than \$2.4 million at local WIC stores and farmers markets on healthy foods.

WIC provides services at over 100 clinic sites throughout Oregon and serves

161,000 lower-income pregnant women, infants, and children under age 5. These WIC families shop at more than 500 Oregon grocery stores, pharmacies, farm stands and farmers markets, and spend \$64.7 million a year with their WIC food benefits.

“ We’re so excited to offer a new, convenient way for our families to shop. With these new options, accessing and tracking benefits will be easy. — Laura Spaulding

WIC has been offering participant-centered nutrition education, healthy food, breastfeeding support and has been serving as a gateway for preventative health for more than 40 years.

Deschutes County WIC has appointment openings at clinic sites in Bend, La Pine, Redmond and Sisters. For more information about WIC, visit <http://www.deschutes.org/health/page/women-infants-and-children-wic> or call 541-322-7400.

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CONCUSSIONS
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Wed., Feb. 24 • 7 p.m.

Sisters High School Gymnasium
1700 W. McKinney Butte Rd.

Dr. Robert Collins, retired neurologist, will present a lecture on the incidence and impact of a concussion on student athletes and the role for teammates, parents and school.

Dr. Ugalde a concussion specialist from The Center Foundation, will be on hand to help answer questions about concussion management in Central Oregon.

— TALK IS FREE AND OPEN TO THE PUBLIC —
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