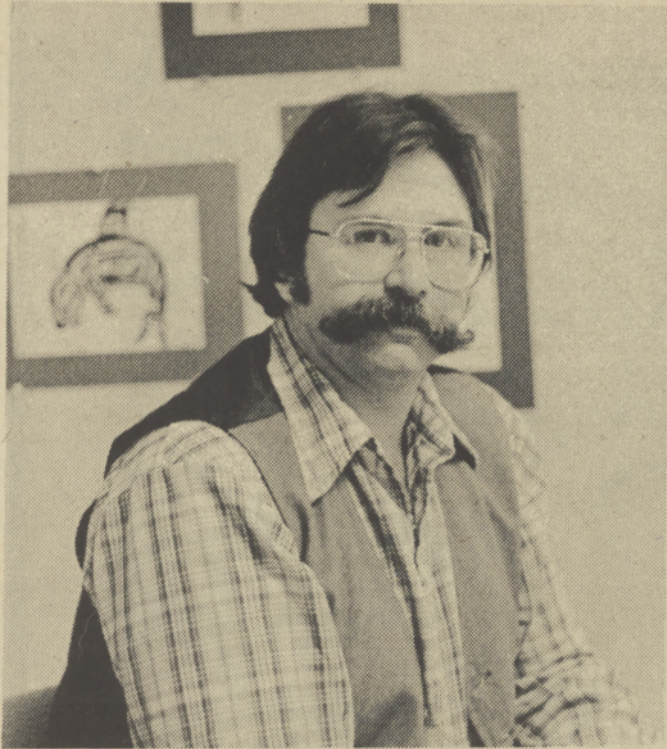


New Probation Officer



Vernon Rowe

Beginning work January 5 as Adult Probation Officer Vernon Rowe finds his job anything but routine. He is picking up the case load that Della Estimo worked with when she occupied the same position.

"Each client has a different situation," Rowe says. "It is important to be as thorough and as understanding as possible. It is also important to follow the court's orders."

Rowe came to the central Oregon area one year ago when his wife Merrill Featherstone began work in Warm Springs with the Family Resources department. For the last six months he has worked as the deputy corrections officer in Jefferson County.

Rowe and his wife moved from Sacramento, California where Rowe worked as counselor for teenagers on probation. He has an associate degree in psychology. He says, "I would someday like to get a degree in psychology and pursue art therapy."

Besides counseling work Rowe has previously been self employed doing artwork including illustrations and jewelry as well as carving

scrimshaw. He attend Utah Technical College studying commercial art and then graduated from the University of Hawaii. He still maintains art markets in California and his work is displayed at various galleries throughout Oregon.

Karate is another of Rowe's skills. He has conducted classes in Warm Springs through the Community Center and intends to do so again in the near future. Right now, though, he places most of his concentration on learning his new job.

Rowe is not unfamiliar with the Indian culture. He was born in Utah and grew up in Nevada. His mother was a social worker doing much of her work on reservations. At home Rowe had Indian foster brothers. He says, "It's nice to be associated with the Indian culture."

Every job has its difficulties. One of the problems as Adult Probation Officer is not having people show up for their appointments. Rowe commented. And of course a new job is always taxing at first but he says, "I'm picking it up as it goes along." His general attitude towards his new position is contained in a few words, "I like the job."

Workshop offered

A one-day workshop featuring creative ideas for young children will be held Saturday, January 31, at Central Oregon Community College.

Intended for parents, day care providers, pre-school, elementary and Sunday school teachers, the program will cover music, art, science, discipline, storytelling and other topics of interest to persons in charge of very young children.

Guest speaker will be Bob Dematteis, director of Early Childhood Education at Mt. Hood Community College. His topic will be "Pre-school, Kindergarten, First Grade: Making Them What They Should Be."

Workshop leaders will include Carol Podwils and Faith Hall, music and pre-school teachers; Marlene Alexander, children's art instructor; Joanna Walters,

Early Childhood educator; Pam Shackelford, COCC counselor; Donna Southwick, Academy of Gymnastics and Jackie Mart, Deschutes County Library. The Oregon Dairy Council Early Choices Nutrition Program will be presented by the Child Care Council.

A panel discussion on discipline will feature Jenny Harris, Bud Smith and Kathy Drew, Bend area counselors.

Fee for the workshop is \$7.50 if received before January 26, and \$10 after that date. Participants may purchase lunch in the College cafeteria or bring a sack lunch.

Early registration is encouraged so that participants are assured of having a place in five out of the eight demonstrations which are limited to 25 persons each.

For more information, call Barbara Diekman, 382-6112 ext. 219.

NWIYC Conference April 9-11

The Quinault Nation is proudly hosting the Northwest Indian Youth Conference (NWIYC) for the 1980-81. Conference dates are April 9-11.

Registration will be Wednesday evening, April 8. Conference site is the Ocean Shores Inn Convention Center, located on the fabulous Olympic Beaches overlooking the Pacific Ocean, In Ocean Shores, Washington.

Some of the planned highlights are tours of the Quinault Reservation (Taholah Village, tribal centers, new education complex, salmon hatchery, clam beaches, and shake mill), a traditional salmon bake on the beautiful Quinault Beach, a pow-wow, outstanding Indian speakers, exciting workshops, and a wide variety of recreational events.

If you or your organization

are interested in receiving more information (brochures, agendas, motels available, maps, etc.) these will be sent to you no later than February 1, 1981, by writing NWIYC Committee, Box 189, Taholah, Washington 98587 or by calling these people: George Youckton or Ruby Gubatayo at (206) 276-8211 extensions 305, 306 or 321.

Defensive Driving Course

A Defensive Driving course (DDC) has been scheduled by Central Oregon Community College to be held in Madras on the evenings of January 19, 20 and 21 from 7 to 10 p.m. at the Madras Senior High School.

Advance registration is necessary. The Warm Springs Adult Learning Center will register those from Warm Springs who wish to attend. They will accept registration during their regular working hours.

Delegates chosen

Eleven delegates and one alternate delegate from the Tri-County area have been selected to attend the White House Conference on Aging. A screening committee coordinated by the Central Oregon Council on Aging Executive Board of Directors, composed of representatives from several senior citizen organizations made the appointments

recently. The delegates will attend the Salem conference on March 23-25, 1981. Interested parties may submit ideas and topics relevant to senior concerns to either the COCOA office or the delegates directly.

Gayle Rodgers, supervisor of the Warm Springs Social Services program, was among those chosen as a delegate.

Yes, women too Powerlifting way to shape up

Powerlifting is fast becoming a women's sport around the nation and even in Warm Springs. Six women are already in training, getting their bodies into condition before they embark on powerlift training.

Tribal member William Leonard, who has been working with the women in the program, has himself been powerlifting for about seven years. He has done some previous instructing for the YMCA while living in California. Of the various places he has lived and trained at Leonard says, "I was observing the systems of training."

Powerlifting differs from regular weight training in that powerlifters lift one and one-fourth times what they would lift in regular weight training. Powerlifters are lifting olympic weights.

Leonard is interested in getting local young women at any weight into the powerlifting club. He will write out a conditioning program and when trainees are ready he will initiate them into weightlifting. Leonard says, "After the women finish the conditioning program I will put them on an olympic bar and keep them there. This bar weighs 85 pounds besides the weights which are added."

Women can benefit from this program according to Leonard. "They gain in muscle strength and they develop style, grace and athletic performance." Some of the women train simply to get into shape and some have competition in mind. Forest service worker Barbara Scaronis says she is in the conditioning program for powerlifting because she "wants to get strong. We're in the field in the summer and I want to stay in shape."

Susan Eborald of the Forest Service road engineering department is in the powerlift program because she had a knee injury and wants to build her muscles back up for skiing. Elaine Singer, also a forest service employee, is simply continuing training she began a

year ago in college. Just the two months they have been working out each has noted an improvement within themselves.

The image of women weightlifters sometimes prevents women from partaking in this sport. Elaine says, "It's worse for women than men." But despite the unfounded and preconceived notions the public has about women weightlifters, these three women intend to

continue their training.

Asked whether or not they were interested in competition Barbara and Elaine immediately responded with a yes. Barbara says, "I'd like to be able to press 150 pounds. I can do 110 pounds now."

Any women who are interested in joining the powerlife program will find William Leonard at 553-1161, ext. 248. Leonard also has a program for men who might be interested.



WORKING OUT—Forestry employee Barbara Scaroni is one of several women working on toning muscles before beginning powerlifting training. Spilyay Tymoo photo by Shewczyk