

The CHEMAWA AMERICAN

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OSCAR H. LIPPS - - - - Superintendent

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ATHLETIC NOTES

One more game, and that against West Lynn on Friday, and the curtain will be drawn, closing our 1928 football season. We have played seven games, lost five, won one and tied one. A popr showing so far as games won and lost are concerned, yet not so bad when the experience of the team is considered.

We lost to Washington, a contender for the inter-scholastic championship of Portland 19 to 0. Medford defeated us 37 to 6. Incidentally Medford has won the state championship for the past three years. Benson was our only victim, whom we scalped 12 to 6. Benson now leads the Portland inter-scholastic league. Albany tied us 6 to 6. Willamette's Super-Varsity defeated us 20 to 6. Columbia U. high smacked us 13 to 6, and the Oregon Normals trimmed us 25 to 0. The outcome of the West Lynn game remains to be seen. But you can bet your bottom dollar we will be represented by eleven boys who will be giving every bit they have every minute of the game.

Continued defeat wrecks the morale of the ordinary team and as a rule they give up in despair, but Saturday after Saturday our boys have stood by their guns and stared defeat straight in the face and never can it be said they ever "gave up the ship." That is the spirit that has kept them from being swamped or badly beaten. Some of our scores may look a little one-sided, but all of our games were really close and hard fought.

In any event the boys have learned to hang on and fight to the end, and some day they will reap the benefit of this seemingly disastrous season. They will win simply because they have learned well the lesson never to give up.

The one big event remaining on our football program for the home folk is the clash between our "Hot-shots" and the inter-class All-Stars. This game has become an annual affair and really plays an important part in our Thanksgiving festivities. This year the game looms bigger than ever. Mainly because the class games have developed some likely boys, real ball carriers and linemen, in fact some real "Horsemen." It is expected that the All-stars will take the "Shots"

bug hunting, but the "Shots" are sure to have something to say about that. Anyhow, it is certain to be an interesting afternoon. Just before the game gets underway the starter's pistol will set some forty or fifty cross-country runners on their way over a three mile course. This is another inter-class affair and it should draw a "full house."

INFLUENZA

Report has it that influenza is again making its appearance in the southern and eastern part of this country and is spreading in this direction. While common colds undoubtedly are due to germs, nevertheless, influenza as an epidemic disease must be considered as a separate infection. It is a more serious illness than the common cold.

Influenza is an acute infectious disease accompanied by more or less fever. It spreads with extraordinary rapidity from town to town and usually attacks a larger part of the population.

It is not apparent at this time that Oregon will suffer with a very extensive epidemic. The public should, however, take care of themselves on the first appearance of a cold. Go to bed until you are cured. The greatest danger is the liability of contracting pneumonia following an attack of influenza or a bad cold.

It is a good rule to conserve your energy. You are using more energy now than you do in warm weather. The increased heat production demands more work of the kidneys, heart and lungs. This is why you tire more easily at this season of the year.

Protect yourself against influenza and pneumonia by taking the following precautions:

Take plenty of rest and increase the hours of sleep.

Regulate your diet; eat more vegetables, salads, whole wheat bread; drink more milk and water; eat less meat.

Keep feet dry and wear warm clothes.

Keep fingers out of mouth and wash hands before eating.

Avoid getting chilled.

During an epidemic every one should avoid crowded illventilated places.

THE STAFF

Recently, the senior class held a meeting and elect the following officers for the 1928-29 school annual staff:

Editor-in-chief	- - - - -	William Wall
Associate Editor	- - - - -	Martha Packineau
Associate Editor	- - - - -	George Nicholson
Business Manager	- - - - -	Ernest Brunoe
Sports Editor	- - - - -	Clifford Meachem
Sports Editor	- - - - -	Vina Smith
Art Editor	- - - - -	Francis Ross
Art Editor	- - - - -	Cleo Plasteur
Photographs	- - - - -	John Frenier
Photographs	- - - - -	Geraldine Dupuis
Historian	- - - - -	Karl Muller
Historian	- - - - -	Drosaline Cimino

ESCORTS

Sunday Afternoon

Nov. 25—McBride	- - -	Miss Lundquist
Winona	- - -	Mrs. Lobdell
Hawley	- - -	Mr. Lobdell