



# Health/Education

## Central Catholic Soccer Team embodies spirit of student athlete, excellence

CONTRIBUTED STORY  
FOR THE PORTLAND OBSERVER

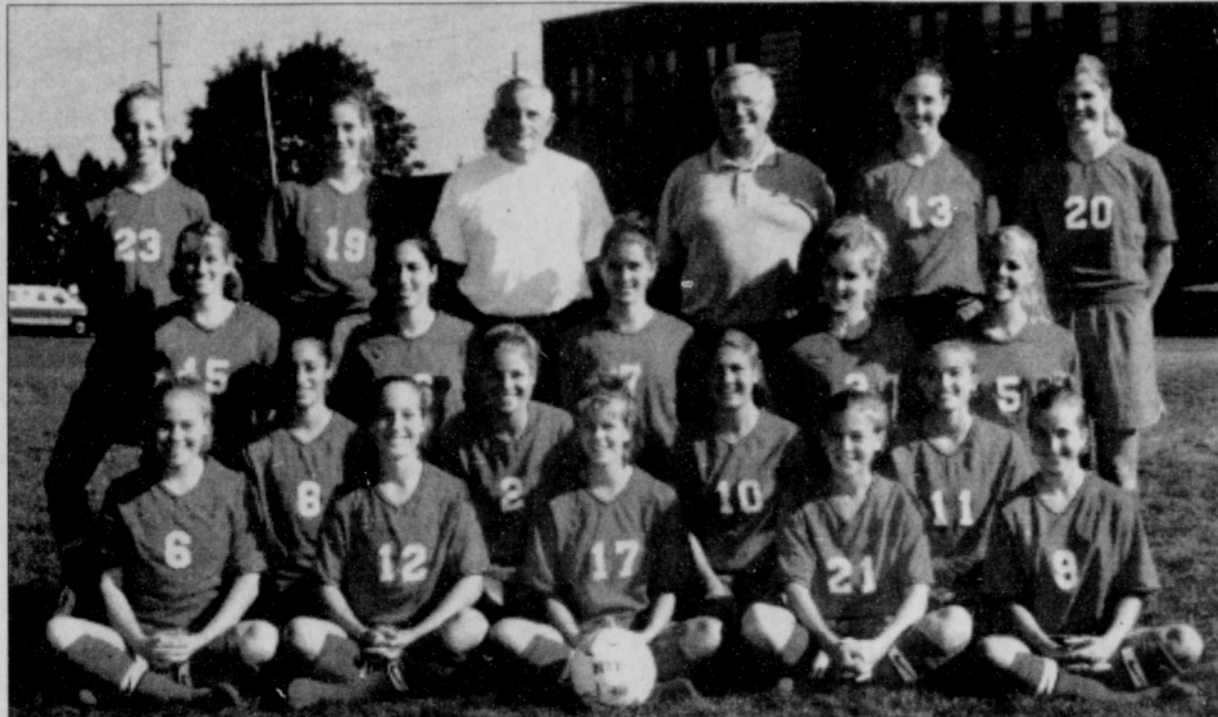
If you looked up the definition of "Student Athlete" in the dictionary, you just might see something like this: "See Central Catholic Girls' Soccer Team." "It couldn't be more right on."

On Nov. 20, during the halftime ceremonies at the Oregon State Playoff's Girls' final, the Oregon Soccer Activities Association (OSAA) in conjunction with the Dairy Farmers of Oregon presented its annual award for "Highest Girls' Soccer Cumulative Grade Point Average."

This award went to the team captains of both Pendleton High School and Central Catholic High School. Each team was honored for having a team cumulative GPA of 3.75. This award was the result of three years of hard work by the girls' soccer team members. They not only focused on athletics but on academics as well.

By 1996, the team had achieved success on the playing field by making it to the state quarter finals. Varsity Coach Bill Miller heard about the state academic award and challenged his team to excel not only on the playing field, but in the classroom as well.

True to their form, the team members responded to the challenge and this year proved they are true "student athletes." Every girl on the team has a GPA above 3.0, and eight of the



Central Catholic 1999 Girls' Soccer team. Bottom row: Abby Stark, Katie Ferre, Megan Dunn, Kelly Schoenbeck, Mindy O'Malley. Second row: Lesley Defazio, Katherine Kurz, Amber Richart, Zina Zografos. Third row: Whitney Cave, Gina Fazio, Katie Evans, Kyra Evans, Andrea Schoenheit. Top row: Angela Schoenheit, Crystal Conway, Coach Bill Miller, Head Coach Rich Potter, Helen Hudson, Catherine Conway.

girls have received 4.0 GPA's. At the same time, the team was again in the quarter finals in the state tournament, and just missed making the Final 4 when they lost an overtime shootout to the team from Crescent Valley.

Central Catholic Head Coach for Girls' Soccer, Rick Potter is thrilled with the team's accomplishments. "I think it is absolutely wonderful because this team has affirmed what

it means to be a true student athlete."

This is exactly what Central Catholic athletics is about — excellence in academics as well as excellence on the playing fields. The goals for the soccer program are to represent Central Catholic in a positive manner, to make the games fun for all involved (from players and opponents to spectators and officials), and for players to play to the best of their

ability.

Both Potter and Miller are proud of their team, and feel that Central Catholic is a special school. "We turn out very well-rounded young adults and we're proud that the Girls' Soccer Program can contribute to that," commented Potter. "The entire Central Catholic community can take pride in a team that has shown what it means to be a true "student athlete."

## Flu season returns

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The flu is waging an attack on the Portland area. But this year, new medical resources and treatments are available to help flu patients manage the battle. Tamiflu (oseltamivir phosphate), a new pill for the treatment of the most common strains of influenza, types A and B, was approved on October 27, 1999 by the U.S. Food and Drug Administration (FDA) in time for the arrival of this year's flu season.

"For the many residents of Portland who will suffer from the flu this season, Tamiflu has the potential to provide relief, if they know to consult a doctor as soon as possible," said Robert Matheson, M.D., Oregon Medical Research Center.

Developed by Hoffmann-La Roche Inc. and Gilead Sciences, Inc., (NASDAQ:GILD), Tamiflu is indicated for the treatment of uncomplicated acute illness due to influenza infection in adults who have been symptomatic for no more than two days. Tamiflu, when taken twice daily for five days, has been proven to be effective in shortening the duration of the flu. Since Tamiflu is most effective when taken within the first 48 hours of the onset of symptoms, it is important to contact your healthcare professional as soon as flu symptoms occur.

"One of the biggest problems patients have each flu season is not knowing when to see the doctor for flu symptoms," said Robert Matheson, M.D. "Patients either don't realize they have the flu, or they believe the flu isn't serious. The general lack of influenza awareness means those infected by influenza will keep suffering needlessly."

A recent telephone survey of 1000 adults 18 years of age or older in the U.S. examined consumer attitudes and knowledge regarding the flu. Survey findings showed that less than half of adults can differentiate between the flu and the common cold. Flu symptoms, which include the sudden onset of fever, dry cough, headache, chills, sore throat, and muscle and joint pain, are more severe than cold symptoms. The Gallup poll also revealed that only 24% of the consumers surveyed are confident in their ability to treat the flu. Only 28% saw a healthcare professional last time they had the flu, and those who did waited two days or more after they developed flu symptoms. Seven in ten of those who saw a healthcare professional report receiving an antibiotic, which is ineffective and inappropriate for viral infections such as the flu.

These results demonstrate the need for awareness of new antivirals available in convenient pill form to reduce the duration of the flu. Consumers can take a proactive step against influenza by asking their healthcare professional about the new treatments. These medications must be taken within the first two days of symptom onset, making it imperative that consumers learn to recognize flu symptoms and contact their healthcare professional immediately.

Up to 40 million Americans get the flu each year, an average of about 300,000 are hospitalized, and 20,000 to 40,000 people die from influenza and its complications. The economic impact is high as well, costing the United States an annual \$14.6 billion in physician visits, lost productivity, and lost wages.

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