

### For What It's Worth

I have a very sore throat as a result of yelling off my head when the Central Point high school basketball team nosed out Gold Hill 28 to 25. Certainly the game was well played and very fast as the Gold Hill team is one of the fastest teams I have seen for a long time.

But long before the end of the game I figured that Central Point would win out in the end. Because before the end of the first half Gold Hill asked for time out and I noticed one by one the Gold Hill players coming to drink at the fountain. Well, it is very, very bad business to drink cold water during the playing time. I know because I played basketball for fifteen years and have noticed the visible effect on players who drink water during the playing time.

Central Point team has the making of a very good team as it is up to the players. Mr. Jewett is a very busy man, being superintendent of the schools, teacher and all sort of work that has to do with the schools. Naturally he only has about an hour or so every day to train the players. The rest of the day it is up to the boys to keep themselves in good shape. They were pretty tired at the end of the game, though some of the players have a slight case of flu.

The players are still a little weak under the backboard as Gold Hill seemed to grab the ball every time. They should practice more on that particular work of grabbing the ball under the goal so as to enable them to have more chances to shoot at the goal.

Mr. Jewett has done a very remarkable job of coaching the team. It has been many years since he coached the team that won the county championship. The system of basketball nowadays is tremendously different from the old days. In the old days we had the tip-off system eliminated, requiring a much different system of coaching the team. For years since he quit coaching, he has watched the teams only in action in regular games and has probably never seen the teams being actually coached by the other coaches. Then to step into the coaching game with a new system and mold a good team out of the raw material is some job. Of course it is too early to pay compliments as there are still lots more games to be played yet. It will be a real compliment to Mr. Jewett if the boys can get together and keep themselves in good condition, making it much easier for him. If they can, we will win the county championship easily.

### Pointer Pups Rout Gold Hill Seconds

In the preliminary game last Friday night, the Pointer second team defeated the Gold Hill reserves by a score of 39 to 17.

Right at the start the Pointers started rolling them in and piled up a score of 13 to 2 in the first quarter. The Beavers cast off a lot of long shots, but failed to find the basket. Then a whole new Pointer team went in and they held the lead making the score 18 to 3, at the half.

In the third period, the starting team went back in and they built up the score to 28 to 5. In this quarter Holland made 4 out of 5 foul shots. In the last quarter, the Pointers changed teams again. Then the Beavers found their range on long shots and made 12 points to the Pointers 9, making the final score 39 to 17.

The Beaver lineup was: Miller 2, Estrenado 4, Smith, Bennett 2, and Ferguson 2.

The Pointer lineup was: Sage 3, Robison 8, Holland 8, Blumenstein 7, and Anhorn.

The committee for the party is as follows: Dean Wilson, Chairman, Don Bohnert, Shirley Brenner, Muriel Weidman, Ellsworth Robison, Charlotte Parsons, Ilene Hilkey, Dale Childress.

Also at this meeting a committee was appointed to take charge of the Junior Class Assembly Program. This committee consisted of: Beverly Krupp, Chairman; Glenn Shrier, Billie Sullivan, Theron Gordon, Kenneth Palen, Edla Johnson. This program is to be given before the student body on February 4.

### Pointers Win First Conference Game

In the first conference game of the season, the Pointers downed the Gold Hill quintet by a score of 28 to 25.

The game, played on the Central Point floor, was very fast, Gold Hill being one of the fastest teams in the county.

The game started with the Pointers getting four points in the first minute of play. Then the Beavers found their range and sunk seven points in the first quarter, the quarter score being 10 to 7 in favor of the Pointers.

Then the Beavers speed began to take effect and they made 11 points in the second quarter to the Pointer's 6, making the half-time count 18 to 16 in favor of the visitors.

The third period was much slower with the visitors chalking up only four points and the Pointers only three.

At the start of the last quarter, things looked pretty sick for the Pointers as the Beavers were holding a three point lead, and soon after the period began, Milkowsky canned another basket making the score 24 to 19.

Then with only four minutes left to play, things began to happen. Childress made a foul shot, and then Shrier canned two baskets, one right after another, to tie the score at 24 all, which practically brought down the house.

With two minutes to play, Childress made another basket putting the Pointers ahead. The Pointers then attempted to stall but Shrier fouled Frost of the Beavers, giving him two free shots. This was the Beavers' chance to tie the score but Frost failed to make but one of his charity throws.

Thus the Pointer still held their one point lead. With seconds to go, Shrier and Colley slowly brought the ball down the floor, attempting to stall it out. The Beavers, then concentrating on getting the ball were all pulled out in the middle of the floor. This left Freeland alone under the basket with no one within ten feet of him. Then Shrier shot him a pass and he put it through the hoop just before the buzzer sounded the end of the game.

The Gold Hill lineup was: Milkowsky 9, Korner 4, Frost 6, Bennett 6, and Roscrans.

The Pointer lineup was: Freeland 4, Wilson 7, Shrier 10, Childress 2, and Colley 4.

The game was highlighted by the accuracy of the Beavers on their long shots. Gold Hill is now known to the Pointers as a dangerous opponent, and they consider themselves lucky to have won out last Friday night.

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### C. P. Alumni Visit School

Last week our school was honored by visits from various former students of the past few years.

Loren Cassman, of the class of '42, who has been the Navy for quite some time, is home on leave and has visited school several times.

Jean Brenneholtz, of the class of '43, who is now majoring in Home Economics at Oregon State College, is home for the term end vacation, and visited school last Wednesday.

Ronald James, of the class of '43, and Berkley Pinkham, class of '45, who enlisted in the C.B.'s last September, and have been stationed in Rhode Island, were home on furlough and visited school last Monday. They now will be stationed in California.

Also Norene Bohnert, class of '43, from Oregon State College made an appearance on Friday.

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Mrs. Cordia Burns, who recently underwent a serious operation at Portland, is reported to be doing fine.

### Revised Schedule

There has been a change in the basketball schedule from what was first announced. The new schedule is:

- Jan. 11—Tues. Talent here
- Jan. 14—Phoenix there
- Jan. 21—Rogue River there
- Jan. 25—Tues. Jacksonville here
- Jan. 28—Gold Hill there
- Feb. 1—Tues. Talent there
- Feb. 4—Phoenix here
- Feb. 5—Prospect there
- Feb. 11—Rogue River here

Chester Grimes was calling on friends in Central Point last week on his way home to Burbank. Chester has been released from military service to work in an airplane factory.

### South America As Seen by Local Lady

Mrs. Mildred Swain is writing to her mother, Mrs. E. E. Scott, from South America, where she is with her husband, who is employed by the government rubber research.

Continued from last week

The Americans have been robbed "blind" down here and for awhile we were warned almost daily to keep all windows shut except when we, personally, were sitting in the room that had the windows open. When I walk upstairs I always close the windows first for the thieves will be in and gone before you can get down the stairs. Usually it has been men who do the robbing and usually it has been the men's and girl's staff houses for they know everyone is at work

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during the day and money, watches, cameras, cigs, pencils and pens are their main objects since they can resell the items and can use the money. Many have been caught but now we have a plague of boys doing the stealing. We also discovered that plainclothes police are stationed in all parks now to catch the little devils so we sincerely hope to be rid of them soon. The burglars have never harmed an American down here as yet but, on occasion, have killed Brazilians for their money, although murder in Brazil is very rare indeed. Most of the men burglars were a bunch of unemployed men who were shipped in here and they have all been returned to their homes so the situation is improving at least, and the excitement of the small boys was just another interesting episode in Brazil which furnished the excitement of the day.

You will remember that when we were in Africa I was always writing home and stating that there was never a dull moment for something new and interesting, even though often trivial, was always happening; some good, some bad, and so it is down here. These people are a constant source of amusement and interest to me and I have been able to learn some of their ways of living and thinking which is both good and bad. I marvel at some things and am shocked by others—for example, I marvel at and am constantly reminded of the strict discipline and constant guarding and protesting which is given the young lady of a

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better Brazilian family. Twenty-four hours out of every day her every action is accounted for and not on her own word either, since she is never, never unaccompanied. I have had the opportunity to be chaperon to Lel Agular on numerous occasions and it has been quite an honor which has been bestowed upon me. She is the 19 yr. old daughter of Dr. and Mrs. Agular who are a lovely Brazilian family and whom I have mentioned as being such very good friends of Mr. Jim Bull, Joe's colleague at work. We know the Agulars and have been entertained royally in their home although they do not speak English, Lel and the smaller brother, Paulo, speaks English and that is one reason that the parents allow Lel to accompany us, or me when Joe was out of town.

(To be continued)

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### This Week's Suggestion

#### New Fame for Bread-and-Gravy



Cut in neat finger-length bars, enriched white bread may be served along with the meat; or it can do duty all alone as the main protein dish, as shown in the picture above, where piping hot gravy supplies the meat flavor.

by Kathrine Wellingbrook

**B**ACK again—and high in nutritionists' favor—is America's old-time favorite, bread-and-gravy! We've always known that it had a satisfying, stick-to-the-ribs quality. Now we are told what its nutritional value really is, and why it can pinch-hit, all by itself, as a protein dish.

Protein foods are the ones about which we usually build the meal: meat, fish, poultry, cheese, eggs (and milk). We don't think of bread in this category—yet bread actually supplies us with more of the protein we need than of the energy, food, or calories, that we require.

**Bread a Good Protein Food**  
Modern white bread is a better protein food than beans, both in quantity of protein and protein quality. In fact, the quality of bread proteins may be classed with that of meat.

**Supplies Vitamins**  
Both meat and enriched white bread are also excellent sources of vitamin B-1, of niacin (another B-complex vitamin), and of the food-mineral, iron.

If you haven't any gravy on hand, you can easily make some from meat drippings, soup stock, cooked vegetable juice and a bouillon cube. Here's a basic gravy recipe:

**Brown Gravy**  
4 tbsps. meat drippings 1 cup stock or milk  
4 tbsps. flour Salt and pepper

Add flour to fat, place over low heat, and cook with constant stirring until the flour browns. Add stock gradually, stirring until thickened. Cook five minutes; add seasoning. Makes 1 cup.

To vary the gravy's flavor, add (in quantity to taste) grated horseradish, mustard, chili powder; chopped onion, parsley, chives or tomato; a little ground-up meat.

"Yorkshire Toast" is a delicious bread and gravy variation:

**Yorkshire Toast**  
1 egg 4 slices enriched white bread  
1/2 cup milk Dash of salt

Beat egg slightly, add milk and salt. Remove crusts from bread. If desired, and cut slices in half. Dip in egg mixture; place on baking sheet and cook in moderate oven (350°F) until golden brown—about 15 minutes. Serve with gravy made from beef drippings.

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