REPORT ON SCHOOL MATTERS

Most Satisfactory Report Given by the Federated Clubs at the Annual Business Meeting April 2.

The Board of Trustees, consisting of the following members: Mr. J. H. Egger, Mrs. J. R. Kiley and Mrs. R. B. Kiley, examined the reports of the various schools.

Mr. Egger stated that the work of the high school was perfect.

The report was read and approved by the Board of Trustees.


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GET OUT OF DOORS

Fresh Air and Outdoor Exercise

In this early spring season there are many complaints that need to be solved. The air being fresh and cold, has a tendency to make people cough and sneeze.

The solution lies in the fresh air and outdoor exercise.

The best way to do this is to go for a walk in the morning or evening.

The air is clean and the exercise is beneficial.

Many people find it difficult to get up and start the day, but the fresh air and exercise will help them to feel better.

DOGS

Dog Walking

Dog walking is a great form of exercise for both dogs and their owners.

It helps to keep the dogs active and healthy, while also providing mental stimulation for the owner.

When walking a dog, it is important to ensure that the dog is on a leash and that it is not too much for the owner to handle.

The dogs can then be taken for the day to enjoy the fresh air and exercise.

HOW TO IMPROVE YOUR HEALTH

Improving Your Health

There are many ways to improve your health.

One of the best ways is to eat a healthy diet and exercise regularly.

It is also important to get enough sleep and stay hydrated.

Health

Health is a very important aspect of life.

It is important to take care of our health, as it affects our quality of life.

This can be done by eating a healthy diet, exercising regularly, and getting enough sleep.

Frenchman

Frenchman's Disease

Frenchman's disease is a condition that affects the heart.

It is caused by a build-up of fluid in the lungs, which can lead to shortness of breath and swelling.

The condition can be managed with medication, lifestyle changes, and sometimes surgery.

A CHANCE TO REMEMBER

A Chance to Remember

This is a chance to remember and honor all those who have contributed to society.

It is a time to reflect on the good deeds of others and to appreciate the efforts of those who have helped us.

Let us take this opportunity to pay tribute to the memories of those who have gone before us.

CHILDREN

Children's Rights

Children's rights are a fundamental aspect of society.

It is important to ensure that children are protected and have the right to a safe, healthy, and happy childhood.

This can be done by providing them with the necessary resources, support, and education.

We should all work together to ensure that children have the opportunity to reach their full potential.

A CHANCE TO RECOGNIZE

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This is a chance to recognize and appreciate the hard work and dedication of those who have contributed to society.

It is a time to acknowledge the efforts of others and to express our gratitude.

Let us take this opportunity to honor the achievements of those who have been instrumental in making our communities better places.

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