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The Hi Herald

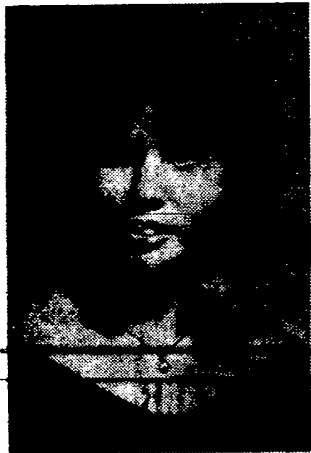
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HALL OF FAME



Miss Connie Lorraine Lewis

The third member of this year's Hall of Fame is Miss Connie Lorraine Lewis, the daughter of Mr. and Mrs. Francis Gawn of Barney Street. Connie has one sister, Sharon.

Throughout high school Connie has participated in many activities such as F.H.A., Red Cross, Future Nurses, Hi Herald, National Honor Society and Cheerleading. She is on the Yearbook Staff this year and was a participant in the American Legion Oratorical Contest last year. She has also been a member of Chorus and had parts in the Junior and Senior plays.

Next Fall will find Connie using her Regents Scholarship to pursue a liberal arts program at the SUNY at New Platz.

Congratulations, Connie; you are very deserving of this honor.

Editorial Friends

by Rita Dixon

Friends are our greatest assets without a doubt. As Tate once said, "Friendship is the privilege of private men, for wretched greatness knows no blessing so substantial." If every person tried to isolate himself from every other person, there would be no progress in the world. We all need the comfort and encouragement our friends give us and they need the same in return. There is an old saying, "Two heads are better than one," and this is often proven to be true. Many times we find that we can do things with the help of a friend that we could never do alone. It is good to have time out every once in a while to exchange good ideas and give our friends credit for all the good they have done. I would like to close with another quote by Cicero. Friendship is the only thing in the world concerning the use of which all mankind are agreed.

Student Interview

... week at spotlight...
... Lee Vickers Day...
... November 12, 1948...
... Mr. Francis J. Vickers, Sr.
... He has three brothers "Bath,"
... Robert and Bruce, and two sisters
... Shirley and Jackie.

Dave is majoring in business. He has been very active during his last four years of high school. He has been in Varsity Club for three years; J.V. Basketball for one year; Varsity Basketball two years; Soccer, four years; baseball, four years; Tennis, one year; and Volleyball, two years. He was Student Council Representative in his Freshman and Sophomore years, treasurer of his class his Junior year, and is now President of the Senior Class.

Dave has been accepted at the O.I. at Business Institute.

Among Dave's favorites are book, "Fall Safe"; food, steak; color, blue; movie, "Goldfinger"; subject, World History; and say, "Basketball has it."

Dave's pet peeve is people who think that they are better than others.

The students at Andover would like to wish Dave the best of luck.

Cub News

Last Monday the Royals and the Lakers played off for the Cub Championship. At the end of regular play, the score was tied 20 to 20 and the game went into a three minute overtime period. The Royals connected for 4 points in the overtime period to beat the Lakers by a final score of 24 to 20. High scorer for both teams was Mr. Jackson with 14 points. At half-time the Cub Sportsmanship Trophy was awarded to Steve Tomm. The Trophy for best team player was awarded to Fred Perry and the Cub Cheerleading Trophy was awarded to Brenda Preston.

Senior News

The Seniors are anxiously awaiting the annual Senior Trip. The class will be chaperoned by Mr. and Mrs. Bernard Burger and Mr. and Mrs. Frank Russell.

The itinerary for the senior trip is as follows:

Sunday - April 16

7:00 a. m. - leave Andover Central School, taking a box lunch from home. The bus will stop at Williamsburg for church services. Later it will stop at Gettysburg where the class will take a guided tour through the battle field.

6:45 p. m. - The bus arrives at "Olde Colony Motor Lodge". The evening will be free.

Monday, April 17

8:30 a. m. - Mount Vernon is the first stop. Then the class will see Christ Church where George and Martha Washington went to church. The rest of the morning will be devoted to the Wax Museum and the Masonic Memorial.

12:30 p. m. - The seniors will be taken on a guided tour of the F.B.I. Building. Afterwards, the class picture will be taken on the lawn in front of the Capitol Building. That is followed by a tour of the Capitol Building. The Archives Building, The Bureau of Printing and Engraving, and The Supreme Court.

7:00 p. m. - The class tours Washington at night. First they will go to the Washington Monument, then the Jefferson Memorial, the Washington Airport, and finally the Lincoln Memorial.

Tuesday April 18

8:30 a. m. - The class tours Arlington Memorial and Kennedy's Gravesite. Then they will watch the changing of the guard at the Tomb of the Unknown Soldier. Then they will be taken on a tour of the White House. Later they will see the two John Marine Memorial.

1:00 p. m. - The class afternoon will be devoted to The Smithsonian Institute.

7:15 p. m. - The class will be switched to the Wilson Line for the Potomac River Cruise to Marshall Hall Amusement Park.

Wednesday, April 19

8:30 a. m. - The seniors will meet at the Washington, D.C.

They will be shown where the Ambassadors to the United States live. They will also see the Immaculate Conception, the largest Catholic Church in the United States.

12:30 p. m. - The rest of the afternoon will be devoted to shopping and independent activities.

10:30 p. m. - Leave "Olde Colony Motor Lodge".

Thursday, April 20

Before the seniors leave on their trip, Mr. and Mrs. Middaugh have invited the whole senior class for breakfast at their house. The class wishes to thank them for their hospitality.

Purple And White

The Panthers Baseball Schedule for this Season is as follows:

Tuesday, May 2 - Andover at Belmar

Thursday, May 4 - Scio at Andover

Tuesday, May 9 - Andover at Cuba

Thursday, May 11 - Friendship at Andover

Friday, May 12 - Andover at Greenwood

Tuesday, May 16 - Greenwood at Andover

Thursday, May 18 - Fillmore at Andover

Tuesday, May 23 - Andover at Alfred-Almond

Friday, May 26 - Hornell at Andover

Activity Sheet

April 24 - No School (Easter and Spring Vacation)

April 29 - Alfred Choir Festival

Spring Vacation

Spring Vacation will start at the end of the Junior Play Matinee Friday, April 14. School will reopen on Tuesday, April 25.

Commercial Printing at the Andover House

Cafeteria Menu

April 24 - 28

MONDAY - No School

TUESDAY: Hot Beef Sandwich with Gravy, Buttered Peas, Fried Cherry Jello, Milk

WEDNESDAY: Cream of Corn Soup or Homemade Vegetable Soup, Peanut Butter and Jelly Sandwich, Fruit, Milk

THURSDAY: Lasagne Casserole, Cabbage and Carrot Salad, Bread and Butter Sandwich, Frosted Chocolate Cake, Milk

FRIDAY: Tuna and Noodle Casserole, Beet Pickle Slides, Bread and Butter Sandwich, Fruit Cup, Milk

When you have work to do, you might as well do it. Nobody else will do it for you.

For every \$100 a family spends for current living \$11 of it is spent for buying and operating a car.

WOMEN
Why Gamble
With Your
Future?
American Cancer Society



YOUR HEALTH TODAY

BY ARTHUR A. FISCHEL, M.D., F.A.C.P.
MEDICAL DIRECTOR / GROUP HEALTH INSURANCE

Chest Pain

Even though the snow season is almost over people are still very apprehensive about the consequences of unaccustomed physical exertion—especially on the part of the male members of our community. It is not unusual to read of sudden death following such exertion as snow shoveling. The frequency with which we read about cardiac deaths following episodes involving such physical effort—as well as those following situations involving sudden emotional crises—is disturbing. This relationship is so firmly established in the mind of our community that any chest pain tends immediately to be linked to heart disease. Luckily, this is not always the case.

There are many different causes for chest pain. A safe assumption may be that most chest pain is not cardiac in origin. The most common cause of chest pain is a muscular disturbance, most likely the result of some sudden effort such as forcefully opening a window or carrying groceries against the chest. A few days after this unusual strain, the patient may complain of chest pain. Worry over the possibility of cardiac disease develops when the chest discomfort becomes more intense. This causes the patient to become disturbed and a doctor to be consulted.

Another very frequent cause of chest pain is stomach disturbance. The esophagus is a tube which connects the mouth with the stomach. The greatest portion of this canal is in the chest. A spasm, or ulcer, or irritation of this region may cause chest discomfort which the apprehensive patient may take for angina pectoris or pain in the chest.

The lung, especially on the left side, can be a common cause of chest pain. A severe bronchitis, causing strain of the muscles as a result of coughing, can produce consternation in the mind of an apprehensive patient.

There are other causes of chest pain, such as neuritis, especially shingles before the rash appears. Intercostal neuralgia is another possibility; arthritis of the junction of the clavicle and shoulder is a not unusual cause of chest pain. When these symptoms are on the right side, the patient—aware that the heart is normally located on the left side of the body—feels less disturbed regarding the cause of the chest pain. As to the kind of chest pain which is a symptom of arteriosclerosis of the coronary arteries, this is a real danger signal, requiring strict medical observance.

For example, when there is a 43 inch snowfall, a susceptible individual predisposed to coronary artery disease, must be careful before he undertakes snow shoveling. Chest pain coming on during or immediately after such activity must be regarded seriously, even though possibly due to some factor unrelated to heart disease. The Health Department of New York City has issued a warning that persons over the age of 40 who have not been regularly engaged in physical activity should refrain from snow shoveling.

A reasonable conclusion for most of us is that any chest pain or discomfort in the region of the chest requires medical evaluation in order to rule out a cardiac origin. This type of reassurance is of great value to a patient, especially to a male over the age of 40.

The Active Life

ROLLER SKATING

ROLLER SKATING STARTED IN THE 18th CENTURY, WHEN A DUTCH BOY WHO COULDN'T WAIT FOR WINTER ICE SKATING FASTENED WOODEN WHEELS TO HIS SKATE BLADES AND SKATED YEAR 'ROUND.

TODAY THROUGHOUT THE WORLD, AND PARTICULARLY IN THE UNITED STATES, BOYS PRIZE THEIR FIRST PAIR OF ROLLER SKATES AS MUCH AS THEY DO THEIR BLUE JEANS—THE MARK OF A REGULAR GUY.