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The Hi Herald

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Editorial

by Mary Ellen Corwin
The Winter Olympics

Now that the Olympic Games are over and the United States team fared quite badly, one might ask the purpose of these games.

The athletes pledge to respect the rules that govern the Olympics and to obey the rules of fair play and sportsmanship.

Although the United States won only one gold medal, through the grace and effort of Peggy Fleming, we have won much more, for through the games, peace and friendship are being promoted in another way.

Adult Art Education

Miss Bettie Davies, English Exchange Teacher in Art, will supervise an adult art class on Thursday evenings from 7:30 to 9:30 in the Art Room at the Andover Central School.

There will be a \$2.00 registration fee. The students will be expected to purchase or furnish their own materials.

Instruction will be on an individual basis in the painting, drawing and pottery areas.

If you are interested and out of school, you may register at the first class session on Thursday, February 29th.

The Eighth District Oratorical Contest

The Eighth District Oratorical Contest was held Sunday, February 18 at 2:00 o'clock in the Attica Junior - Senior High School.

The first and second place winners will compete in the Bath Junior - Senior High School where the Zone Contest will be held.

Senior News

The Seniors are sponsoring a bake sale Saturday, February 24, at the Richardson Hardware. Orders may be taken by any Senior. Please come! Support the Senior Class of 1968.



Colon-rectum cancer strikes 73,000 Americans each year. Three-quarters might be saved by early diagnosis and proper treatment.

Have a "procto" as part of your annual checkup.

American Cancer Society

Swimming News

This year the Andover Finmen finished their season with a disappointing record of 0 - 12. Our team is made up of four seniors, one junior and six freshmen so we have a young team with a bright future.

We did however qualify in the 150 yard Medley Relay with a team made up of Roger Barnes, Dick Godown, Gary Rossman and Doug Green, for the Southern Tier Semi-Finals held at Hornell Saturday, February 17. Doug Green was the only individual qualifier from our team. He qualified for the 400 Freestyle.

Cafeteria Menu

February 20 - March 1

MONDAY: Spaghetti and Meat Sauce, Lettuce Salad, Bread and Butter, Juice, Milk.

TUESDAY: Biscuits and Meat Gravy, Vegetables, Bread and Butter, Juice and Milk.

WEDNESDAY: Corn Soup or Split Pea and Bacon Soup, Peanut Butter Sandwiches, Juice, and Milk.

THURSDAY: Potatoes, Boiled Franks and Catsup, Vegetables, Bread and Butter, Juice and Milk.

FRIDAY: Macaroni and Cheese, Vegetables, Peanut Butter Sandwich, Juice and Milk.

Downbeats

On Wednesday, February 28, the Alfred University Music Clinic will be held in Alfred, New York. The Brass Sextet and Girls' Ensemble will be participating. Twenty-two band and choir members will be going to Alfred from Andover Central School.

Purple And White

by Bob Brown

Last Friday night, February 16, the Panthers annexed their ninth win of the year, (3 in a row) by defeating the Bolivar Bulldogs 60 - 45. Dick Joyce and John Hames were our big guns, scoring 19 and 20 points, respectively. Dick had all of our points (8) in the first quarter. The Bulldogs were a much tougher team than they were at Bolivar, thanks to transfer student, Jack Flake, who averages about twenty a game. Big John kept him away from the boards, however, holding him to only 14. The Panthers are now 9 - 6 overall and 4 - 5 on B-C and 5 - 5 on C League.

Red Cross News

by Grace Herr

The Red Cross Valentine Boxes for the boys in Viet Nam are now on their way. For those of you who are interested, the total cost of these boxes, including postage was \$86.43.

At a Red Cross Youth Council meeting held Monday, February 19, the members elected Noreen Thorp and Cindy Walter to attend a Junior Red Cross meeting to be held on March 30 in Dansville. Hal Sisson is an alternate.

Lost And Found

The following articles may be picked up in the office:

- A pair of red Rubbers
Gloves and Mittens
A blue Sweater
3 pairs of glasses
4 change Purses
Several Watches and Rings
Identification Bracelet

Problem Corner

Dear Eenie and Meenie,

I share a room with my younger sister and she's always getting into my clothes and other belongings. When I'm doing my homework, she's always bothering me. My mother always yells at me when I complain. Is there any way we can get along?

Bothered-by-Sis

Dear "Bothered",

We think you should try to work out a schedule with your sister. When you're doing homework, your sister should not be in the room. Maybe your sister is trying to repay you for the way you treat her. Maybe you seem just as much a bother to her as she seems to you. Perhaps you could compromise with her. By being nice to her, she may stay away from your belongings. Try it!

Your friends,
Eenie and Meenie

Problem Corner

Dear Eeenie and Meenie,

I am fifteen years old and I'm not in many sports or activities. I usually have my homework done at about 8:30. By then I would like to have some time to myself to watch television. My parents insist that I be in bed by 9:30. I feel that I am old enough now to go to bed a little later. I would like to stay up until about 10:30. How can I work this out?
Old Enough

Dear "Old",

We feel that 10:30 is about the right time for you to go to bed. On school nights, it's important

that you get enough rest. Perhaps on week-ends you can stay up longer if your parents don't object. It certainly wouldn't hurt you to watch the Late Late Show on Friday and Saturday night. Good Luck!
Eenie and Meenie

Keep On Buying Savings Bonds.

IF TAKES 2... TO LIK... YOU AND YOUR DOCTOR AMERICAN CANCER SOCIETY

Builders Supplies Color Coordinated Systems 14 Colors and 4 Types of Valspar Paints 10% OFF ON ALL CASH & CARRY ORDERS WELLVILLE LUMBER COMPANY Wellville, N. Y. RAILROAD AVE. Phone: 1838

SKI TIPS



#4 STRAIGHT DOWNHILL RUNNING POSITION

By Ace Manley
Director, Big Bromley Ski School

Perhaps the best exercise for the beginner to develop good balance and coordination is the straight downhill running position.

Before starting this maneuver, the skier should pick out a very gentle slope with a long run-out at the bottom having no obstructions. This is especially important since this is probably the skier's first downhill running or free motion skiing.

At the start, the skis are flat on the snow and close together (about four inches apart). The knees and ankles are flexed forward, the weight equally distributed on both skis, and the body perpendicular to the slope.

This form and motion should be practiced many times before any further progress is attempted. The balance and coordination achieved at this point will be of significance later.

Next: "Straight Snowplow"

SKI TIPS



#5 STRAIGHT SNOWPLOW

By Ace Manley
Director, Big Bromley Ski School

The straight snowplow is the skier's first exercise for controlling speed. But it is also the exercise used by most expert skiers for regaining control after attaining too much speed.

It is a good idea to practice the straight snowplow in conjunction with the straight downhill running position.

As the skier moves down the fall line in a running position, he pushes the skis into a "V" or snowplow position: the tips are together and the tails are apart (displaced at equal angles from the body).

The knees and ankles are flexed forward and the weight is equally distributed on both skis. This enables the inside edges of the skis to grip the snow equally as the surface of the skis form right angles to the lower legs.

As the skier moves, his hands are held by the sides and the skis are allowed to slide forward. By pressing the tails of the skis a little further apart and letting the knees come together very slightly, even more control over speed is achieved.

The final movement is allowing the skis to run back together into the straight downhill running position.

Like other exercises, the straight snowplow should be practiced repeatedly before the skier advances to anything more difficult.

Next: "Snowplow Turn"