

Editor - Debbie Baker
Co-Editor - Diane Leon
Sports Editor - Mary Howland
Faculty Advisor - Mrs. Madeline Woodruff

The Hi Herald

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Editorial

by Debbie Baker

The rash of student outbreaks last week caused many people to open their eyes to the problems of the students, be they valid or not. I think everyone would agree that there are definitely problems among the youth of today, particularly on the college campus. The source of the unrest is not so easy to identify.

There are some who say that the young person's problems begin at home. Could be, with parents forever conscious of their social status, the youth is pushed into so many things and taught to think in a way that maybe he never wanted. When he leaves home for college there awaits him a life and way of thinking so different than before. He is torn between previous standards and those of the present. Too often, the new way appears much better than the old. There's where trouble begins.

Non-conformity could perhaps be associated with student unrest. So much emphasis on non-conformity everyone is studying to be an individual - so they say. But actually they're only becoming part of an ever-expanding group that thinks and lives alike. They've become conformists, perhaps the largest group in the world.

It seems unlikely that the same thing could happen throughout the country without a common cause. Is there a plan behind all this? It would be easy to think so. Something should be done before it's too late.

Feature

by Diane Leon

In the last two weeks or so, a few students have been learning the "Language of the Deaf". The hand alphabet for deaf and deaf mute persons allows them to carry on conversations with others. Special positions of the fingers and hands stand for certain letters of the alphabet. A person uses this alphabet to spell out the words in his conversation. This may be a very slow process at first, but soon the person can develop facility and speed.

While doing some research, I discovered that the Abbe de l'Epée founded the first school for the deaf in Paris about 1760, using sign language and finger spelling to teach the deaf. Deaf persons use as many as 1,500 signs as well as finger spelling. I became aware of a great gift, while learning this hand alphabet, the gift of speech, given to most of us. Now, not only am I conscious of the gift of speech, but also the dexterity of my hand.

Purple And White

by Mary Howland

Andover lost 51 - 29 to an active Alfred-Almond team in the play-off for the Allegany County Class C fourth place berth. All-Star Dick Joyce was top scorer for Andover with thirteen points. The Panthers had a cold shooting night to aid the cause of the Alfred-Almond Eagles.

Andover was invited to the Section V Tournament as an At Large Team. Their first opponent is Kendall High School. The game was on March 11 and was played at Fairport.

Junior News

by Chris Bergerson

Last week the Junior Class concluded its sale of Stanley Products. The class was divided into three teams with the captains being John Fanton, Karl Graves and Debbie Baker. The winning team was that of John Fanton with a profit of \$103.80. The total profit of the class was \$251.22. We wish to thank all of the people who helped to support our class.

Also remember that you can buy tickets for the Junior Play from any Junior. The prices are: Student - 50c; Adult - 75c and Reserved - \$1.00.

Three-Hour Pre-Licensing Classroom Instruction

All persons, sixteen years and over, taking a Driver's Test after April 1, 1969, must have certification that they have attended the three-hour pre-licensing classroom instruction. This card can be presented at the time of the Road Test appointment. Classes have been scheduled in Andover and surrounding schools.

Forms for registration will be available in each school and may be obtained in the classroom on the evening of the class meeting. This form should be completed and given to the instructor. A class of five or more people is desired.

A fee of five dollars (\$5.00) will be collected by the instructor on the evening of the class.

At the conclusion of each course, a certificate will be issued to each student attesting to the fact that he has completed the course. This certificate expires one year from the date of issuance. This certificate is to be presented when making a request for a road test.

If anyone wishes to have further information concerning this instruction, he should call the school office.

DRIVER TRAINING SCHEDULE

- March 17 - Wellsville High School (Room 102) - 7:00 p. m.
March 18 - Fillmore Central School - 7:00 p. m.
March 24 - Belmont Central School - 7:00 p. m.
March 31 - Bolivar Central School - 7:00 p. m.
April 1 - Alfred-Almond Central School - 7:00 p. m.
April 14 - Scio Central School - 7:00 p. m.
April 15 - Friendship Central School - 7:00 p. m.
April 21 - Belmont Central School - 7:00 p. m.
April 28 - Wellsville High School (Room 102) - 7:00 p. m.
May 6 - Andover Central School (Room 222) - 7:00 p. m.
May 12 - Angelica Central School - 7:00 p. m.
May 19 - Fillmore Central School - 7:00 p. m.
May 26 - Cuba Central School - 7:00 p. m.
June 2 - Richburg Central School - 7:00 p. m.
June 9 - Scio Central School - 7:00 p. m.
June 16 - Belfast Central School - 7:00 p. m.
June 17 - Alfred-Almond Central School - 7:00 p. m.
June 23 - Wellsville High School (Room 102) - 7:00 p. m.
July 14 - Belmont Central School - 7:00 p. m.
July 28 - Belmont Central School - 7:00 p. m.
August 11 - Belmont Central School - 7:00 p. m.
August 25 - Scio Central School - 7:00 p. m.
September 15 - Wellsville High School (Room 102) - 7:00 p. m.
September 16 - Cuba Central School - 7:00 p. m.
September 22 - Rushford Central School - 7:00 p. m.
September 23 - Andover Central School (Room 222) - 7:00 p. m.
September 29 - Bolivar Central School - 7:00 p. m.
October 13 - Wellsville High School (Room 102) - 7:00 p. m.
October 20 - Angelica Central School - 7:00 p. m.
October 27 - Friendship Central School - 7:00 p. m.
November 3 - Richburg Central School - 7:00 p. m.
November 4 - Alfred-Almond Central School - 7:00 p. m.
November 5 - Belfast Central School - 7:00 p. m.

G. A. A. News

This Saturday night, March 15, the G. A. A. will sponsor a dance in the school gymnasium from 8 to 12. The cost will be \$1.25 per person.

Commercial Printing at the News Printing House

Use the Classified Ad Section.

Junior Play

The Juniors are in final stages for their spring production "Father Knows Best", a charming three-act comedy about the more light-hearted aspects of family life.

Does father (Tom Polmateer) always know best? Getting her first date with Ralph (Danny Grant) wasn't easy and Betty (Debbie Baker) is afraid it may be her last. Father has called off their plans to go dancing. After reading a newspaper story about teen-age elopements, he has decided young people will bear watching and since the place to watch them is at home, that's where they must spend the evening.

It quickly develops that the rest of the family has plans for going out, too, which aggravates father to the point of a general crack-down. They'll ALL stay home. The result is not quite what he expects.

Suddenly the household is quaking with Mother's (Cindy Preston) Garden Club Meeting in the living room, Bud's (John Fanton) basketball practice in the basement and Kathy (Diane Stephens) and her pal (Maureen Thorp) playing hide-and-seek all over the place. To top it all off Mr. Brinkworth (Karl Graves) a prospective client calls to close a deal. The excitement and humorous complications grow. "Father Knows Best" is certain to provide an enjoyable evening.

The supporting cast includes the following: Betty's classmates, Kathy Gorsuch, Jeanette Kent, Ruth Green, Debbie Roeske; Bud's friends, Donald Pitts, Jim Howland; Mother's Garden Club, Christine Bergerson, Jane Day, Kay Brady, Eva Mattison, Carla Fauzey, Nancy Burch; Policeman, Sam Clarke; Policewoman, Kay Nevel; Repairman, Gerald Wahl.

This wholesome comedy is to be staged at Andover Central School Auditorium, Friday March 21 at 8:00 p. m. It is under the direction of Mrs. Kessler and produced by special arrangements with the Dramatic Publishing Company.

Senior Interview

by Grace Herr

This week's honored Senior is Robert Edward Thaddeus Lynch, the son of Mr. and Mrs. Charles G. Lynch. "Bob" was born May 11, 1961. He has one brother, Brian and two sisters, Martha Lou and Victoria.

"Bob" has been very active in many activities while here in school. He's been in Hi Herald, four years; National Honor Society, three years; Red Cross, four years; 4-H, ten years. He was "Tommy" in the Senior Play and played the part of Mr. Endicott in the Junior Play. "Bob" also placed first in the Oratorical Contest held at school last year. He went on to place first in the County Contest and then placed fifth in the District Contest. He is also a member of the American Shetland Pony Club.

Throughout high school, "Bob" has majored in math and science. He has been accepted at Geneseo State College and Oswego State College. Good luck, "Bob", in all you do.

Cafeteria Menu

Week of March 17 - 21

- MONDAY - Hungarian Goulash, Buttered Spinach, Bread and Butter, Lime Jello Salad, Milk.
TUESDAY - Mashed Potatoes and Butter, Boiled Frank and Catsup, Buttered Vegetable, Bread and Butter, Frosted Cake, Milk.
WEDNESDAY - Cream of Corn Soup or Vegetable Bean Soup, Peanut-Butter Sandwich, Fruit, Milk.
THURSDAY - Potato Chips, Sauerkraut and Wiener Rings, Bread and Butter, Cherry Jello with Fruit, Milk.
FRIDAY - Macaroni & Cheese Casserole, Harvard Beets, Peanut Butter Sandwich, Cherry Cobbler, Milk.

Keep on Buying Savings Bonds

Rep. James F. Hastings Announces

Representative James F. Hastings urges all young men interested in seeking appointment to a United States Service Academy to contact him immediately.

The Congressman said all interested in competing for a Congressional appointment to Annapolis, West Point or the Air Force Academy should write to him as promptly as possible.

Representative Hastings said applicants would face competition in the form of mental and physical tests. The first competition will be a Civil Service designation examination to be given early in July this year. Those appointed will enter the academies in the summer of 1970.

Young men from the 38th Congressional District, which includes Schuyler, Steuben, Allegany, Cattaraugus, and Chautauqua Counties, are eligible to compete for Representative Hastings' appointments.

Letters expressing interest or seeking information should be sent to the Congressman, 1107 Longworth House Office Building, Washington, D. C., 20515

Only 16 per cent of the total land area in Japan is cultivable.

Spelling Contest

by Jeanne Atwell

The Buffalo Evening News Spelling Contest was held Wednesday, March 12, in the school cafeteria.

The students taking part were: from Grade 6 - Linda Smith and Michael Bliss; from Grade 7 - Rose Billings and Laura Tomm and from Grade 8 - Cheryl Joyce and Kathy Spencer.

The winner from this contest will participate in the County Finals on March 29. This will be a written test.

The winner from the County will participate in the National Finals. The person that wins the National Level will receive \$1,000 in cash and \$100 spending money for an all-expense week-end in New York, plus a handsome trophy and plaque.

SAVE-A-LIFE CANCER FACTS. For free booklet write AMERICAN CANCER SOCIETY 1010 JAMES ST. SYRACUSE, N. Y. 13203

Doctor in the Kitchen. by Laurence M. Hursh, M.D. Consultant, National Dairy Council

THE NEW RECOMMENDED DIETARY ALLOWANCES. Is good nutrition a hit or miss proposition? Undoubtedly, this is the case for many Americans. But it shouldn't be. Nutritionists perfect their knowledge of what we need for good health with each passing year. Still, a shocking number of our people are overweight. And surveys, as imperfect as they may be, indicate that the diets of many adults, and young people, too, are inadequate in certain needed nutrients. By what standards is the adequacy of your diet judged? Most of us have heard of the so-called "recommended dietary allowances." Knows, for short, as the RDA, the allowances are standards set by a committee of eminent nutrition scientists. This committee, a quasi-official agency set up to advise both the Federal government and the public on nutritional matters, is the Food and Nutrition Board of the National Academy of Sciences-National Research Council. Allowances Revised. Recently, the recommended dietary allowances were revised to conform with the latest and best nutrition knowledge we possess. So let's discuss the new recommendations. Speaking generally, the Board recommended that Americans cut their calories slightly. For a 22 year old, 154 pound male, the reduction means he should not down more than 2,800 calories per day whereas the last RDA revision (in 1964) allowed him 2,900. An American woman of the same age, and weighing 128 pounds, should hold her calories to 2,000 a day - again, 100 calories less than 1964. Recommendations for daily caloric reductions for others in our population go as high as 300 calories. The lowering of the caloric recommendations recognizes that Americans, adults and young, are more sedentary. The Board, however, would prefer for Americans to be more physically active. Such activity might protect against obesity and heart disease. It would also mean people could be a little freer with their diets and enjoy more food. Other new recommendations include more iron for girls 10 years of age and up and premenopausal women. (This will be more difficult to achieve on less calories, making food selection even more important). Protein for adults has been lowered slightly. Fat Metabolism. The mechanism of fat metabolism, with respect to heart disease, remains in doubt. The Board found the evidence insufficient to make recommendations either as to total amount of fat or the proportion of polyunsaturated fats in the diet. Thus, the Board does not go along with such public recommendations as those advanced by the American Heart Association (that people should on their own change the proportions and amounts of saturated and polyunsaturated fats in their diets). For the first time, the Board has declared sucrose an essential dietary nutrient and urges fluoridation of water supplies where needed. The recommendations for calcium remain the same as before but now are accompanied by RDA for phosphorus. Other recommendations include the mineral, iodine, and vitamins A, D, E, K, C, folic acid, niacin, riboflavin, thiamin, B6 and B12. RDA Are Guide. It is important to emphasize that the recommendations are guides for groups of people rather than individuals per se. And they take into account that individuals vary in the way they handle their food. Thus, the RDA are set higher than some persons will need. Remember the RDA are not "requirements" that you have to meet. But they are good goals. An important point to keep in mind is that it must not be assumed that an individual will suffer malnutrition just because his diet doesn't meet the RDA in every respect.