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The Hi Herald

Written and Edited by
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HALL OF FAME



Laurie Jean Collins
by Brenda Preston

Throughout the history of A.C.S. many outstanding students have had the privilege of entering the Hall of Fame, but none have de-

served this honor more than Laurie Jean Collins. Laurie is the daughter of Mr. and Mrs. Jack Collins. She was born on June 6, 1953 and has two sisters, Debbie and Denise.

Throughout her high school years, Laurie has been very active and popular. She is majoring in math, science and Spanish.

Laurie is the recipient of a Nursing Scholarship and an Alternate for a New York State Regents Scholarship. She has held many offices in the FHA and this year she is the Vice-President of her class. She has been in Senior Band for four years; Senior Chorus for four years and Red Cross for four years. Laurie was also in the Student Council in her Junior year. Because of her high marks and wonderful personality, Laurie became a member of the National Honor Society in her Sophomore year and also received the Freeman Award. In the Senior Play she played the part of "Lillian" and in the Junior Play the part of "Raehael".

Laurie's plans for the future are uncertain, but she is very interested in special education.

We'll all miss you when you graduate. Good Luck in the future.

Editorial

by Debby Nichols

John F. Kennedy's "New Frontier" program was started only a little more than a decade ago and already it is fading into history, no longer a part of the present.

One of the New Frontier's programs was the Peace Corps which was put to good use by the activism and idealism of the young. But membership has dropped to 8,000 volunteers from a peak in 1966 of 16,000. What is the reason for this? The optimism which the young are noted for has changed to pessimism and preoccupation with the country's problems at home.

The Government itself is the main object of the pessimism of the young. Joe Blatchford, the Peace Corps director appointed by Nixon, admits: "We are part of the Government and a part of the United States political system. The fact that we work for the Government creates lack-of-trust. In early days people believed in Kennedy and the belief in the mission of the United States Government. They believe less in this today."

VISTA is the domestic version of the Peace Corps and is also in trouble for similar reasons. VISTA volunteers have had troubles almost from the very beginning. Politicians charged the volunteers with participating in partisan political activity because after they worked with poverty groups, the groups began demanding action. In answer to these charges, the Government invoked the Hatch Act, which prohibits political activity and also put an end to the policy of draft deferments for volunteers to VISTA.

In his speech at the University of Nebraska last month, President Nixon announced that he would like to merge VISTA, the Peace Corps and other volunteer agencies so that Americans of all ages may enlist in building "a better America" and a better world.

But even this statement from the President may not stimulate the disillusioned youth of the nation. History may well record youth's idealism having been destroyed, temporarily by the continued U. S. involvement in Southeast Asia's wars.

Dental Hygienist

by Tom Wallace

For her third year as Dental Hygienist, Mrs. Marylou Phillips has returned to Andover Central School. She will work here for the duration of the school year.

Commercial Printing at The News Printing House.

Junior Play Cast

The Junior Class of 1972 will present "Paddle Your Own Canoe" on March 19, 1971 by Dramatic Publishing Co.

The backstage personnel will be: Stage Manager - James MacMichael

Assistant Managers - Donald Sisson and Thomas Wallace

Prompters - Sharon Lewis and Jeanne Atwell

Advertising - Charlene McCormick, Donald Sisson and Maureen Shellman

Tickets - Dawn Burrows, Dennis Herr and Kathy Weatherby

Set - Mr. Barden, Daniel Dodge, John Hyland, Jess Grossman, William Geer, Lester Hess, Joseph Schweigart, James Davis, Jeffrey Lewis, Douglas Westbrook, David Ormsby, Tom Wallace and Jose Pasual

Art - Mc. MacCrea, Maureen Shellman, Patricia Middaugh, Tom Wallace, Carol Simons, Donald Sisson, Maxine Dodge

Properties - Donald Sisson, Daniel Dodge, Larry Nevol, James Davis, John Hyland, Brenda Jackson, Sheila Briggs, Maxine Dodge, Penny Mattison, Robert Simons

Lights - Daniel Dodge, John Hyland, James Davis, Jess Grossman

Sound - Daniel Dodge, Donald Sisson, Tom Wallace, Dennis Herr

Make-up - Mrs. Kessler, Pamela Crittenden, Yvonne Mattison, Barbara Kemp, Charlene McCormick, Maureen Shellman, Shirley Lewis

Usherettes - Kimberly Richardson, Patricia Middaugh, Julie Congelli, Raelene Lehman, Carol Simons, Penny Mattison, Sheila Briggs

Mrs. Potter - Instrumental
Mrs. Boyer - Vocal
Mrs. Kessler - Director

Cafeteria Menu

Week of March 1 - 5

MONDAY - Spaghetti with Meat Sauce, Lettuce Salad, Bread and Butter, Fruit, Milk

TUESDAY - Vegetable Beef Stew with Rice, Celery and Carrot Sticks, Bread and Butter, Fruit, Milk

WEDNESDAY - Scalloped Potatoes, Sliced Meat, Vegetables, Bread and Butter, Fruit, Milk

THURSDAY - Hot Dog in Buttered Bun with Catsup, Potato Chips, Vegetables, Fruit, Milk

FRIDAY - Cream of Corn Soup, Egg Salad Sandwich, Fruit, Milk

WOMEN Why Gamble With Your Future? American Cancer Society

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

The BIG ELMS Restaurant Open 7 Days Per Week 7 A.M. to 12 P.M. FULL COURSE DINNERS DAILY Bring The Entire Family Private Dining Room For Parties 100 Main St. Harnett, N. Y.

Senior Interview

by Barb Klum

As I walked through the halls of Andover Central School I met an other outstanding Senior. She is Bonnie Jean Kemp. Bonnie was born on March 21, 1952 to Mrs. Donald Clemens and the late Mr. Herman Rouse. She has six brothers - Robert, Jerry, Ronald, Herman, Gary and Ricky, and four sisters - Barbara, Joyce, Debbie and Beverly.

Besides attending Andover, she has attended schools in Belmont, Wellsville and Hornell.

Bonnie has been a member of FFA, two years; Future Nurses Club, two years; GAA, one year and Red Cross, two years. She has also been on the softball and volleyball teams, two years and one year respectively.

We all wish Bonnie the best of luck in the future and her remaining days as a Senior at A.C.S. After graduation she plans to become a full time housewife.

Senior Interview

by Sandi Pease

This week's senior is David Freeland. Dave was born on July 28, 1953 to Mr. and Mrs. Oliver Freeland and has four brothers and three sisters.

Dave worked as a janitor for the junior and senior classes. He has been in Camera Club for two years. He is now majoring in electricity at BOCES.

Dave has no definite plans for the future, but is thinking of attending the Wellsville Branch of Alfred Ag-Tech.

All the students at Andover wish Dave great success and much happiness in the future.

Keep On Buying Savings Bonds.

Use the Classified Ad Section.

Student Teachers

by Alice Billings

Two Seniors from Alfred University are doing student teaching in Andover Central School. Miss Irene McGrath is teaching English in the Junior High under the supervision of Mrs. Rosemary Burger. Mr. Richard Rauber is doing English in the Senior High under Mrs. Madeline Woodruff. Both student teachers will be in Andover thru March 28.

Miss McGrath's major is English. Her hometown is Mount Kisco, New York and her hobbies include bowling, reading and skiing.

Mr. Rauber's majors are Latin and English. The Raubers live in Wellsville and they have four children. Mr. Rauber's hobbies include bowling and camping.

We students at A.C.S. wish the student teachers the best of luck and hope that they enjoy their stay here.

Song Titles

by Maureen Shellman

- Everybody is A Star - Junior Play
Heavy Church - Church School
Rolling Home - Bus Students
Moonlight Drive - Crab Hill
Evil Ways - Third Period English Class
White Rabbit - Don Sisson
The Way It Was Before - History Class
The Good Times - Senior
Cool Jerks - Freshman Class
Where Did It Go - G.A.A.
Treasury
Fire and Rain - Chemistry Class
Anybody's Answer - Weather for Snow Days
Five To One - Test Results
Wasn't Born To Follow - Junior Class
Candida - Jos'e

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

A PILL FOR ALL FOOD?

We've all heard the prediction that some day we won't eat food at all - that we'll swallow some pills, instead. And that will be all there is to it.

Well, that idea - a horrible one anyway to people who rightly find eating much more than a necessity - is easily exploded when you know the facts.

Say a man is spending 2,500 calories a day. To do this he must eat about 480 grams, or slightly over a pound, of food. This is not the weight of the food which would contain the needed nutrients. It is the weight of the dry nutrients alone. This is an article in USDA's 1969 Yearbook, Food For Us All, we "cannot look forward to condensing our fuel supply for the day into a handful of easily swallowed capsules."

Fuel Sources

Our major dietary sources of fuel are carbohydrates, fats, and proteins. We oxidize our food to release its energy. This is a process similar to actually burning food. Dry food, so-burned would create a bonfire and you would see part of the energy released as light and feel part of it as heat. Certainly, you are aware of how energy from your food escapes your body as heat when you exercise, especially if you sweat. Other energy is utilized by your body simply to perform body processes that are necessary for life. A man who weighs around 150 pounds may be made up of 100

100 pounds of water, 29 pounds of protein, 25 pounds of fat, 5 pounds of minerals, one pound of carbohydrate, and one quarter ounce of vitamins. To merely maintain himself he must eat daily enough to furnish his full energy and body process needs. Otherwise he will start subtracting from himself - the process by which overweight people reduce eating less than they need and consequently using up part of themselves as stores to be drawn upon.

How Average Americans Eat

The way the average American eats today, 10 to 12% of his fuel is supplied by protein, about 44% by fat, and about 46% by carbohydrate.

Good food sources of protein include meats, fish, poultry, cheese, milk, eggs, dried beans and peas, peanut butter and nuts.

For carbohydrates: breads and cereals, lima beans, corn, dried beans and peas, dried fruits, sweetened fruits, sugar, syrup, jelly, jam, or honey. In other words all starches and sugars.

For fats, the obvious sources are butter, cream, other full fat oils and shortenings, meat fat, and other foods that contain varying degrees of animal or vegetable fat.

If you eat sufficient food and choose from a wide variety each day, your vitamins and mineral needs will be taken care of.