

Hi Herald Continued Senior Interview

by Grace Herr

The Senior Class has contributed many things to the world. Among them we find listed, Debby Lee Nichols, known as "Debby" to all of us. She is the daughter of Mr. and Mrs. Donald Nichols. She was born June 18, 1953, and has one brother.

Debby is a very active person. A great deal of her time is taken up with music. Every fifth period we had Debby playing clarinet in Senior Band of which she has been a member for four years. During class plays, school fairs, and other such school functions, we find Debby playing in Dance Band of which she has been a member for three years. About two weeks ago the All-County Chorus and Band Concert was held. It was great to see Debby sitting right in the front row playing first clarinet. We were all proud of her! Pep Band, four years and Senior Chorus, three years, also took up a great part of her time. Every week in the Andover News if you look under Editorial on the Hi-Herald page, you will find an article written by Debby. She has been a member of Hi-Herald for two years and was lucky enough to be chosen Editor on her Senior year.

There has been one organization in school that has kept Debby really busy. She is very active and contributes much to the Student Council. She has been a member for three years.

Among Debby's other activities are: Red Cross, four years; Future Nurses for one year; G.A.A. for four years (and in her Junior year she was vice-president). In Study Hall, whenever the phone rings, Debby has the privilege of answering it because she is a member of the Library Council. She was secretary of this organization in her Junior year and has been a member for three years.

Debby is also a member of F.H.A. Last year, we heard tell of the great, fabulous time at the State Meeting at Grossingers. She has been a member for four years. Debby is majoring in math and

science. Her plans for next year are quite definite, as she has been accepted at Alfred State Tech where she plans to take a Liberal Arts program.

Debby has been great having you in our class this year (as well as all the other years before!) Good luck in all you do and keep up that out-going personality!

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Doctor in the Kitchen

by Laurence M. Hursh, M.D. Consultant, National Dairy Council

SWEETS AND FOOD FADS

Sweets and food fads are perhaps two of the most talked-about topics in nutrition. I mean this in the sense that while mothers may worry most about their children eating sweets, nutritionists probably are more concerned about food fads than any other phase of misinformation.

So first, let's talk about sweets. What we should do is to look squarely at the sweet situation. There is, after all, little doubt that both children and adults enjoy sweets. And they should. So our approach should not be negative. It should, instead, suggest realistic use as against overuse.

Three Dangers

There are three dangers which physicians, dentists and nutritionists agree on. Uncontrolled use of sweets, they say, may: 1) crowd out important protective foods needed by the body; 2) contribute to an overweight problem; and 3) contribute to an increase in dental caries (cavities).

To avoid these dangers, or minimize them, we should work towards: 1) a diet adequate in essential nutrients... 2) you can obtain if you select wisely from the milk group of foods, the meat-fish-poultry group, fruits and vegetables, and the cereal and bread group; 3) encouragement of snacks which include such foods as fruits, juices, cheese and milk rather than sweets and candy; 4) serving of sweets only at the end of meals; and 5) encourage-

ment of proper mouth care after sweets are eaten - brushing the teeth or if this is not possible, rinsing the mouth well with water.

Food Fads

As for food fads, nutritionists know that as the public's interest in nutrition has grown, food faddism and quackery have increased as well. The quack may promote any number of products, such as overrated pills that supposedly have nutritional and medicinal powers, or other special "dietary supplements."

Food faddism promotes two inherent dangers: Your health might suffer because a purchased preparation instead of protecting or improving your health could actually lead you to omitting essential foods from your diet as well as delay your seeking needed medical advice. Taking to the fad, too, could give your pocketbook a beating, using money which should go for food, clothing and other needs.

All-out Effort

The American Medical Association, the U.S. Food and Drug Administration and many other groups are making an all-out effort to protect the public from unscrupulous practitioners. Public health agencies and consumer organizations have taken an important position to help consumers become better informed on nutrition and recognize faddism or quackery when combined with it.

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