



Hi Herald Continued

Senior Interview

by Laurie Collins

Among the many seniors that will be marching out of the doors of Andover Central School on June 28, we find Randall Don Potter.

Born May 28, 1953, Randy was sure to put smiles on the faces of his parents, Mr. and Mrs. Neil Potter. He lived in Knoxville, Pennsylvania during his younger years, where he attended the Gerrude Case Elementary School.

Now in Andover, Randy has become very active. Majoring in music, science, and business, he has also found time for many extracurricular activities. These include band for four years; Library Council and basketball, three years, each; Varsity Club and track, two years, each; and volleyball one year. Randy was also the music director for the Junior Play.

Randy has applied to Rochester Business Institute where he has been accepted. All of us at Andover Central School wish Randy a mountain of luck and the best of everything life has to offer.

MEMNONITE CHURCH SERVICES

Robert Buckwalter, Pastor. A nearby welcome is extended to all to attend the Mennonite Church Services held at the Independence Church every Sunday. Sunday School 9:30 a. m. Preaching Service 10:30 a. m.

FIRST PRESBYTERIAN CHURCH
Rev. Alan ...
Study Phone: 478-4185
Manse Phone: 478-3923
Mrs. Clara York, Organist and Choir Director
Mrs. Anita Cahill, Sunday School Superintendent

10:40 a. m. Sunday School
9:30 a. m. Morning Worship
Sermon: "Only A Matter"
6:30 p. m. Andover Junior Youth Fellowship at Church
7:00 p. m. Andover Senior Youth Group
7:30 p. m. Prayer and Study Group

Monday, May 10
10:00 a. m. Meeting of Allegany and Homell Ministers Groups at the Church
7:00 p. m. Summer Vacation Bible Planning Meeting at Church Representatives of various Churches taking part

METHODIST CHURCH
Rev. Gerald A. Wolter, Minister
Mrs. Lawrence Godown, Organist
Harold Huffcut, Choir Director
Conner Stephens, Sunday School Supt.

Sunday, May 9
10 a. m. Church School
11 a. m. Worship Service
Wednesday, 7 p. m. - Choir Practice

FIRST BAPTIST CHURCH
Andover, N. Y.
Rev. Floyd Aldrich, Pastor
Phone: 478-3022
Sunday, May 9
10:00 a. m. Bible Classes
11:00 a. m. Morning Worship Service
6:30 p. m. Youth Fellowship

BLESSED SACRAMENT CHURCH
Rev. John R. Shea, Pastor
Phone: 478-5900
Rev. Joseph ... Associate
12 Church St. Andover, N. Y.
Phone 478-3820
First Friday Holy Communion at 6:30 A. M.
Weekday Mass 7:30 A. M.
Sunday Masses 8:30 A. M. and 10:00 A. M.
Saturday Night Masses 5:30 P. M. and 8:30 P. M.

INDEPENDENCE S. D. B. CHURCH
Rev. Floyd Aldrich, Pastor
Phone: 478-3022
Saturday, May 8
10:30 a. m. Morning Worship.
11:30 a. m. Sabbath School Classes.

ANDOVER CHRISTIAN & MISSIONARY ALLIANCE CHURCH
Rochambeau Avenue
Andover, New York
Rev. Milton C. Hurne, Pastor
Sunday, May 9
Sunday School 10:00 A. M.
Morning Worship 11:00 A. M.
A. Y. F. 7:00 P. M.
Evening Service 8:00 P. M.
Choir Rehearsal Wednesday at 7:00 P. M.
Prayer Meeting Wednesday at 7:45 P. M.

GREENWOOD METHODIST CHURCH
Rev. Gerald A. Wolter, Minister
Mrs. Albert Lamphlet, Organist
Mrs. Raymond Dabe, Choir Director
Clinton York, Sunday School Supt.
Sunday, May 9
9:45 a. m. Worship Service
10:50 a. m. - Church School
Wednesday, 7 p. m. - Prayer and Bible Study
9 p. m. - Choir Practice

Keep On Buying Savings Bonds.

CLASSIFIED ADS

Notice For Bids

NOTICE IS HEREBY GIVEN that the Allegany County Surrogate, on behalf of the County of Allegany, will receive sealed bids on one 35 mm. microfilm camera system and film for on-premises filming of documents and records, at his office at the County Courthouse, Belmont, New York, until 10:00 A. M., May 19, 1971, at which time all bids will be opened and read aloud. General and Detailed Specifications may be obtained from the Chief Clerk of the Surrogate's Court at the address noted above or by calling 268-5534, Area Code 718. The County of Allegany reserves the right to accept or reject any or all bids.
Dated: April 30, 1971.

WILLIAM W. SERRA
Allegany County Surrogate

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NUTRITION A LA CARTE

Milk is the most important food for your baby. Most babies get along very well until they are about three months old with just milk and vitamins. When you do start solid, strained, or mashed food, don't offer him solids at the beginning of that first feeding. Let him satisfy some of his hunger with the milk he's used to, then try the new solid foods. Research has demonstrated that the best diet for physical performance contains approximately 15% of the calories from protein, 40% from fat, and 45% from carbohydrate. Since these proportions are what the average American eats every day, this indicates the athlete doesn't need special dietary supplements, just regular wholesome meals. What's the best diet for arthritis? There is no diet that will prevent arthritis, or cure it. But good nutrition is an important factor in the successful treatment of arthritis. You need protein, calcium and other minerals, vitamins - all provided by foods in the four food groups. Dietary advice for people with arthritis should come from their physicians, not hearsay. Changes in the diet to reduce blood cholesterol levels are not recommended for the general public by the American Medical Association. Concerning such changes in the diet, the AMA Journal has said: "A great deal of research is necessary before the general application of such measures can be justified." Scientists are now discovering that poor nutrition in the first three years of life prevents full mental development, and that this cannot be corrected later. The tragedy of this is apparent in that it's estimated some two-thirds of the world's children - 300 million youngsters - are undernourished and have some degree of growth retardation. You need iron in your diet. It combines with protein to make the red substance in blood that carries oxygen to your cells. Otherwise you feel tired and run down. The best food sources of iron are meat - especially liver - also eggs, dried beans, green leafy vegetables and some of the fruits like raisins and prunes. Some people believe that milk and cheese are constipating. This is not true. These and best foods are easily digested and they have little residue. Physicians know that if the diet is lacking in the foods that provide bulk or roughage, constipation can result. But this is regardless of whether milk or cheese have been eaten.

WANTED

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WANTED - Ironings To Do In My Home. Lorene McLean, Dial 478-5961 after 4 p. m. 18

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