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The Hi Herald

Written and Edited by Andover Central School
Printed by Andover News

VOL. XXIII

Andover, N. Y., May 13, 1971

Editorial

This week's editorial was written by Cindy Preston, the editor of Hi-Herald last year.

YOU'RE NOT THE ONLY ONE

It seems that most students today have a difficult time in school. Everybody is always worrying about his low marks. Perhaps, many of us think that we will never make anything good out of our lives. At such a time, it seems a good idea to think of Winston Churchill. Although this Englishman became one of the most important men of the world, it is interesting to note that in his early childhood, he was a very poor student. He talked with a stutter and a lisp, and his stubbornness and high spirits annoyed everyone. When Winston was six years old he entered Harrow School. He entered as the lowest boy in the lowest class, and in that unhappy position he stayed. It was said that he stayed in the lowest grades "three times longer than anyone else". However, in Harrow School, his love for the English language grew.

In 1893, at the age of 18, Winston entered the Royal Military College at Sandhurst. He had failed the entrance examinations twice before passing them. Suddenly, a force overcame him, and he graduated eighth in a class of 150.

So, if you start to feel depressed because of a bad test mark or a low average, just try harder and look to the best. Who knows? Maybe, someday you could be another Winston Churchill.

Cafeteria Menu

Week of May 17 - 21

- MONDAY - Vegetable Soup, Peanut Butter Sandwich, Fruit, Milk
TUESDAY - Hot Meat Sandwich with Gravy, Buttered Green Beans, Fruited Jello, Milk
WEDNESDAY - Potato Salad, Sliced Luncheon Meat, Buttered Green Peas, Bread and Butter Sandwich, Cherry Crunch, Milk
THURSDAY - Boston Baked Beans with Catsup, Cabbage and Carrot Salad, Brown Bread and Butter, Fruit Milk
FRIDAY - Macaroni and Cheese Casserole, Harvard Beets, Peanut Butter Sandwich, Cranberry Crisp, Milk

Commercial Printing at The News Printing House.

Purple And White

TRACK

by Dan Slade

Wednesday, May 5, the Panthers competed in a six-team meet at Cuba. Team scoring was Alfred-Almond 95; Cuba 66; Houghton Academy 49 1/2; Andover 28 1/2; Richburg 12 and Belfast 4. Don Sisson was the sole winner for the Panthers setting a new school record of 11:01.6 in the two-mile run.

Other places for A.C.S. were: 440 yard run - 4th - Ron Godown
880 relay - 2nd (Houghton disqualified); Roger Godown, Al Green, Ordiway, Billings
440 relay - 3rd - Weber, Ordiway, Roger Godown, Billings
Mile - 2nd - Sisson
Mile relay - 3rd, 4:10.4 - Green, Slade, Cannon, Godown
Triple jump - 4th - Slade, 35'3"

High jump - 4th - Cannon, 5'0"
Two mile relay - 4th - Pease, Herr, Grossman, Harvey

On Saturday, May 8, the Panthers competed in the fourth Alfred-Almond Invitational. Andover placed eighth in a ten school meet with a total of ten points. Andover's points were earned by three third places and one fifth place.

Mile relay - Green, Slade, Cannon, Godown - 3rd
880 relay - Potter, Roger Godown, Billings, Ordiway - 3rd
Two mile run - Don Sisson - 3rd, 10:57.8, new A. C. S. record
440 yard run - Ron Godown - 5th

Medals were awarded for first places, ribbons were given for second - sixth places although no points were awarded for sixth place.

BASEBALL

by Charlene McCormick
Alfred-Almond at Andover

Winning by Jim MacMichael's single in the seventh inning which drove in two runs was the key factor in the Panthers defeating Alfred-Almond by a score of four to three. The game was a close one all the way taking place last Thursday at home. The Panther's winning pitcher was Gregg Shellman who fanned four batters and walked two. Pitching for the Eagles were Schwartz and Parker. A-A rallied and had three hits in a row during the seventh inning which drove in two runs that almost won them the game.

Slimnastics

by Grace Herr

Lately, I've heard that if you visit the homes of some of the girls in high school, in the evening, you're likely to find them doing exercises! Why? It's the latest thing in fashion to look slim and beautiful in the new fashions coming out. For some people, who aren't satisfied with their figure, there is a program here at A. C. S. that is doing something about it. It's the Slimnastics Program.

Organized under Mrs. Codispoti, our gym teacher "Slimnastics" is a program designed to help girls reduce and shape-up the healthy way. The program is incorporated into our gym classes and it is fun, but at the same time it is work. Since "shaping-up" can't be done overnight, the girls were given special diets to stick to and also exercises to do every night. Once a week, the girls are "weighed in" at the Nurse's Office.

If you should happen to visit our gym classes someday, and you hear grunts and groans, don't get alarmed. You see, we aren't quite in shape yet, but we surely are working on it! Come again in a few weeks.

Song Titles

by Kathy Spencer

- "Joy to the World" - Summer Vacation
"Another Day" - Andover
"Just My Imagination" - English II
"We Can Work It Out" - Kathy and Neil
"Turn Around" - Brenda to Alan
"It's The Time Of The Season" - Eileen

Andover at Bolivar

Journeying to Bolivar this past Monday the Panthers rolled on to another victory, defeating the Bulldogs four to two. This gives the team an overall record of five wins and no loss. The game was played for a long eight innings until John Hyland slammed a double in the 8th inning with two outs and two on base. This let the two runners score giving the Panthers the win. Gregg Shellman was again the victory pitcher striking nine batters out and walking three. Thursday the Panthers will play Fillmore there if good weather prevails.

Use the Classified Ad Section

Senior Interview

On December 15, 1953, I was born to Mr. and Mrs. James F. Smith named "Jim". Jim has one brother and five sisters; they are: Mary, Linda Teresa, Marty, Jeff and Monica.

During grade school and Junior High, Jim attended A.C.S., but his tenth grade was spent at the Hunterdon High School in New Jersey. He returned to Andover for his Junior and Senior years.

Jim's majors are science and math. His activities throughout high school have been centered around sports with two years of basketball and one year of track.

Jim's plans for the future are to attend Alfred Ag-Tech in the fall. Good luck from all of us at A. C. S.

Senior Interview

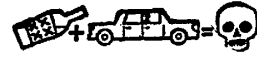
Another outstanding senior in the Class of '71 is Ann Michelle Slade. Ann was born December 12, 1953. She has two brothers Danny and Timmy.

Throughout high school, Ann has majored in science and art. Among her extra-curricular activities are: G.A.A., four years; Future Nurses, two years and Junior Red Cross, five years. She also took part in the junior play, acting the part of Ella Freedenburg, the guidance counselor.

In the near future, Ann plans to attend Alfred Ag-Tech, where she has been accepted for the 1971 fall session.

A.C.S. wishes her the best of luck!

Keep On Buying Savings Bonds



Spy!

I saw and heard about this week-end.

What lovely spot, did I see you and Anne in the house?

Hey, did I hear you had a lot of fun with that Bishop Walsh guy Saturday Night?

Is your cold any better after Friday night, Maureen S.? It should be, right Steve P.?

It sure looked crowded in the Alfred-Almond car, Saturday night. Was it, Chris J., Deb. N., Mike D., Tom W., and DeeDee G.?

Heard Tom W. had fun in the track Meet. Right, Tom?

I also heard that John H. was rather angry Saturday night. Is that true, John? What happened to your date with that girl in Scio?

Roving Reporter

by Voni Mattison

What is the greatest invention - modern times?

- Dan Slade - Black Russians
Alex Burr - the mini skirt
Monica Dibble - the telephone
Deb Nichols - Merle
Sandi Pease - Penicillin
Mr. Bardeen - The U.N. - Potentially

- Philip Felton - the airplane
Daryl Ordiway - Rock 'n' Roll
Carol Roeske - the draft
Brenda Preston - the car
Alan Folsom - Friday
Jim Davis - study hall

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 IMPORTANCE OF MOTHER

With all her other virtues, one of the key gifts a mother offers is her interest in feeding her family well.

Other family members may on occasion share the responsibility for shopping and food preparation. But it is mother who controls, to a large extent, what is served at mealtimes.

Mother's basic objectives? She wants her children to grow normally and to reach their full body potential. She wants to protect her family's health. Mealtimes can make a large contribution toward these objectives. But for this to happen (particularly nowadays, with all the choices in food stores and new products every day), mothers need to understand nutrition.

Good Meal Planning

It is imperative to know what constitutes good meal planning and what the family's food needs are. Americans are likely, when questioned, to associate nutrition with "nourishing foods" and "good health." This is a reasonably good foundation for understanding nutrition.

Nutrition really means selection of nutrients. The same kind of teamwork one sees on the playing field in sports or in the kind of teamwork that is a family project accomplished.

For instance, vitamins help build calcium and phosphorus into bones. Iron combines with protein to make hemoglobin, a component of red blood cells. Nature knows these secrets and often combines in one food, those nutrients that need to be eaten together. But for your total nutrition no one food can do the job. It takes, in fact, a good variety of foods and that's why we recommend the four food group approach as a foundation for daily meal planning.

A Food Team

With a team composed of the milk group, the meat group, vegetables and fruits, and breads and cereals, your nutrient needs can be met. Variety of foods is important both for nutrients and appetizing flavors.

It's a fairly wild array of components that are considered the "key" nutrients. Just to jog your memory: There's protein, fat, carbohydrate; minerals like iron, iodine and calcium; and the vitamins A, C and D, thiamin, riboflavin and niacin. And besides these, you need nutrients such as phosphorus and potassium.

But you don't have to think too much about all of these. Research has shown that if you eat meals containing a good variety of important nutrients, your body will also be supplied with the other nutrients. There is four food groups!

QUITTING



NOW MAY SAVE YOUR LIFE

LIVING UNDER LAW

HABEAS CORPUS - CORPUS DELICTI

Two legal phrases which are much misunderstood and misused are "habeas corpus" and "corpus delicti."

The words habeas corpus are Latin for "you have the body." They are commonly used in the legal profession to describe a writ or order signed by the judge directed to the sheriff or jailer holding a prisoner or to any person who is physically detaining another. It commands him to produce the body (alive) of the prisoner (or person detained) before the judge. The purpose of such an order is to allow the judge to determine whether the prisoner is being held lawfully or whether he should be set free.

The writ of habeas corpus

prevents law enforcement officers from abusing the constitutional right of personal liberty and has been a jealously guarded privilege.

The words "corpus delicti" are Latin, and liberally translated, mean the elements of the crime or wrongdoing. Laymen sometimes incorrectly interpret corpus delicti as meaning liberally "the body," as in a murder case.

Speaking technically in a legal sense, corpus delicti is that which must be proved in every criminal case. Such proof must show that an unlawful act has been committed and that it has been committed by a human agency.

To sum up, habeas corpus is a writ designed to prevent the unlawful detention or imprisonment of any person. Corpus delicti, on the other hand, literally means the body of the crime, or, in general, the substance of crime.

Note: The New York State Bar Association offers this column as a public service.

American Cancer Society