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HALL OF FAME



Cynthia Mae Tomm

The fourth member of the 1975 Hall of Fame is Miss Cynthia Mae Tomm. Cindy is the daughter of Mr. and Mrs. Robert Tomm, Sr.

Cindy has been very active in her school years at Andover Central School. She has been a member of Hi-Herald for four years, Co-Editor of the Yearbook, an G.A.A. for four years, Senior Band for three years, soccer for four years and Leos Club for two years.

Cynthia has been very active in F.H.A. This year she is the President of the Andover Chapter and of the District Chapter. She is Jr. High F.H.A. advisor and State F.H.A. Projects Chairman.

Cindy has an alternate Regents Scholarship for Nursing. She has been accepted at Alfred Ag-Tech and is planning on pursuing a course in nursing.

Good luck and best wishes, Cindy!

Track

by John Davis

The track team was poorly represented in the County Championships, yet the runners still gave a fine performance, taking third in the D-League and missing first by seven points.

The following people placed for Andover:

The Mile Relay of Rick Cahill, Russ Godown, Jim Jackson and Mike Bliss placed first and qualified for the Sectionals with the record breaking time of 3:42.4.

Rick Cahill placed second in the 440 with a new school record of :53.8 which also qualified him for the Sectionals.

Brian Halsey placed third in the 800.

Shawn McCormick placed third in the 120 High Hurdles with a new record of 18.7.

John Davis placed fourth in the High Jump and fifth in the Mile with a new school record of 4:57.2. Congratulations, boys!

Tennis

by Curt Vars

On Wednesday, May 21, the Andover Tennis Team beat Fillmore 3-2. Winners for Andover were Marty Grossman in the singles, Kelly Shaw and Scott Wilson in first doubles, and Teresa Joyce and Marcy Jackson in the second doubles.

Thursday, we lost to Scio 3-2. Kelly Shaw and Scott Wilson won in the doubles, and Brian Weber won in the singles competition.

At the County Match, Friday, Brian Weber lost 6-4 and 6-3 and Scott Wilson and Kelly Shaw were beaten in the doubles with the score 6-1 and 6-0.

On Tuesday, May 27, the Andover girls went to Belmont to play the Belmont girls. The results will be in next week's paper.

Midgets will round out the three star program.

Sonny Wittmeyer of Glenwood and Dick Flaig of Eggertsville are the current leaders in the battle for Late Model Sportsman supremacy. Driving 1974 Camaros, the two leaders have been hard pressed with competition from Art Clark of West Seneca, the winner of two features to date. The 20-car 35 lap feature takes the green flag Saturday night.

The open wheeled Limited Sportsman leader finds Paul Weber of Perry in the No. 1 slot. Weber who is in his third year of competition after graduating from the mini-stock division has received his stiffest competition from fellow Perry resident, Doug Hewitt.

The Challenger Division is still wide open with many novice drivers competing both at Holland and Perry. To date, Keith Marquardt of Buffalo who two weeks ago set a track record for the 20-lap feature event continues to be the one to beat.

United Speedway

News

This Saturday, May 31, Holland International Speedway will hold its first of four Family Nights. That evening Mom, Dad and all the kids under 14 will be admitted for the single price of \$6. Racing will get under way with practice at 6:00 p. m. with the first race at 7:00. The three divisions of Late Model Sportsman, Challengers and Limited Sportsman will compete in the 12-event program.

Perry Motor Speedway located on Adrian Road in Perry, New York will conduct its second race program of the 1975 season this Friday May 30. In addition to the Limited Sportsman and Challenger Division, the popular TQ Can-Am

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

YOUR NEED FOR CALCIUM

"Because it is not yet possible to predict the development of osteoporosis and because of the difficulty in diagnosing and treating this condition, it is desirable for adults to consume 1,200 mg of calcium daily rather than the presently recommended dietary allowance of 800 mg per day."

That's the opinion of Dr. Herta Spencer, who has conducted research on calcium requirements for many years at the Veterans Administration Hospital, Hines, Illinois.

The results of Dr. Spencer's 32 metabolic studies carried out in men under controlled dietary conditions showed that a level of 1,200 mg of calcium each day is desirable. This is the amount in a balanced diet that includes three glasses of milk per day.

A DAILY INTAKE of 800 mg of calcium per day was sufficient to attain calcium equilibrium in the body for most people in the study group. This is the amount of calcium in a balanced diet including two glasses of milk per day. It is also the amount of daily calcium recommended by the National Academy of Sciences and the National Research Council.

But Dr. Spencer's studies only showed that 800 mg per day was sufficient to maintain calcium equilibrium in the body. When the body has little calcium in the diet, calcium is removed from your bones to maintain normal calcium levels in the blood. Years of such a deficiency in your diet may lead to the disease so common among our older people—osteoporosis. With osteoporosis, your vertebrae and

long bones become porous and fragile.

Osteoporosis in the advanced stage can become painful and disabling. It is especially common in women after menopause. But men also suffer the disease, particularly if they are chronic drinkers.

IN HER STUDIES, Dr. Spencer included men with no evidence of osteoporosis and also men with advanced osteoporosis, with or without symptoms. She fed them as little as 200 mg of calcium per day, then the presumed normal of 800 mg per day, then 1,200 and 1,400 and a high calcium level of 2,200 mg per day.

All of those studied achieved positive balance at the 1,200 mg of calcium per day level. They passed no more calcium in their urine or feces than they were getting in their diet.

When calcium was given as milk, the retention was greater than from calcium tablets, both in the patients with osteoporosis and those without.

DR. SPENCER says milk is more effective because it contains a substance called casein which helps the body absorb calcium.

Children and pregnant women receive less calcium from their diet than older people. For this reason, the National Academy of Sciences and the National Research Council (it occurs very gradually), may require more calcium than now officially recommended by the Food and Nutrition Board.

Dr. Spencer's studies have been supported by both the National Institute of Dental Health (one of the National Institutes of Health) and the National Dairy Council.

Editorial

by Diane Bliss

The end of the year is rushing in on us, or so it seems with Regents exams almost staring us in the face, the restlessness of the seniors and weather made almost to order. With the end so near, people have a tendency to look back to see if they have accomplished all that was originally planned. Good or bad, it's all behind us now and we're moving on to new and possibly better days and events.

This year's Seniors, I'm sure, have made the best of this year in many ways. One tends to think they thoroughly enjoyed every minute of it. The Juniors are just a little shocked by the fact that next year is their last already, but will most certainly do as good a job with next year as the Seniors did with this year. The Sophomores, well, we all know the sophomores. And the Freshmen—who knows what to expect?

All in all, it's been, and still is, one fine year. For all our sakes, let's hope the coming year for everyone is prosperous and full of accomplishment. Good luck to the Seniors.

Senior Interview

by Cindy Tomm

Announcement: April 28, 1957 Mr. and Mrs. Kenneth Tidd became the proud parents of Larry E. Tidd. The rest of his family include an older brother, Rick, and an older sister, Sandy.

Now that Larry has completed his school years he has a major in Machine Shop. Larry was active in the class play as he helped set up the PA system and did special sound effects. He is very interested in all types of sports especially archery.

Larry we all wish you the best of luck in everything you do.

Cafeteria Menu

Week of June 2 - 6

MONDAY — Hot Chicken Sandwich with Gravy, Buttered Peas, Peaches, Milk

TUESDAY — Hot Dog with Bun, Baked Beans, Apple Sauce, Milk

WEDNESDAY — Barbecue on Bun, Buttered Corn, Frosted Cake, Milk

THURSDAY — Vegetable Bean Soup, Peanut Butter Sandwich, Lemon Delight, Milk

FRIDAY — Potato Salad, Sliced Cheese, Buttered Vegetable, Orange Juice, Milk

Activity Sheet

June 4 — Senior Smorgasbord — 5:00 until

June 15 — Baccalaureate

June 16 — Exams start

June 20 — Senior Prom, 9:00 - 4:00

June 20 — Last day of School

June 21 — Graduation

June 24 — School District Annual Meeting

Commercial Printing at The News Printing House.

Poems

The following poems were written by students in Mrs. Boyce's Sixth Grade English Class:

ANDOVER

Even though your size is small
In my heart you'll always stand tall.

In the wind I hear your name
Flying through the wind like a horse's mane.

Through the echoing school halls
I can still hear my teachers call.
Andover, you've caught my love
As though you were flying like a dove.

Your hills go over and over and over
I can remember the pretty clover.
I can still see the wind blow the trees

I can feel the sting of the bees.
On these clear, clean streets
Quite a few people will I meet
I was so smart.

To let Andover steal my heart,
Joyce Fuller

NOW AND THEN

Where we ride the bus to school
each day,
Indian children used to play.
In school we learn about our native land.

About where stores and houses stand,
Trees are very tall,
Where there were no streets at all,
There were no churches with a steeple.

Only woods and Indian people.
Only teepees on the ground,
At night animals are crawling around.

What a different place today,
Where we live and play!
by Chris Spencer

Na-Na's House

Nana's house is welcoming,
And it's always a treat
When we're fight for the "TV chair".

She says, "There's room for two".
She understands most anything,
That you do quite wrong.

In fact I accidentally
Broke her salad tongs.
It is like I said before,
She paces life with a laugh.

She sits and peers at John and I,
Through her drinking glass.
Nana is the greatest fun,
I have ever had.

But when I have to part with her,
I surely will be sad!
by Greg Hardy

DON'T LEAN BACK IN YOUR CHAIR

Don't lean back in your chair
I've said that till there's gray in my hair.

I've told that to you many times
young men
Now break yourself of the habit
if you can!

Your teachers have given many
complaints
And here we are ready to work
with pains

While back there you sit just as
happy as can be
You have to break yourself of this

Pantherettes

by Cindy Tomm

It's time to summarize the year — and what a year! Out of the four major sports placed, three went to Sectionals.

In soccer action we went to the play-offs for a second place position. Volleyball players took our school name to the Sectionals after only two years of league competition. We also have been in league competition only three years in basketball and have been in the Sectionals twice. Now it's softball season and the girls are already in standing for Sectionals. Congratulations girls!

Of course, along with our summary we can't forget the seniors who helped our teams to victory. We had three in soccer — Cindy Tomm, Sara Pantton and Kathy Haskins; one in basketball — Kathy Haskins; two in volleyball — Kathy Haskins and Linda Mulcort; and two in softball — Kathy Haskins and Sara Pantton.

That hard work has brought us not only successful teams, but also it has developed an interest in girls' sports. For example, the fact that last year only twelve girls went out for soccer; this year thirty have signed up for the Fall Season.

Keep it up girls and good luck in your game with Alfred-Almond.

habit, can't you see?

Penny Glover

YOU TALK TOO MUCH

You talk too much, you worry me
to death
You talk so much, you even worry
my pet

You talk about people you don't
even know
You talk about people wherever
you go

You talk about people that you've
never seen
You talk so much, you could make
me scream

You talk about people wherever
you are
You talk about people even if
they're in the same car

You just talk too much!
Marty Wittle

WHY I LOVE MY MOTHER

I love you mother,
I could never love another.
You have the key,
That sets me free.

Of all my friends you are the best.
You are better than all the rest.
You gave me all your light,
That makes me smart and bright.

Whenever I see you smile like the
sun,
It makes me have more fun.

I hear your name in the air,
You're more cuddly than my teddy
bear.

by Jeanne Lehman