

Andover Central School Calendar For 1975 - 76

September 2 — Teachers Report
September 3 — School Opens
October 30 — Columbus Day —
No Classes
November 11 — Veterans' Day —
No Class
November 17 — Deer Hunting
Opens — No Classes
November 27 - 28 — Thanksgiving
Vacation
December 22 thru
January 2 — Christmas Vacation
January 26 - 27 — Regents
Examinations
February 16 - 20 — Mid-Winter
Vacation
April 15 - 23 — Spring Vacation
May 31 — Memorial Day
June 17 — Last day of Occupational
Ed. and Special Ed.
June 18 - 24 — Regents
Examinations
June 25 — Report Cards Issued
June 26 — Baccalaureate
June 28 — Graduation

From Our Files

(Continued from Page Five)

Mr. and Mrs. W. H. Pranger gave a party Sunday at their summer home in Ceres in honor of Miss Ruth Slocum who is going in training for a nurse at Buffalo General Hospital in September.

Andover Juvenile Grange won second place in their dairy farm exhibit at the Angelica Fair.

Andover High School will open next Tuesday, September 3 with Glenn Bretsch as Principal; Lawrence E. Host, Vice Principal and Science; William S. McGee, Mathematics and Physical Education; Gretchen Trenkle, French & Latin; Cecelia O'Connell, Social Studies; Mary L. Day, English; Leona March, Music; Mrs. Joyce VanOxx, Commercial Subjects; Georgianna DeWitt, Drawing part-time; Mrs. Margaret Joyce, 8th Grade; Ruth Baker, 7th Grade; Mrs. Harriet Schwarzenbach, 6th Grade; Ruby Jordan, 5th Grade; Koneta Perkins, 4th Grade; Esther Knapp, 3rd Grade; Beatrice Dickinson, 2nd Grade; and Marjorie Ellis, 1st Grade. Pupils entering school for the first time in the first grade should be 6 years old on or before September 5 during the first half of the year.

A Special Class for Beginners will be held this year as was done last Spring. This will start Feb. 1st and will be in the nature of a Pre-Primary Grade. Pupils younger than 5 and 1/2 years should wait and attend the Beginner Class at the middle of the year.

At a Hearing called for by the Village Board to consider the proposition of changing the Village Water Supply System by replacing the six inch feed line from the reservoir to Main Street with an 8 inch line and taking the six inch line thus released and replacing the 4 inch line now supplying water to Roshambeau Avenue. There was over 100 present. Mayor Livermore called the meeting to order. They were unanimous in favor of doing it and work will be begun by the end of the month.

Mr. and Mrs. Richard Harder and Mr. and Mrs. Kenneth Alvord motored to Canandaigua Lake and passed the weekend guests of Mr. and Mrs. Ralph Schwarzenbach.

The Misses Doris and Roberta Church motored to Ithaca Monday. Mrs. William Redfield, Lynn and returning Tuesday with Mr. and Lou Herbert who are guests at the home of Mr. and Mrs. Robert Church and Mr. and Mrs. Clarence Slaght this week.

Mr. and Mrs. Elmer Webster, Mrs. Pearl Mesler and daughter, Mary and son, Orville motored to Buffalo, Monday.

30 YEARS AGO

August 30, 1945

Maie C. Backus, Publisher

Miss Evangeline Ruth Miller, daughter of Mr. and Mrs. Leon Miller of Williamsport, Pa., and Earl S. Matison, son of Melvin S. Matison of Elm Valley were married August 18.

Miss Elizabeth Snyder, daughter of Mr. and Mrs. Lou Snyder of East Valley and Charles G. Lynch, son of Mr. and Mrs. Charles C. Lynch were married at the Blessed Sacrament Church by Rev. Charles Keller, August 28.

The Odd-Fellows and Rebekahs will sponsor another Street Dance September 10 on Greenwood Street.

Andover Central School will open next Tuesday, September 4. James and John Nobles with the help of Victor Clark, have done a splendid job of making the Central School ready for the new school year. The school faculty list is still incomplete due to the resignation of Miss Mary Doran Nurse-Teacher. Also there is not yet a State Certified Librarian.

The new members of the teaching staff include: Miss Marie McFadden of Wellsville, High School English and Latin; Mr. Dale Fallon of Silver Creek, High School Studies; Miss Mary Buttac of Archbald, Pa., Art; Miss Virginia Spino of Olean, Junior High Social Studies; Miss Doris Church of Andover, Fifth and Sixth Grades; Mrs. Carolyn Helmer, Canisteo, Third and Fourth Grades; Mrs. Laura Hall, RD Wellsville, First Grade. The other teachers returning are: George Reil, Science & Mathematics; Robert Ingerson, Physical Education and Coach; Miss Mary Sherwood, Commercial; Mrs. Marie Ingerson, Homemaking; Verlee Linderman, Agriculture; Mrs. Margaret Joyce, Jr. High Mathematics; Mrs. Ethel Gath, Jr. High English; Mrs. Harriet Schwarzenbach, 6th Grade; Miss Ruby Jordan, 5th Grade; Miss Ruth Baker, 4th Grade; Miss Rita Elliott, 3rd Grade; Miss Dolores Bileske, 2nd Grade; Mrs. Hilda Vars, 1st and 2nd Grades; Mrs. Catherine Reckenwald, Kindergarten; Mrs. Florence Greene, School Nurse; Miss Agnes Taylor, Secretary and Mr. James Wilson, Principal.

Twenty members of the Woman's Relief Corp met at the home of Mrs. E. V. Greene at Tip Top for their monthly birthday party celebrating the birthdays of Mrs. Lottie Bixby and Mrs. Laura Witter.

Twenty-seven members of the

Andover Grange met at the home of Mr. and Mrs. Hervey Thorne Wednesday night. Margaret Northrop read the Victory Message presented by Rev. MacDonald; Mr. Tracy told an interesting story about a soldier who was their guest; Phyllis Burdick gave a reading. Quizzes were given by Lelia Livermore and Ronnie Atwell. Refreshments were served.

Arthur Temple, son of Mrs.

as Ensigns in the United States Naval Reserve from the U. S. Naval Reserve Midshipman's School at New York in ceremonies held August 23 in the Cathedral of St. John the Divine in New York City. Ensign Temple is home on a ten-day leave after which he will report at San Francisco for assignment. His mother and sisters, Phyllis and Patricia attended the graduation ceremonies in New York City.

Master Sergeant John LaForge of Wellsville spent Sunday guest of Lt. John L. Cannon.

Principal and Mrs. Glenn E. Bretsch moved their household goods to Addison, Saturday and Edward Kent is moving from Wellsville to the house vacated by Mr. Bretsch, which he has purchased.

Lt. and Mrs. John Russell Grove have been spending a few days at the home of their aunt Miss Emily Barney of West Union. Lt. Groves has just returned by air from three years service in the Sicilian and Normandy Invasion. He was attached to the 1st Division and all through the fighting in Germany. Mrs. Groves is a graduate pilot of the Women's Air Force Auxiliary Service of Sweetwater, Texas.

The Kings Daughters of the Presbyterian Church will be entertained at a 7 o'clock supper at the home of Mrs. Ann Wood this Friday evening, August 31. Mrs. Wood, Mrs. Bertha Hardy and Mrs.

Carl Fribolin are hostesses.

Seventy-seven relatives gathered at the home of Mr. and Mrs. Henry Livermore August 26 for the Clark Reunion. Clair Clark of Cleveland, was elected President; Kenneth Clark of Wellsville, Vice President; Doris Baker, Secretary and Treasurer; Reba Dare of Wellsville, Historian; Allen Corwin of Wellsville, Program Chairman; Mrs. Robert Whitford of Almond

ed Arrangement Committee. It was voted to hold the next Reunion at the same place.

Mr. and Mrs. Cleon Clarke and daughter, Sheila, Mr. and Mrs. R. A. Clarke of Independence, accompanied Miss Denise and Wanda Mitchell to their home in Wild Run, Pa., Sunday.

Sgt. Wallace Clarke returned to camp in North Carolina, Saturday after passing a two weeks furlough in Independence.

Lt. and Mrs. William Jewett and son are visiting her parents, Mr. and Mrs. Milford Bassett of Independence.

Mrs. Decatur Clarke and son, Jerry of Independence spent Tuesday with Mr. and Mrs. Archie Densmore at Oswayo, Pa.

Word was received Tuesday of the death of Brant Stephens, formerly of Slate Creek. He was a cousin of Mrs. William Mullen of Slate Creek.

Mrs. Ernest VanSkiver of Purdy Creek died August 28. Besides her husband she leaves two children, Mrs. Marjorie Lamphear of Bennetts Creek and one son Robert, Zelke, two grandchildren and her aged mother, Mrs. Mary Hartman of Purdy Creek.

Mr. and Mrs. Carl Burdick and son, Theron of Elm Valley visited relatives in Rochester from Thursday until Monday.

A party given by Mrs. Oliver Baker and Mrs. Richard Baker was held at the Burger home Tuesday afternoon in honor of Mrs. William Burger and new baby. About 18 neighbors and friends were present and enjoyed a pleasant and social afternoon followed by refreshments. Mrs. Burger and daughter received many nice gifts.

Mr. and Mrs. Ridgeway Trowbridge and family of Syracuse were guests from Tuesday until Sunday of Mr. and Mrs. Lynn Trowbridge and other relatives.

Mrs. Pauline Yorton and daughter Laura Mae returned Monday from a visit with her husband Clyde M. Yorton C.M. 1st Class at Norfolk, Va.

Mr. and Mrs. Howard Nichols and daughter, Anita of Jamestown are passing the week at the home of his mother, Mr. and Mrs. Clarence Snodcker.

Mrs. Charles Calden of White Stone L. I., is a guest of her grandparents, Mr. and Mrs. C. A. Robinson.

Avt. Darrell Perry of the Navy and PFC Geraldine Perry of California, were overnight guests of their aunt Mr. and Mrs. Eugene Butler, Saturday.

Mrs. Carl Burdick and sons Charles and Larry and daughter Mary Lou of Ebenezer, spent from Saturday night until Tuesday at the home of Mr. and Mrs. Harry Lynton. Larry who passed the week, returned home with his mother.

Mr. and Mrs. Franklin Murphy and daughter, Ellen Marie of Hornell were Sunday dinner guests of her mother and aunt, Mrs. John Quigg and Mrs. Mary McCuckin.

Lieut. and Mrs. William Robinson and his sister, Mrs. Charles Calden of White Stone L. I., were Sunday callers at the home of their grandparents Mr. and Mrs. Charles Robinson. After his release from the Army Air Corps Service, which he expects September 1st, Lieut. Robinson will resume his work and study of radio at Troy and Schenectady.

Mrs. George Wereley, Miss Betty Spicer, Miss Margaret Jackson, Clyde and James Jackson were in Rochester Tuesday. Mr. Wereley who has been in the Strong Memorial Hospital for treatment returned with them.

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Good Nutrition

by
Dorothy M. Rathmann, R.D.



Q. How can I reduce my intake of saturated fat and still have a nutritionally sound diet?

A. No problem! Making wise menu choices is the heart of the solution.

Current recommendations are to have no more than 10% of your day's calories from saturated fat. For a man who eats 2700 Calories a day, this amounts to about 30 grams of saturated fat in all meals and snacks. In terms of foods, this is the amount in a dinner of standing rib roast, baked potato with butter and a piece of butterscotch pie—or a lunch of a cheeseburger, potato chips, glass of milk and dish of ice cream.

In making menu decisions, it helps to select the low saturated fat foods in each of the familiar food groups needed nutritionally each day:

MEAT GROUP (2 or more 3 oz. servings). Avoid luxury cuts of beef, bacon, spareribs, and visible fat. Emphasize lean cuts of beef, fish, chicken, veal, dried beans and peas, peanut butter.

VEGETABLES AND FRUITS (4 or more servings). Most fruits and vegetables are virtually fat-free. However, butter is high in saturated fat, so dress vegetables with Mazola corn oil or margarine instead.

MILK GROUP (2 cups for adults and up to 4 cups for children, pregnant and lactating women). Avoid whole milk, most cheeses and ice cream. You get the nutrients expected from this group using skim milk, cottage cheese and low milk but with less saturated fat.

BREAD-CEREAL GROUP (4 servings). Flours and cereal grains contain little fat of any kind, so avoid adding saturated

fat in using them. Make breads and baked goods with corn oil or margarine. Fry in oil. Dress pasta with oil or margarine. Snack crackers and potato chips produced commercially may be high in saturated fat.

Be careful about extras. Cream soups are high in saturated fat but clear soups are not. Cakes and pastries vary; you can keep the saturated fat down by doing your own baking with margarine or corn oil.

Here are some figures to illustrate your options:

Food	Saturated Fat
3 oz. rib roast, cooked	16 grams
3 oz. round steak, cooked	5
3 oz. oil packed tuna, drained	2
3 oz. haddock, fried	1
3 oz. roast chicken	1
1 cup pork & beans	2
2 tbsp. Skippy peanut butter	3
1/2 pint ice cream	8
1/2 pint ice milk	4
1 slice bread	trace
20 potato chips	4
1 sweet roll	5
Pc. angle food cake	trace
1 cup cream of tomato soup	3
1 cut beef broth	trace
1 tbsp. Mazola margarine	2
1 tbsp. Mazola corn oil	2
1 tbsp. butter	6

For additional information on how to reduce saturated fat in your diet, write for the 31-page booklet, "A Diet For Today," Dept. DTGN, P. O. Box 307, Coventry, CT 06238.

Dr. Dorothy Rathmann is a nutritionist with Best Foods, a Division of CPC International.

Political Advertisement

Political Advertisement

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September 9, 1975

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(Democratic friends may Vote for Dave Crowley by writing-in his name in the Primary on September 9th!)

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