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# The Hi Herald

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## Editorial

by Cindy Preston

What would life be like if everybody in the world expressed his own ideas truthfully without the fear of what others would think? Can you imagine such communication?

If no one ever lied to anyone else, relationships between people would improve five hundred percent. If everybody tried to improve himself instead of trying to change everyone else to his standards and his personal specifications, things would be fine. Instead, everyone thinks of himself as THE BEST and continually finds fault with others. Nobody likes to listen to somebody tell them how they should act and think. Resentment arises between the two because one feels hurt that the other "complains" about him, and the other feels hurt because his friend doesn't approve of his "suggestions."

If everyone would try to get along with everyone else, maybe we could all get along together.

## Juniors To Host "Teen Time"

Two Juniors, Debbie Nichols and Gregg Shellman, will represent Andover Central School on "Teen Time" this Saturday, February 21.

Tune in at 10 o'clock on Saturday morning and hear news and notes of school events.

## Freshmen Class Prophecy

by Kathy Spencer

This week my imagination has looked into the future and come up with some ideas for the Freshmen Class Prophecy. Don't expect too much as most of us are "undecided" but could you see?

Bobby Jackson as another Lanier?

Doing Pettie as another Einstein?

Cheryl Joyce as President of Joyce Incorporated?

Randy Slade as the first American?

Mary Baker as a school hot?

Eileen Atwell as the first president?

Fred Baker as a bachelor?

Susan Boyer, first soprano in an opera?

## The Perfect Senior

by Jeanette Kent

I had a hard time deciding what people would make up a "perfect senior". As a result, this article is made up of the opinions of more than half of the Senior Class.

Eyes - Danny Grant, Maureen Thorp

Nose - Jim Howland, Carla Fauzey

Lips - Sam Clarke, Cindy Preston

Smile - George Hurtado, Candy Harvey

Personality - Dennis Price, Diane Stephens

Legs - Jeffery Wahl, Kathy Gorsuch

Hair - John Fanton, Jeanette Kent

Complexion - Karl Graves, Mary Smith

Figure - Jane Day

Physique - Tom Polmateer

## Cafeteria Menu

MONDAY - No School

TUESDAY - No School

WEDNESDAY - Beef Barbecue on Bun, Buttered Whole Kernel Corn, Raisin-Rice, Gustard, Milk

THURSDAY - Boston Baked Beans with Catsup, Brown Bread with Butter, Cabbage Salad, Fruit-Jello, Milk

FRIDAY - Baked Fish - 4-12 Grade; Boiled Egg - K-3; Buttered Peas, Bread and Butter, Pudding, Milk

Grey and fox squirrels are usually stay-at-homes. Their home range is rarely more than a couple of acres around the den tree, although during the breeding season males - understandably enough - do some romantic rambling.

## Feature

by Chris Bergerson

### OUR GREAT FATHER

In 1732 a son was born to Augustine and Mary Washington. Little did they know that their son would become the first President of the United States.

As a young man, George was very interested in geometry and trigonometry. These two studies helped to prepare him for the work of a surveyor. In that period of our history, surveying was a very important line of work. In 1748, at the age of sixteen, George was certified as a public surveyor. This great honor was bestowed on him by the colonial government of Virginia. For the next three years he worked at his trade (in the summer months). Surveyors were quite scarce; therefore, their payment was reasonably high. With his ample pay, George was able to save a considerable sum of money. With this money he purchased tracts of land before he reached the age of majority. This good judgment and other high qualities of character soon gained Washington the admiration and confidence of leading men in the Virginia Colony.

In 1751, Virginia was threatened by frequent French and Indian attacks. The Virginia Colony was divided into military districts. There was an Adjutant General appointed to each district. George was appointed to one of these districts. Military tactics and strategy became important to his job.

In 1754 George was appointed Lieutenant Colonel of a regiment of soldiers. His out post was on the site of modern Pittsburgh. George found the French located at Fort Duquesne. Washington and his troops withstood the beginning French attack, but after a ten-hour enemy siege they capitulated. Later, an order was issued from the British military headquarters that said that any British field officer holding a Royal Commission was to have a higher rank than any colonial officer. This order entailed a demotion for Washington, and he at once resigned and retired to Mount Vernon. In 1755 he accepted a post as aide on the staff of General Edward Braddock. He served under him in the British campaign to capture Fort Duquesne. George demonstrated great bravery under fire in a battle at Monongahela River. General Braddock was fatally wounded. Washington was made Commander-in-Chief of the Virginia forces after the death of Braddock. He reorganized the troops and commanded them until November of 1758, when the French surrendered Fort Duquesne.

In January of 1759, George married Martha Curtis, who was a wealthy young widow with two children. Since he had been elected to the Virginia House of Burgesses before his marriage to Martha, he began to take a prominent part in public affairs.

At the time of the American Revolution, George had the opinion that colonists should not use weapons against Great Britain to remedy their grievances. In 1769, he drew up a Nonimportation Act for the taxing by the colonies of an embargo on various British goods. This act was ratified by the House of Burgesses.

George was chosen, as one of six delegates of the first Continental Congress as Commander-in-Chief of the Continental Army.

On June 21, 1775, George joined the Continental Army at Cambridge, Massachusetts, and assumed command July 3. The army of 16,000 men were terribly low on necessary articles of an effective fighting force - arms, ammunition, personal equipment, and most important of all, morale. George formed six brigades of six regiments each. In the Revolutionary War, Washington demonstrated the same qualities of leadership, fortitude, and sound judgment that he had before.

On December 23, he retired to private life, but not for long. Four years later he had been nominated for the office of the first

## Purple and White

by Rodney Brown

The Andover Panthers suffered another defeat here in Andover Tuesday night against Alfred-Armond.

Last Friday night we gave the Bulldogs of Bolivar a "run for their money", but they still beat the Panthers 53 - 50.

The Panthers were hosts to Greenwood on Tuesday night and they will face Fillmore on their home court tonight!

## Cub News

by Andy Gram

In Cub action last Monday, (Feb. 9) night, it was a close contest between the Royals and the Lakers with the Royals winning by one point, 25 - 24. Dave Mattison was high scorer for the winners with 12 and Steve Dunham scoring 22 for the losers.

In the other game that night it was the Warriors downing the Celtics by a score of 25 - 16. It was Scott Middaugh putting in 7 points for the losers and Mike Dibble with 14 for the winners.

The next contest will be between the Celtics and the Lakers and the Warriors vs. the Royals.

## Vacation

by Chris Weatherby

Attention Students!!! Do you know what's going on the twenty-third and the twenty-fourth of February? Well, here's a guess: It's a famous man's birthday! Have you guessed yet? Right - Washington's birthday. We will have a vacation on Monday and Tuesday, February 23 and 24 to commemorate this historic event. Classes will resume as usual on Wednesday, February 25.

## Roving Reporter

by Nancy Burch

If you had one thing you could improve on earth what would it be?

The foolish people that inhabit it! Ena Mattison

Eighth period English Class - Debbie Roeske

Man's attitude towards his fellow man - Mr. Grace

I would improve man's ability to see the beauty of his country and not to destroy its natural wealth - Carla Fauzey

I would improve our country's status and relations in the world! - Nancy Burch

President of the United States. On April 30, 1789, he took the oath of office. He appointed heads of office such as able and distinguished men as Thomas Jefferson, Alexander Hamilton, Henry Knox, and Edmund Jennings Randolph. Before the work of Congress began, George made a tour through the Eastern States of the Union to familiarize himself with the opinions of the men who were to lay the foundations of the industrial and commercial greatness of the United States.

The success of Washington's first administration gave rise to a general desire that he accept the presidency for a second term. On March 4, 1793, Washington was unanimously re-elected.

Among the important events of his second term were the admission of Vermont, Kentucky, and Tennessee into the Union, the chartering of the Bank of the United States; the establishment of the National mint; and the Whisky Insurrection.

On September 19, 1796, George issued his farewell address to the Country. He delivered his last Presidential message to Congress, turned over his office to the new President, John Adams, and retired to Mount Vernon.

On December 12, 1799, he contracted a severe cold and died on December 14.

Henry Lee, an American soldier and statesman epitomized Washington as, "first in war, first in peace, and first in the hearts of his countrymen."

Keep On Buying Savings Bonds

## Downbeats

by Joan Wightman and Debbie Baker

On February 28, Andover Central will be playing host to this year's Solo and Ensemble Festival of the New York State School Music Association. This Festival is sponsored by the Allegany Music Teachers' Association.

Included in the Festival will be 48 Woodwind Solos, 6 Woodwind Ensembles, 44 Brass Woodwind Solos, 3 Brass Ensembles, 1 Percussion Solo, and 1 String Solo, with one auditioning for Conference Band.

There will also be 34 Piano Solos, 74 Vocal Solos, and 6 Vocal Ensembles, with 19 auditioning for Choir Conference.

The Adjudicators for this year are:

Piano - Mr. George Kelter from East Aurora

Vocal - Mr. Elwood Eaton from Elma and Mr. Robert Duncan from Gowanda

Brass - Mr. Charles Gange from East Aurora and Mr. James Hoyer from Hornell

Woodwind - Mr. Paul Thurkins (also strings) from Canisteo, and Mr. Howard Warner from Avoca

Percussion - Mrs. Wilda Williams from Rushford.

The NYSSMA Zone Representative will be Mr. Munro H. Sherrill from Fairport, New York.

We have a large number of students participating from Andover including:

Vocal Solos and Ensembles - (Under Mrs. Lois Boyer) - Ronald Godown, Steven Tomm, Steven Phelps, Sharon Lewis, Susan Boyer, Elaine Bronson, Debra Baker, Cheryl Joyce, Brenda Preston, Beth Wolter, James MacMichael, and Michael Jackson

Piano Solos - (Under Mrs. Clara York) - Lisa Howland, Wendy Cahill, Cindy Halsey, Beth Anne Barden, and Dale Russell; (Under Mrs. Lois Boyer) - Nancy Stephens, Lois Wolter and Nora Kelley

Instrumental Solos - (Under Mrs. Nancy Potter) - Susan Boyer, Lisa Brown, Julianne Brown

Rodney Brown, Dennis Herr, John Lang, Christian Mattison, Yvonne Mattison, Sarah Pantan and Neila Potter.

We, at A.C.S., would like to wish all these people the best of luck.

The members of the 1970 All-County Band and Chorus have been announced. Andover will be well-represented this year in both departments. The students selected for Band are:

Yvonne Mattison, Neila Potter, Rod Brown, Diane Carmody, Cindy Preston, Mike Jackson, John Lang, Kim Richardson and Dennis Herr.

Christine Bergerson, Debbie Baker, Tom Wallace, Steve Phelps, William Geer, Steve Tomm, and Ronald Godown will sing in the Senior Chorus.

The Elementary Chorus will have Ricky Rouse, Debra Allen, Lynne Baker, Michael Richardson, and Brian Halsey as its representatives from Andover.

Rehearsals begin in March with the Concert taking place on April 4. Plan now on going to hear these Andover students take part in an enriching and rewarding experience.

## Who Are They?

by Eileen Atwell

This week's mystery person is a girl. She is a sophomore, and is very popular. She has long light brown hair, green eyes, is about five feet - three inches tall, and very cute. Her birthday is September 8.

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## Doctor in the Kitchen®

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

## NUTRITION A La CARTE

• Here are the four food groups spelled out! For good health you should eat daily two or more servings of meat, fish, eggs, or poultry. You should have four or more servings of fruit and vegetables and breads and cereals. You also need milk daily, from two to four glasses (or more) depending on whether you're an adult, teenager, or child, pregnant, or a nursing mother.

• Everybody complains of too much hustle and bustle. And rushing off to work or school in the morning. What better way could there be to eliminate some of this than getting up a bit earlier each morning and enjoying a good breakfast? You'll see more of your family, too. And being together makes for happier relationships.

• Don't eat the same old cereals everyday. You can have variety by using the small packages of ready-to-eat cereals. Top these with different fruits. Cereal with milk and fruit also makes a good between meal snack or light lunch. Another variation with the breads and cereals food group is to make delicious old-fashioned bread, or raisin, or rice pudding.

• Does your family dislike vegetables? These ideas may help: Serve vegetables raw. Children like such finger foods as carrot sticks, green pepper strips, and

turnip wheels. Also, encourage your children to help prepare vegetable dishes—it may perk up appetites. Watch newspapers for new ways to fix these foods.

• A fourth meal each day is rapidly becoming an important part of meal planning. Some children don't get enough calories from three meals. Nutritious snacks are the answer. An excellent snack that helps meet a youngster's need

for calcium, protein, and vitamin A is a milk shake. One cup of milk, one-fourth cup ice cream, and flavoring is the basic recipe.

• The new Recommended Dietary Allowances raise the amount of iron needed by girls 10 years of age and up—and all premenopausal women. They should now get 18 milligrams daily. Iron-rich foods include liver, other meats, eggs, dried beans and peas, green leafy vegetables, prunes, raisins, dried apricots, enriched or whole grain breads and cereals.

• Some of the fatty acids furnished in our diets by fats are essential because our bodies cannot make these fatty acids from other food components. This means we have to receive them in our food already formed. So don't sell fats short in your daily meals. Even though all of us should watch our calories, you need fat in your diet.