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The Hi Herald

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Editorial

by Cindy Preston

To A Friend

A birthday is a treasured day. It reminds you that you are getting older. It is the anniversary of your coming into the world, the day you breathed your first breath.

A birthday may make you stop and truly be thankful for the love and devotion of your parents who have raised you since that first beautiful day. It may make you thankful for their protection and closeness. It is sure to make you realize that your parents must be the greatest ones in the whole world. But, as each birthday arrives and then fades into the shadow of time which we call "the past", you must also realize that you will grow less dependent upon your parents as each year goes by. Friends of your own age will become increasingly important to you. You will grow to be dependent upon them for your needs of love and security. You will turn to them when you are troubled or frightened. You will seek them out when there is no one else to turn to, and they will welcome you with open arms.

So, as your birthday comes and goes, be thankful for those friends whom you have known for as long as you can remember. Remember the good times, and try to forget the bad. Look forward to many more rewarding years of friendship and fun. I wish only the best for you and I do this as your friend, which I hope I shall always be.

Special Youth Community Service Awards Program Added To State Fair

A special youth category has been added to this year's State Fair Community Service Awards competition according to an announcement by Mrs. Marjorie Kline, awards chairman.

Mrs. Kline, who is former president of the New York Civil Service Commission, said that the 19th annual competition is open to Girl and Boy Scouts, Girls Clubs of America, 4-H Clubs, Future Teachers and similar groups.

First prize for the newly established youth category will be \$200 and second prize, \$100. In the adult category first prize is \$500, second prize \$400, third \$300 and fourth and fifth \$100 each.

The Community Service Awards are designed to recognize the most outstanding community service projects of the year in the entire scope of the volunteer field. In addition to giving recognition, the Community Service Awards program provides a forum for the exchange of ideas among groups who enter.

Mrs. Helen B. Vandervort, director of the State Fair Art & Home Center, said that judging and announcement of all winning projects will take place on Wednesday, July 8th and the announcement of the winners will be made the next day. Prizes will be presented to the winners at the Women's Day luncheon scheduled for September 2nd in the Harriet May Mills Building on the State Fair Grounds.

Mrs. Vandervort said that entries in the youth and adult categories will be accepted beginning May 1 and no later than June 22. Each entry should be mailed to Community Service Awards Committee, Art & Home Center, New York State Fair, Syracuse, New York 13209. Entry forms may also be obtained from the same address.

**SAVE-A-LIFE
CANCER FACTS**
for free booklet write
AMERICAN CANCER SOCIETY
1010 JAMES ST.
SYRACUSE, N. Y. 13203

Purple And White TRACK

by Jim Howland

Last week the Andover Track Team traveled to Cuba for a meet. They amassed 38 points and set another school record in the mile Medley Relay. The members of their record breaking foursome are Stub Fuller, Randy Potter, Dan Slade, and Doug Green.

The running events at a Track Meet are divided into two categories: the sprints and the runs. In the sprint category are the one hundred yard dash and the eighth mile. These are simply called the 100 and the 220. All distances that are run are given in yards.

In the category of runs the 440, the 880, the mile and the two mile. The 440 is a race of one lap on a track such as Alfred-Almond's. The 880 is two laps and so forth. Actually the Andover team is at a disadvantage when they compete with other schools in the County because our track is only a shrunken eighth mile.

BASEBALL

by Gregg Shellman

On Monday, May 4, Rushford traveled to Andover only to be defeated by a score of 21 - 1. Pitching for Andover were Dan Grant and Jim MacMichael.

Tuesday, May 5, Andover suffered its second defeat in 5 starts by losing to Jasper, 15 to 3. Pitching for Andover were MacMichael, Mike Jackson and Brown.

Pollution

by Lynne Baker

I wish there was a solution. I wish there was a solution. To all of this pollution. Pollution is in the air. Pollution is most everywhere. The water is polluted. It may start another revolution. I hope the people will listen. Maybe again our water will glisten. Maybe again the streets will be clean. Most people will be glad for what they have seen.

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The Printing House

Senior Interview

by Chris Weatherly

The senior with top priority in the paper this week is Maureen Kay Thorp. She was born November 11, 1951 to Mr. and Mrs. Donald Thorp. She has six sisters and three brothers.

Maureen is majoring in art and business. She has been an active member of F.H.A. for four years, having been the Treasurer her Sophomore year, Secretary her Junior year, and Historian her Senior year.

She has been a member of Red Cross and G.A.A. for four years, having been Vice President of both her Junior year and President of both her Senior year.

She was also in Future Nurses, two years; a cheerleader, three years; Student Council, two years; and Choir for four years.

Maureen was also Treasurer of her Sophomore Class. She played the part of "Patty" in the Junior Play and is presently the Art Editor of the Yearbook.

Her hobbies include such things as drawing, painting, sports, and dancing.

Maureen has not chosen a school as of yet - but she wants to be a fashion model. The students of A.C.S. would like to extend Good Luck to you, Maureen.

Cafeteria Menu

May 11 - 15

MONDAY - Spaghetti with Meat Sauce, Tossed Salad, Bread and Butter, Orange Juice, Milk

TUESDAY - Turkey Vegetable Soup, Peanut Butter Sandwich, Apple Sauce Crunch, Milk

WEDNESDAY - Beef Barbecue on Bun, Buttered Vegetable, Buttered Scotch Crisp, Milk

THURSDAY - Potato Chips, Boiled Frank with Catsup, Buttered Vegetable, Bread and Butter, Donut, Milk

FRIDAY - Creamed Tuna and Peas on Toast, Celery and Carrot Sticks, Fruited Jello, Milk

Each man, woman and child in the United States uses, on the average, 44,000 gallons of water a year.

A. C. S. Literature

by Brenda Preston

While strolling through the library, I happened to notice a few books that reminded me of some students in A.C.S.

"Valley of the Dolls" - Elm Valley

"God is My Co-Pilot" - Chuck Wolter

"The Dog That Wouldn't Be" - Danny Grant

"Giants in the World" - Dawn Burrows

"Kissing Kin" - Cindy Preston

"White Fang" - Donnie Baker

"Hot Rod Reporter" - Mike Deming

"The Kid Who Batted 1000" - John Fanton

"Runaway to Heaven" - Stub Fuller

"To Beat A Tiger" - Tom Polmateer

"Tales of Adventure" - Gregg Shellman

"The Flattering Word" - Steve Phelps

"Flashing Spikes" - Mike Jackson

"The Dirty Dozen" - Tom, John, Danny, Jerry, Tom, John, Mike, Jim, Gregg, Mike, Steve, Dale

"Stars in Her Eyes" - Voni Mattison

Roving Reporter

by Jane Day

When I asked a number of students what they thought of today's fashions I received the various responses listed below.

Dave Baker - Maxis are no good. Midis are all right, but the short are the best.

Candy Congelli - the boys are becoming more like boys and the girls more like boys.

Gregg Shellman - I like them



Doctor in the Kitchen®

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

THE WHITE HOUSE CONFERENCE

If the recommendations of the recent White House Conference on Food, Nutrition and Health are acted upon, all of us are going to learn a great deal more about nutrition. And hopefully, this will result in Americans eating better.

There are two levels to the problems of nutrition in the United States. On one hand, there are adults and children among us who simply are not getting enough to eat. On the other, there are people—even people of affluence—who eat poorly and suffer from forms of malnutrition.

The Immediate Problem
Those not getting enough to eat are suffering because they are too poor to buy an adequate diet and our public food assistance programs are not reaching everyone in need. Nor are these programs necessarily doing an adequate job even with those poor people they are reaching.

Thus there is the immediate problem of correcting a situation in which people are going to bed hungry.

Long Range
But the long range problem concerns people who do have the money to purchase a proper diet. These people seem to need two things—sufficient knowledge of what constitutes a truly good diet, and the motivation to use the knowledge effectively. Even rich people can suffer malnutrition if they persist in eating a poor diet. And this includes those persons who eat too much and weigh too much. Overnutrition, undernutrition, and the wrong balance of

needed nutrients—all these conditions affect your health.

Because we are a nation of plenty but still have a long way to go in using our foods to best advantage, the more than 3,000 experts who gathered in December at the White House Conference submitted to the President a 614-page report containing hundreds of recommendations.

In the field of nutrition education, the recommendations concerned all avenues of communication—school, pre-school, and the use of public media to improve the quality of nutrition teaching and community education. The subject of nutrition is so important that the Conference suggested "an officer at sub-cabinet level head nutrition activities of the Department of Health, Education and Welfare and that coordinating nutrition activity be continued in the Executive Office of the President."

Must Eat Sensibly

So I'm hopeful that all of us will take nutrition more seriously. Use of our food is probably the most vital of our challenges. Taking full advantage of the natural resources of our country. It is high time for us to eat sensibly. And with the enormous increase in numbers and kinds of food products that invite our attention on the supermarket shelves, the choice of the right combinations of foods get more interesting, but at the same time, more difficult. We will, as stated, need more nutrition education for everyone.

WOODHULL RACEWAY

Every
Saturday Evening
8:00 P. M.

(Rain Date - Sunday - 2:00 P. M.)

★ ★ ★ STAR
Late Models - Sportsman
Hooligan

New Third Mile - High Banked
Clay Track

Admission: \$1.75

Refreshments Served on the Grounds