

Editor - Judy Bliss
Assoc. Editor - Laurie Tomm
Sports Editor - Eileen Atwell
Faculty Advisor - Mrs. Madeline Woodruff

The Hi Herald

Written and Edited by Andover Central School
Printed by Andover News
Member of A. C. S. P. A.

Andover, N. Y., January 31, 1973

No. 23

VOL. XXIV

Editorial

"HAPPINESS IS NEW BAND UNIFORMS"

by Judy Bliss

Saturday night the school auditorium was the scene of the "kick-off" concert with the proceeds going toward the Senior Band uniforms. Our goal is to raise \$3,600 for new band uniforms. The need for these uniforms is great. Both the size of the band and the members have grown. The second-hand ones we have now are beyond repair.

Band members will be around to sell bumper stickers and buttons. We are hoping the community will support our band in this worthy cause. The band is asked to march in local parades as well as support our Firemen at out of town parades. This takes much hard work and extra time on the part of the students and teacher. These students do their part to spread a little bit of happiness, through music, to this community. The least anyone can do in return is to support our "Happiness Is New Band Uniforms" campaign.

When a student comes to your door, give what you can and then attend some of the benefit functions planned for your enjoyment. February 17 is our next function which is a spaghetti supper. A few other functions planned for the rest of the year are a "rent-a-kid Day", a car wash, and a concert played by our parents. So for some real enjoyment once a month plan to attend some of these functions. New purple uniforms will bring much happiness to the ACS Band.

Senior Interview

by Elaine Bronson

This week's outstanding senior is none other than George Arthur Givens. George was born into the family of Mr. and Mrs. Norman Givens on February 18, 1954. He has two brothers, Larry and Gerald, and two sisters, Shirley and Carol.

George has attended BOCES for the past two years. He is attending machine shop and planning to stay in this work. I am sure we wish George the best of luck in this field.

Cub News

Andover forced to shoot from outside against Scio's zone were downed by a score of 55 - 34.

Leading the scoring for Andover was Tim Mead and Marty Geer with 10 points, and Louis Spencer with 6.

The boys record is now 1 - 2. Next game is at home with Alfred, Almond, Saturday, February 3.

Oratorical Contest

by Sue Herr

Elaine Bronson, a junior, represented Andover in the Allegany County American Legion Oratorical Contest held at the VFW in Wellsville on Sunday afternoon.

Elaine placed second with her speech, "The Bill Of Rights: Does It Have Any Meaning?"

Mitchell Haley, a junior from Wellsville, was the other contestant. Mitch was the first place winner and will continue on to the District Contest.

The judges were David Van Bur-en of Silver Springs, Thomas Ling-enfelt and Wilfred Gaertner, both of Belfast.

Cafeteria Menu

Week of February 5 - 9

MONDAY - Spaghetti and Meat Sauce, Buttered Spinach, Italian Bread and Butter, Oatmeal Raisin Cookies, Milk

TUESDAY - Mini Sub with Mayonnaise, Buttered Whole Kernel Corn, Fruit Cup, Milk

WEDNESDAY - Chicken Vegetable Soup with Noodles, Egg Salad Filled Sandwich, Cherry Crunch, Milk

THURSDAY - Hot Dog with Bun and Catsup, Buttered Green Peas, Potato Chip Garnish, Fruited Raspberry Jello, Milk

FRIDAY - Fish Wich with Tartar Sauce, Beans with Tomato Sauce, Frosted Cake, Milk

Named To Dean's List

A record 719 students out of an enrollment of 3,000 have been named to the Fall Quarter Dean's List for the Alfred campus of State University Agricultural and Technical College at Alfred.

The selected list, which includes several area residents, contains 83 more names than the previous high total of 636 students who earned academic honors during the 1971-72 winter quarter.

Another record broken this fall quarter was in the number of students who compiled 40 or straight "A" averages. There were 23 who achieved this distinction while the previous record was 17 for the same quarter of study a year ago.

Area Students receiving academic honors for the marking period by attaining at least a "B" average were: Karen A. Davis, 1 Rochambeau Ave. Andover; Deborah S. Johnson, Andover, R.D. 2; Anne M. McCormick, Andover, R. D. 2; Niki S. Mills, Andover, R. D. 2; Joan M. Wightman, 22 Barney St. Andover; Jack R. York, Andover, R. D. 2; and Laurie J. Collins, Wellsville, R.D. 3.

Use the Classified Ad Section

Births

Jan. 17: To Mr. and Mrs. Ronald Geiser of Frinedship, a daughter.
Jan. 19: To Mr. and Mrs. James Cooney of Whitesville, a daughter.

Jan. 19: To Mr. and Mrs. Rodney Robbins of Wellsville, a son.
Jan. 20: To Mr. and Mrs. Gordon McEwen of Fillmore, a daughter.

Jan. 21: To Mr. and Mrs. Donald Dodge of Bolivar, a daughter.

Jan. 24: To Mr. and Mrs. Edward Horn of Wellsville, a daughter.

Jan. 25: To Mr. and Mrs. Richard Carter of Whitesville, a son.

Jan. 25: To Mr. and Mrs. Harold Murphy, Jr., of Angelica, a son.

Jan. 26: To Mr. and Mrs. Edwin White of Wellsville, a son.

Jan. 28: To Mr. and Mrs. Norman Rushmore of Wellsville, a son.

Jan. 29: To Mr. and Mrs. John Kirschenbaum of Alfred, a son.

Marriages

Dec. 30: Miss Kathleen Waits of Scio and David O'Dell of Greenwood.

Dec. 22: Miss Mary Ann Giguee of Wellsville and Frederick M. Muhleisen of Hornell.

Dec. 23: Miss Denise Marie Slawson of Wellsville and Stanley

R. Weinbauer of Genesee, Pa.
Dec. 30: Miss Susan Ann Carpenter and George W. Goetschius, both of Wellsville.

Jan. 20: Miss Linda Lee Covill and Gary R. Owen, both of Wellsville.

Deaths

Mrs. Sadie F. Barrow, 88, Scio, Jan. 17. A daughter, two grandchildren and two great-grandchildren survive.

Mrs. Edward (Olive) Graves, 85, Scio, Jan. 19. Three daughters and two sons survive.

Charles C. Graves, 73, of Rexville, Jan. 22. One son, one brother and two grandchildren survive.

Leon G. Lewis, 78, R. D. Wellsville, Jan. 21. A son, two daughters, three sisters and five grandchildren survive.

Gerald A. Lane, 66, of Belfast, Jan. 24. His widow, two sisters and several nieces and nephews survive.

Kenneth B. Reynolds, 76, of Wellsville, Jan. 24. One niece and a nephew survive.

Mrs. Doris K. Pettit, 69, of Rushford, Jan. 28. Her widower, five sons, one daughter, fifteen grandchildren, one brother and three sisters survive.

Floyd Smith, 90, of Canaseraga, Jan. 18. Two daughters and two sons survive.



Lois Gram Receives Betty Crocker Award

Andover Central School's 1973 Betty Crocker Homemaker of Tomorrow is Lois Gram. Selected by score in a written knowledge and attitude examination taken by the senior girls on December 5, Lois will receive a specially designed award from General Mills, sponsor of the Annual Betty Crocker Search for American Homemakers of Tomorrow. In addition, Lois remains eligible for State and National honors.

The State Homemaker of Tomorrow to be chosen from all school winners in the state in judging centering on performance in the December 5 test, will receive a \$1,500 college scholarship. The second-ranking student in the state will receive a \$500 scholarship.

Lois has been quite active during her high school years at Andover. She has been a member of the National Honor Society for three years. She has also been a member of the Herald staff. This year she received a Letter of Commendation for her performance on the National Merit Scholarship Qualifying Test which she took during her junior year. This year Lois received a Regents Scholarship.

Downbeats

A big "Thank You" to those who attended our Kick-Off Concert Saturday night.

Hats off to those who donated another \$100 toward our new uniforms.

Pins and Bumper Stickers are on sale. Adults \$1.00 - Students 50c.

Panther Prowl

by Eileen Atwell

Our Varsity boys completely ran away with the game as they defeated Richburg 82-37. With a grand total of 34 points Mike Dibble was high scorer, followed by Brian Cannon with 23, and Bob Jackson with 15. In the preliminary game our Junior Varsity team was defeated by Richburg.

Swimming

Last Thursday, January 25, the swimming team fought hard against a strong Naples team, but lost 53 - 32. Donn Lang took 1st in the 100 yd. Backstroke with a time of 1:09.3. Roger Godown also took 1st in the 100 yd. Freestyle, with a time of 1:04.7. The Relay Team consisting of Marty Grossman, Kelly Shaw, Kathy Haskins and Mike Bliss, took 1st in the 200 yd. Medley Relay. The other results were:

- 200 yd. Freestyle - John Davis - 2:45.2
200 yd. Freestyle - Rory MacCreagh - 3rd - 2:51.8
200 yd. Individual Medley - Donn Lang - 2nd - 2:49.4
50 yd. Freestyle - Tom Welbesahl - 2nd - 28.7
Diving - Scott Middaugh - 3rd - 104.05
400 yd. Freestyle - John Davis - 2nd - 6:16
100 yd. Breast - Tom Welbesahl - 3rd - 1:25.5

Women and Smoking: Liberation Now?



By Nancy C. Doyle

Antismoking Consultant
National Tuberculosis and Respiratory Disease Association

- Q. Do as many women smoke as men?
A. It's roughly the same percentage. About 37 percent of adult males smoke. And 30 percent of adult females. But studies show once a woman takes up smoking she is less likely to give it up than a man.
Q. Why is it harder for women to quit than men?
A. Nobody knows. Some psychiatrists think smoking expresses frustration and suppressed anger. Women don't usually handle anger as directly as men in our culture. Some people, like the Surgeon General, think women may see smoking as a sign of independence and equality with men that they were denied in the days when it was taboo for women to smoke. Other people think women may have mistakenly felt they were protected by certain hormones from the damage of smoking, since most of the early studies of lung cancer and death rates focused exclusively on men.
Q. Are disease rates rising for women smokers?
A. Absolutely. The risk of death from lung cancer among women who are heavy smokers is almost five times that of non-smoking women. The number of women dying from chronic bronchitis and emphysema has doubled in the last ten years. And women who smoke—both those who work and housewives—are sick in bed more days during the year than women who don't smoke.
Q. Do you think women smoke to avoid eating and gaining weight? Or is that a copout?
A. Some give that excuse for not quitting. The facts are that some women do gain

weight when they quit. There are metabolic changes and a decrease in oxygen consumption. Usually the gain is temporary and can be controlled. But would women rather be thin and dead than a bit tubbier and alive and well? Many women, though, do not gain at all. A few even lose weight. Overall studies do not show a direct correlation between quitting smoking and weight gain. In fact, once you shape up one aspect of behavior, such as quitting smoking, it's easier to improve others, such as eating sensibly.

Q. Can you suggest any ways for women to stop smoking for good?
A. 10 million women have quit and made it stick. So it can be done. There are all kinds of ways. Withdrawal clinics. Making a pact with a friend or husband. Throwing your pack away now. Cutting down gradually. Quitting to set a good example for the kids, to show self-mastery, or because you're concerned about your own present and future health. I quit, for example, because I became acutely aware that each puff was really damaging me, and now I really don't want to smoke. I was also infuriated by the cynical efforts—from the cigarette industry to make a profit at the expense of my health and life. But every woman's reason is different. It doesn't really matter what others tell you, it's what you tell yourself. A journey starts with the first step; when you tell yourself, "I'm going to quit," you're on your way. And, more often than not, it's easier than you think.

FAMILY HEALTH advertisement with illustration of a family

The Importance of Folic Acid

Folic acid is slightly soluble in water and contains a yellow pigment called pterin. The pterins are so named because they are present in the wings of butterflies and the Greek word for wing is "pteros."

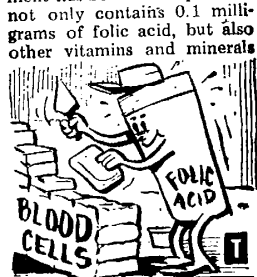
Folic acid can be found in liver, yeast, green leaves, eggs and soybeans, and is also prepared by chemical synthesis.

It appears to be of great importance in the formation of new cells in the body, particularly the blood cells, and people who are deficient in this nutrient can develop a type of anemia.

There is also mounting evidence linking folic acid metabolic abnormalities with oral contraceptives. Recent tests indicate that women who use birth control pills may develop a much greater need for folic acid than women who do not use them.

As a result of these findings, a special dietary supplement has been developed that

ment has been developed that not only contains 0.1 milligrams of folic acid, but also other vitamins and minerals



women who use oral contraceptives are known to need each day. The new supplement is now available at drug counters everywhere.

If you are using birth control pills, it might be a good idea to ask your doctor about adding a vitamin and mineral supplement to your diet.

He's the expert who can tell you whether or not you need the extra nutrients.