



Grocery Gems & Goodies

by Phil Fitch

Hello there agin — all you great people. Well, here we are in a brand New Year ready to serve you up with the latest news in the grocery shopping field.

In the Meat Department Pork products are being featured with a combination Pork Chop Special selling for \$1.19 per lb.; Country Style Spare Ribs at the same price; Superior Polish Sausage at 89c per lb.; and Oscar Mayer, little link Pork Sausage at \$1.49. In the Beef Line, Center Cut Chuck Roast is only 79c a pound; Semiboneless Chuck Roast is 99c and Fresh Ground Chuck is also 99c a pound.

In the Produce Department, Bananas are 15c a pound; a 5 lb. bag of Florida Oranges is only 79c; and red or white Florida Grapefruit are 89c for a 5 lb. bag. Iceburg Lettuce is a great buy at 29c a head; Broccoli is 59c a bunch; Carrots are 29c for a 2 lb. bag; and Turnips are 12c a pound.

In the Grocery Department, elbow Macaroni is 89c for a 3-lb. pkg.; Kidney Beans are 15-oz. cans for a \$1; Tomato Juice is 49c for a 1-qt., 14-oz. can; Flour is \$2.69 for a 25-lb. bag; Jack Frost Sugar is only 99c for a 5-lb. bag; Hunt's Peaches are 3 — 15-oz. cans for \$1; Tetley Tea Bags are only 49c for a box of 48; and Red and White Facial Tissue is 29c a box.

Well folks, guess that just about wrap things up for this week's "I will see you around?"

A Program On Hematology To Be Held January 15

A program on hematology for area medical laboratory technology personnel is scheduled Thursday, January 15, at the State University Agricultural and Technical College at Alfred.

The program offered by the college's Office of Continuing Education will be presented from 7 p. m. to 9 p. m. in the health technologies building.

Topics to be covered are concepts of coagulation and interpretation of coagulation, according to Orville W. Johnston, assistant dean for continuing education.

Cosponsored by Ortho Dynamics of Syracuse and the college, the course on hematology will be presented by Donald B. Sanders of the Syracuse company.

Mary M. Giles of the nursing department faculty is program coordinator. Other faculty members assisting in development of the program were Professor Robert L. Love, dean of the School of Allied Health Technologies; Professors Earl N. Stoppel, Arthur Gaiser and Frank Andolina; and Victoria Sick, technical assistant.

Also aiding with program development were John Spako of Cuba Memorial Hospital, George Dorr of Jones Memorial Hospital, Doris Dailey of Bethesda Community Hospital, William Hammond of Ira Davenport Hospital, Robert Dreher of Bath VA Hospital, and Roger Schultiz of Noyes Memorial Hospital.

Appreciation

I wish to express my sincere thanks and appreciation to the many friends, relatives and co-workers who sent so many cards and who helped my family while I was a patient in the V. A. Hospital in Buffalo.

Also my deepest gratitude and thanks to our Ambulance Corps for their prompt and efficient response.

Most sincerely, Roger P. Baker

NOTICE

As Mrs. Refa Foster has retired as Tax Collector, the Town Board of Andover has appointed Gladys Fox as Tax Collector for the year 1976. The hours will be Monday Tuesday, Wednesday and Friday 9 to 12 P. M. and Thursday 1 to 4 P. M.

Andover Town Board Andover, New York

Printing at The News Printing House.

HI-HERALD

Pep Rally

by Nancy Stephens

If you had been walking by the school on January 6, around 3 o'clock, you might have heard quite a racket. This noise was grades seventh through twelfth having a Pep Rally in the gym. The rally was led by the Cheerleaders and their advisor, Mrs. Debra Knapp. The cheerleaders led us with cheers, including the two basketball team line ups and the pom-pom routine. The coaches, Mr. Nicol, J. V. Basketball, Mr. Young, Varsity Basketball, Mr. Coon, swimming, all gave short speeches about their teams. Mrs. Knapp also gave a short speech about the Girls Volleyball team and the soon to come basketball team. The Rally showed much spirit from both the students and teachers. This spirit really shows how much we appreciate our school and the various teams. Keep it up, gang!

SED To Visit ACS

Edward Maryott, Field Service Coordinator for Career Education of the State Education Department will visit Andover Central School Monday afternoon, January 12, 1976. Mr. Maryott will be taking slide pictures of Career Education activities in various classes within the school. With the cooperation of Mrs. Lynn Griffiths, Mrs. Phyllis Burdick, Miss Carolynne Reggato, Mrs. Doris Harder, Mrs. Karen Peterson, Mrs. Martha Young, Charles Young, Mrs. Rose Mary Burger, Clifton Bale, Mrs. Cindy Baker, Mrs. Debra Knapp, and Richard Nicol Andover Central is field testing Career Education materials developed by teachers, under the direction of Erie County BOCES. Mrs. Pam Serio, BOCES Allegany County Career Education Coordinator is assisting local teachers with the project.

Senior Yearbook Sales

The ACS 1975-76 Yearbook Staff would like to remind you that the Yearbook subscription sales spree started on December 8 and is still open. We are charging \$6.00 this year because of the increase in production costs and are asking half of this as down payment and the rest on receipt of your book. To get your subscription, go to the Art Room and talk to Mr. MacCrea or see one of these Staff Members:

- Cathy Swartz
Gary Barden
Doug Preston
Rob Hyland
Thank you, Debra Buckwalter

The Allegany Aging Program

by Karen Hall

The Allegany County Office for the Aging is Representing and Helping Older Citizens of Allegany County. They offer a good nutrition program with catered meals, good company, recreational activities and educational programs. Information and referral is available if you are confused about government aids or have problems with Medical, Housing, or Legal Matters.

Anyone over 60 years of age is eligible for this program. There is no financial means test.

In Wellsville at the First Methodist Church on Madison and Maple the group holds their program Tuesdays, Thursdays and Fridays at 11:30 a. m. Alfred holds their program at the Pioneer Lounge, Mondays and Wednesdays at 11:15. To make reservations you must call a day before or you can make reservations several days in advance. The number for Wellsville is 593-1881 and the number for Alfred is 607-587-5881.

For information or help call (716) 593-5460.

Cafeteria Menu

- Week of January 12 - 16
MONDAY - Spanish Rice, Shredded Lettuce with Oil Dressing, Bread and Butter, Fruit, Juice Milk
TUESDAY - Baked Chicken, Potato Chips, Buttered Vegetable, Pudding, Milk
WEDNESDAY - Hot Meat Sandwich with Gravy, Buttered Vegetable, Fruited Jelly, Milk
THURSDAY - Cream of Potato Soup, Egg Salad Sandwich, Cran-

Order Blanks Now Available for Tree & Shrub Seedlings

Order blanks for tree and shrub seedlings from Department of Environmental Conservation nurseries are now available from the Regional Forester of Lands and Forests. These seedlings, for Spring 1976 planting, are sold on a first-come, first-served basis to New York State landowners.

Tree seedlings for reforestation planting are in abundant supply and priced at \$3.00 per thousand FOB nursery. Trees must be purchased in lots of 1,000, and cannot be used for ornamental or landscape purposes. Recommendations for species selection will be furnished free upon request from Regional Forester. Economical truck shipments can usually be arranged for on request, and a list of commercial tree planters is also available.

Shrub seedlings for wildlife habitat improvement plantings are also available on a first-come, first-served basis. Planting recommendations for wildlife shrubs are available from the Regional Supervisor of Fish and Wildlife of Soil Conservation Service Office.

An effective wildlife habitat planting includes plants which flower and fruit abundantly, thus providing food, planted together with some coniferous trees for shelter and protection. A small packet of 100 plants comprised of four shrub and two tree species is available for only \$10.00 for the small landowner. This "Wildlife Habitat Improvement Packet" permits the planting of both food and

- berry Crumch, Milk
FRIDAY - Toasted Cheese Sandwich, Buttered Vegetable, Fruit, Milk

shelter plants on a relatively small area.

No shrubs are furnished for ornamental planting or may be dug up again after planting with roots attached.

Shrub prices are as follows: \$10 - 250, \$16 - 500, \$22 - 750, \$30 - 1000.

The Department of Environmental Conservation nursery program is continuing to provide the people of the State of New York with economical plant material for wildlife habitat improvement, erosion control, an assured future supply of forest product raw material, and a multitude of environmental benefits.

For additional information or order blanks, write: Division of Lands and Forests, NYS Department of Environmental Conservation, RD No. 1, Box 4, Jamestown, N. Y. 14701.

Appreciation

I wish to express my thanks to all my friends and relatives for the Christmas cards and especially to the Young Club for the large box of goodies. Many thanks. Mrs. Addie Cook

Appreciation

I wish to express my gratitude to all those who indicated so much kind concern for me during my recent illness. Prayers, cards, Masses, and flowers from individuals, church groups and our local Grange make me deeply grateful to all of them. Walter R. Redmond

California produces about one-half the vegetables that are processed.

Pigs were first brought to the North American mainland by Spanish explorers.

Richard Burger of New York City spent the Christmas holidays with his mother, Mrs. Grace Burger.

Mr. and Mrs. Wayne Mayo of Jasper called on Mr. and Mrs. Earl Schoonover, Wednesday.

Mr. and Mrs. Tim Streb and son of Webster, N. Y., Mr. and Mrs. John Burton and family of Belmont, Mr. and Mrs. George Brown of Andover, Gary Burch, Mr. and Mrs. Lawrence Hulbert and daughter, Bob Lutz of the Adirondack Mountains, Tom Noel of Merrill, N. Y., and Fred Burger of Reineck, New Jersey, were guests of Mr. and Mrs. Gus O'Dell over the holidays.

Miss Mary Lee spent from Friday until Monday with Mr. and Mrs. Walter Strouse in Lindley, N. Y., and called on Mrs. Floye Lever at the Corning Hospital.

Mr. and Mrs. Gussie O'Dell and daughter, Cordelia Streb of Webster, N. Y., were shopping in Hornell, Saturday p. m.

Mr. and Mrs. Ralph A. Allen were Saturday callers at the home of her aunt, Miss Isabelle Loughhead of Eldred, Pa.

Mr. and Mrs. Max Gilully, daughter, Mary Ellen of Belmont and son, Charles Gilully on leave from the Navy, were Saturday, January 3, dinner guests of Mr. and Mrs. Ralph Burger.

The following enjoyed a family dinner at the home of Mrs. Addie Cook, Sunday, December 28th: Mr. and Mrs. Leroy Gilford, Mr. and Mrs. Lee Gilford and children, Jeffery, Clark and Diana, and Mrs. Dorothy Gallmann all of Belfast; Wisner Cook, Mr. and Mrs. Kenneth Cook, of Andover; Mr. and Mrs. Jon Cook of Clewiston, Florida; Mr. and Mrs. Larry Cook of Hornell; Mr. and Mrs. David Alderson of Buffalo and Mrs. Charlotte Alderson of Andover.

Mr. Randall Prutsman and daughter, Stacy of Jasper, were Wednesday dinner guests of his grandmother, Mr. and Mrs. Earl Schoonover.

Fred Burger of Reineck, New Jersey, was a dinner guest of Gene O'Dell, Thursday.

Mrs. Harold Perry, Jr., called on her mother, Mrs. Welch, who was in the hospital this past week.

Mr. and Mrs. Dale Spencer and family entertained the following for Christmas Dinner: Mrs. Mae Spencer, Mr. and Mrs. Neil Graves, Mr. and Mrs. David Gallagher and Roben Geffers.

Mr. and Mrs. Ralph A. Allen returned home Monday evening after spending the New Year's holidays guests of Mr. and Mrs. Charles Whiting and son, Scott in New Orleans, La. While there they attended the Sugar Bowl game.

Mr. and Mrs. Ralph A. Allen visited his mother, Mrs. Helen Allen and his aunt Mrs. E. J. Allen at the Hilltop Rest Home Christmas Day and also Friday, Dec. 26.

Mr. and Mrs. Frederick Middaugh were New Year's Eve and New Year's Day guests of Mr. and Mrs. Howard Krull of Waterport.

Thompson-Giachino Exchange Vows

Miss Genita Ann Giachino, daughter of Mr. Doris Giachino of Kirksville, Mo., became the bride of Carl Donald Thompson, son of Mr. and Mrs. Orville Perkins of Andover. The double-ring ceremony was performed in Kirksville Saturday, December 13, 1975 at 6:00 P. M. with the Rev. Archie Cooser officiating.

Mrs. Thompson is employed at Hollislers and Mr. Thompson at Fessler Motors in Edina. The couple is residing at 107 1/2 E. Washington St. Kirksville, Mo.

Appreciation

I wish to express my sincere thanks and appreciation to the many friends who sent me cards, flowers, gifts and the telephone calls and visitations while I was in the hospital. Also for the kindnesses extended to my family and a special thanks to the Andover Rescue Squad for their prompt response and assistance. Miss Ruth Taylor

The BIG ELMS Restaurant
Open 7 Days Per Week 7 A.M. to 12 P.M.
FULL COURSE DINNERS DAILY
Bring The Entire Family
Private Dining Room For Parties
196 Seneca St. Hornell, N. Y.

Doctor in the Kitchen
by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

NEW YEAR'S RESOLUTIONS
For this New Year, have you resolved to not: 1) drink too much; 2) eat too much; and 3) sit around too much?
I have written on this subject before, but the advice bears repeating.
MANY MEN find they can eat and drink without extraordinary restraint, and yet control their weight, provided they have become more active. Light sports are becoming more and more popular. The more you exercise, the less you might have to cut down on calories.
Women find that taking ballet or going to the gym for regular exercise and indulging more in sports, helps them control weight.
But if overweight is a problem for you, you should see your doctor. The discipline of his advice may be just what you need to stick to a regimen that is best for you. At least you will know if there is some contributing factor not apparent to you, or a health problem that calls for special care in dieting.
If you are not overweight, you are fortunate. But I must ask: is your diet as well-balanced as it might be? And do you eat a wide variety of foods instead of too much of the same thing all the time?
We are learning that fiber in the diet is of more importance than we realized. Fruit, vegetables, whole grain cereals and breads will give you more fiber.
The four-food-group pattern calls for you to get two or more servings each day of meat, fish, poultry, eggs, or cheese.
ADULTS should be consuming two or more glasses of milk per day; teenagers and pregnant or lactating women, four or more glasses; three or four glasses for children.
And four or more servings of fruit and vegetables, and of breads and cereals, are recommended. All this within a calorie level that keeps you at ideal weight.
Finally, don't neglect breakfast. Get everyone in your family to eat breakfast, if you can. They'll all feel better.