Albany

"Merrick Life" and "Bellmore

GOALS IN ALBANY

be awkward to have the Legisla-

ture and the Convention in session

at the same time, and besides

who are elected to the Convention.

what it used to do, and by now .

should have gotten accustomed to

There will be no leadership fight;

and this is not an election year

There should be no good reason

too. And, the Legislature should

The session of the New York

Insight

by Jobannes Laurson

## DON'T BE A SNOW-SHOVELING STATISTIC!

Para Tim

An Editorial

So far we have had a very mild winter with no snow problems to speak of at all. This has been wonderful and of course means we haven't had to do any snow shoveling.

However, with the arrival of January — and a New Year this week, we had better start to think about the realities that are bound to be facing us — and soon!

Snowfalls of 12 to 20 inches are not unusual in this area — and although we may have a day or two warning of an impending storm from the weatherman — we may also wake up some morning to find the ground. blanketed with an unexpected snowfall, and still snow-

As you gaze glumly at the falling snow and brood about galoshes, snow shovels, and aching backs, remember that it could be worse! You could be ou there shoveling the snow off your sidewalk — or ever worse you could be stuck out there with your car some place away from immediate civilization!

The old saying "an ounce of prevention is worth a pound of cure" could very well apply for a warning to all snow shovelers—Before we have a heavy fall of Snow! Thus how about considering the following ents, Mr. and Mrs. Patrick Hy- but few, if any, legislators are others felt was pro-union, and the facts and advice:

Shoveling snow is hard on the Heart. If you're and children were New Year's They feel they have important session should be much better for overweight, over 40 and not used to exercise, shoveling guests of her brother and family, Mr. and Mrs. William Traster of snow may snow you under with a heart attack. Every Hornell. Mrs. Vickers and chileyear many men succumb to a heart attack during the ren remained until Wednesday. winter months as a result of this violent exercise and Tuesday on a business trip to ture must make every effort to be the major accomplishments of this thus become a "Snow-Shoveling Statistic".

In freezing weather tiny blood vessels beneath the skin give off heat like your car radiator. To insulate your system these millions of vessels tighten into spasm and detour blood away from your skin.

Now your blood has to be squeezed into a smallet circulation and blood pressure rises. To pump against this pressure, your heart has to pump harder.

You'll probably bundle up before going out into the piereing cold. Heavy sweaters, jackets, boots and the most add up to extra pounds - weight that you sons and three daughters survive. have to carry around. This means more work for your interment was in Hillside Ceme-

Then you start scooping up drifts like a muscle hound stoker shoveling eval into a fier, furnace Much, much, more work for your heart!

Vital colonary arteries nourish your heart muscle They may aleady be narrowed-not enough to cause trouble when you rest and sit around, but enough to prevent their delivering all the blood needed when your heart has to strain extra hard.

. And so your heart muscle strangles and occame ran nourishing blood. If you don't faint pain shoots across your chest, your shoulder and down your arm -A Heart Attack!

Guard your heart!

If you're not used to anything more alconoons than rushing a pencil, don't shovel snow Hire some local the Fire Hall. boys who want to earn extra spending money, or, stand behind a self propelled motorized snow-plow. vacation with his parents, Mr. and

Then you won't be snowed under with a snow shoveling heart attack!

THE FREEDOM OF THE PRESS IS BASIC TO ALE YOUR AMERICAN PREEDOMS: Univ as your Newspaper is free to print the facts, can you be free to know them. Only as you know the facts, can you act wisely in the best interests of your Community, as you see them. In America, there is plenty of room for opinions. THERE IS NO ROOM FOR RESTRIC-TIONS ON THE PEOPLE'S RIGHT TO KNOW THE

#### THE ANDOVER NEWS

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## 50 YEARS AGO

Jan. 5, 1917 J. H. Backus, Publisher

Mr. and Mrs. George Ormsby ' Alfred Station are the parents of a son, Walter, born Dec. 20th. A. R. Mead has purchased of C. Burdick, the Dan Burdick farm East Vailey consisting of 125

Miss Grace Randall left Thursday for Ithaca to resume her work with a musical company from the Life" on Long Island, Mr. Laurser Cornell Conservatory. Mr. and Mrs. Herman Dean will give a weekly review of im South Hill are the parents of portant subjects before the State daughter born New Year's. Legislature written especially for Miss Helen Rogers has been the the weekly newspapers. guest of her sister, Mrs. Edythe

Snyder this week. Miss Julia Raufenbarth returned to her school duties in Lynbrook. N. J., Monday. Miss Regina acompanied her for a week's visit. Mrs. Clarke Fulkerson returned to her home in Hornell spending the week with her par-

Miss Josephine Raufenbarth left Washington, Ind., and for a visit out by Easter, since the Conven session. tion must meet April 4th. It would

#### \* 40 YEARS AGO

Jan. 7, 1927 , it is hus & Son, Pablishers Jewinteen Andover people load en into George Vickers' sleigh Tuesday night and enjoyed sleighride to the home of Mr. and Mrs. Robert Dean where they had an enjoyable evening and tureen Mrs Georgianna Hardy, 82 died for delays

John Dekemer.

ville is a gues, this were in this Charles Clarke of Independence.

Fire Department gave a reception

in his honor Thursday evening at

Buffalo to resume his studies

Conesus College after spending h

Daniel Flynn has returned to

Ruth Robinson returned Sun-

day to Gloversville, N. Y., after

rassing the holidays at the home

of her parents, Mr. and Mrs. H. E

30 YEARS AGO

Jan. 1, 1937

H. Backus & Son, Publishe -

John L. Cocoman, 79, died Fri-

of his daughter, Mrs. James Baker.

son, two daughters and a sister

Mr. and Mrs. Elwin Livermore

served their 60th wedding anni-

Mr. and Mrs. W. E. Greene of

Wellsville Friday. His mother,

Mrs. Addie Greene fell and broke

agara Falls is passing the holiday

wacation with her sister, Mrs. M.

Miss Helen Langworthy of Niz

Mrs. Lillian Teribury returned

versary at their home on Baker

St., Friday, December 25th.

Interment was in St.

day. December 25th at the home

John's Cenietery.

the Convention will also occupy win ther Delegates or not. During the three months much ground About 70 of the friends of A work will be laid for the Conven and Mrs Floyd Clarke gave them tion, and in a sense the Legislator: a very pleasant surprise New will, feel they are working in a Year's Eve They brought along goldfish Lowl. The, will be watchtheir eats and made the first day ed more closely than ordinarily of the New Year one tube long and what they do or do not do may give cause to reforms being Daniel Redmond of West Green

wood is spending a few days visit ing his uncle, Henry Milligan in to her home on Greenwood Hid be in for some modifications, but Woodward Hollow. Atty Paul DeRemer of Akron of her brother, Mr. and Mis. Ed bility requirements and perhaps

with his parents, Mr. and Mrs. Wm Woodruff and son, Willia . only I per cent, are among remare in Pittsburgh, Pa., and vic- edies suggested. Fay E. Boyd of Chicago, Ill, is inity this week. visiting his relatives and many friends this week. The Andover

> Mr. and Mrs. John Quigg spent Franklin Murphy in Hornell.

suggested to the Convention. They cularly interested in presents a new feature column, what is going to be done about reapportionment. Laursen, director of New York

Condon - Waldin

A revision of the Condon-Wadlin law seems definitely to be in the tors feel that something must be done in this field. The present law prohibits strikes by public employees, alright, but its penalties are so stiff that nobody has wanted to invoke them yet. Having a law operates in the shadow of the up- changes must be made. Last year coming Constitutional Convention the Assembly wanted a law that Mr. and Mrs. George Vickers nificant or undistinguished one union-busting. The climate this even though, inevitably, the Con York subway strike a year ago vention will loom large the whole provides plenty of incentive to pass a workable law. Finding a In the first place, the Legisla- compromise here could be one of

> A Lottery Law Organizing the lottery which the voters passed in November will be a challenge to this session. seems likely to come in spite of some last-minute attempts to thwart it. The burgeoning education costs will be somewhat offse by means of the proceeds from the lottery. Governor Nelson Rockefeller, while never enthusiastic

the State's expenditures, is bound to be in the foreground of legislative action again. Financing edpenditures without tax increases. but presumably through some form of borrowing, seems to be in the cards, since no one feels the time is right to increase States taxes so soon after the sales tax was en-

#### Medicaid

There are also new programs in the field of medical assistance The State's Medicaid program may after a few days visit at the home hardly repeal. Raising the eligiraising the current deductible of

Mrs. Wm. Pease passed the Beverage Control, & Narcotics are week-end in Stannards with her important subjects, also due to get son and family, Mr. and Mrs attention. This may not be a specextent be devoted to modifications Friday and Saturday with their of earlier legislation, to repair daughter and family, Mr. and Mrs work and patch-up work, but that



# GREENWOOD NEWS

Grace Yeung, Reporter

The Annual Investiture Cere- daughters, Betty and Judy went emony of Steuben County Mas- to Canisteo Christmas Saturday onic District Lodges was held for a family dinner at the home Wednesday at the new Masonic of her parents, Mr. and Mrs. John Temple in Hornell. One of the Mullen. new Masters to be invested was Clair Rollins of Sentinel Lodge in installed at the January 4 meet- Matt Rogers were Christmas Eve

Thursday, Jan. 5, 1967

The M. D. Rogers and Son Building Supply Store was closed all last week. Mr. Rogers had a Mr. and Mrs. Archie Stephens severe case of Shingles on his Barry and Beverly Quinn were head that closed his left eye. Mer- Christmas dinner guests of their rill Holt took Mr. Rogers to a daughter, Miss Roberta Stephens Bath doctor Wednesday and Fri- at Wayland. day mornings. Jerome Rogers has been home for two weeks with a

scenes Tuesday and Thursday Sheldon Kernan, Mr. and Mrs. York entertained Mr. and Mrs. ily. John Mullen of Canisteo and Mrs. and Crs. Clarence Stephens and Mr. and Mrs. Laverne Stephens sons Mr. and Mrs. Richard York and Melody for dinner and all and family of West Greenwood, drove up to see the pageant. Mrs. Mrs. Ruth York of Andover. Mr. Daniel Redmond also went to West Jasper Thursday night.

in the Veterinary College of Cornell University at Ithaca, spent Mr. and Mrs. Bryan Higgin: Mr. and Mrs. James Tracy o'

Surplus Food will be distributed has been appointed Service Dir-

Ransom Guild and nephew, Ray- ents in Wellsville Friday. mond Guild were home from Florida for the Christmas holidays.

was sold some time ago and the Galutias moved in December

Mr. and Mrs. Stanley Hoagland . Local officers will be of Beuna Visto and Mr. and Mrs. guests of Mr. and Mrs. Robert Mr. Rogers played Santa Claus.

Mr. and Mrs. Mahlon Kernan were Christmas dinner hosts Sunnights at the Church lot. Thurs- Robert Bianca and daughter, Mr.

and Mrs. Clinton York and daugh-Wayne Warriner, Jr., a student holiday gathering Tuesday night. Work in the school.

Mr. and Mrs. Douglas York and

the holidays with his parents, Mr. and family and Mr. and Mrs. Dansville and Mr. and Mrs. Bryan and Mrs. Wayne Warriner Sr., of George Alderl and family were Higgins and family were Christ their parents, Mr. and Mrs. Orland ents, Mr. and Mrs. Raymond Wal Higgins. Mr. and Mrs. Victor lace. in Town Thursday morning, Jan- Losey and family of Canisteo calluary 5. Supervisor James Shaut ed on her parents in the evening. Mr and Mrs. John Mullen, Mr

ports that not many dog owners were nests of Mr. and Mr. Lloyd York and daughters. have bought the licesne tags yet. Chaffee and sons Thursday and Friday nights and visited his par. Mr and Mrs. Harold Dailey and

and daughter, Mr. and Mrs. Walof Elmira Heights have bought the Gertrude Pierson and Hugh Lam- tertained at a family dimee on Horan of thigh St Guild red brick house owned by phier were Christmas dinner guests. Christmas Day his daughter. Mrs. Peggy Swack Sunday of Mr and Mrs Howard

Mr and Mrs Clinton York and Canisteo observed the editolidays daughters were hosts Sanday for and were closed Mandays, Degen

So much attention has been fo-

Medically, we know that in a

further progression of the vascu-

who are obese, hypertensive, die

should be given to women below

the age of 50 is logical, but per-

· tions should be taken for the fe-

vascular disease-tobacco link

YOUR HEALTH TODAY

BY ARTHUR A. PISCHL, M. J., F.A.C.P.

Smoking and Coronary

Artery Disease

A recent brief article in the 1 two packs a day, the death rate is

New York simes should be of 1 3.35 that of nonshokers. The

particular interest to women. It is study also made an interesting

becoming obvious that the ratio | comment on women smokers who,

of widows to widowers in our pop- by smoking, doubled their heart

additional five-year prolonged | cused on the relationship between

span for the female of the species, smoking and lung disease and can-

as compared to the male. This dis- | cer that perhaps now we shall have

parity is largely due to the prev- more exhaustive studies on the

to the female. The chief offender | certain disorder involving the

is coronary artery disease which smaller arteries of the feet and

rarely occurs below the age of 50 | hands, popularly known as Buer-

n females, unless they have hy- | ger's disease, the continuation (

pertension, or dispetes, or some smoking aggravates and causes

Now the Times quotes the Of- lar condition. When smoking

fice of Health Economics, a most I curtailed. the vascular problem

reputable private organization in I abates. Other clinical evidence of

London, which states that heavy I the relationship of heart diverse

moking more than doubles the land tobacco in excessive amokes

risk of coronary disease. The re- is the occurrence of anginal or

vho have lost their husbands I betich have high blood lipids of

two packs of cigarettes per day I smoking. That the same advice

this country the death rate from | male over the age of 60, when the

The report goes on to say that I they sical inactivity and mental ten-

'ancer Society, by Dr. I men. Certainly, the same precau-

of nonsmokers. For lease becomes the same as for the

port indicated that this year there I chest pain in heavy sinokers.

ulation is shifting. Our life ex- I disease incidence.

pectancy tables usually indicate an

alence and malignancy of vascular

disease\_in the male, as compared

and Mrs. Nelson Mulien and ram

family of Bataviæ called on her sister, Mr. and Mrs. Orland Hig

and you are living off the spat

TOCUL

The Christian Salames Manfler One Herety St., Bester, Mess. 02173

Places enter my subscription to the Monitor for the period checked betow, I constant from the Parents! DI YEAR OOF DE months \$18 [] 6 incombs 3d

York and Mrs. Gerald Hann of Andover and Mr. and Mrs. Douglas York and three sons of West Greenwood

Mr. and Mrs. Clayton Holt Debra, Karen and Harley, Mrs Elva Sherman and Clarence Webster were Christmas dinner guests Sunday of Mr. and Mrs. Alvin

and family entertained Mr. and Mrs. George Puffer, Mr. and Mrs Everett Osmin and Mr. and Mrs. Thomas Hughes and family and Mrs. Lola Hughes of Canisteo for Sunday Christmas dinner.

> Francis Acker, Mrs. Marion Wheeler and Miss Sabrey Stephen: were dinner guests of Miss Grace Young, Sunday.

Thomas Murray of West Green. day to Mr. and Mrs. Harmon Wat- wood, Mr. and Mrs. Charles Lewis The West Jasper Wesleyan ers, Mr. and Mrs. Harlan Waters, and sons of West Jasper and Mr Manger Mr. and Mrs. Clair Kernan, Pvt. and Mrs. Joseph McCaffrey and sons of Cortland were Christmas dinner guests of Mr. and Mrs day evening Mr. and Mrs. Clinton and Mrs. William Glover and fam. James McCaffrey and sons of Rex-

> Hammondsport were dinner guests of Mr. and Mrs. Clinton York and daughters, Wednesday. Mrs. Russo the former Lillian Herrick was ters were guests of Mr. and Mrs. one of four teachers to receive & Charles Smith and family for a merit award for her outstanding

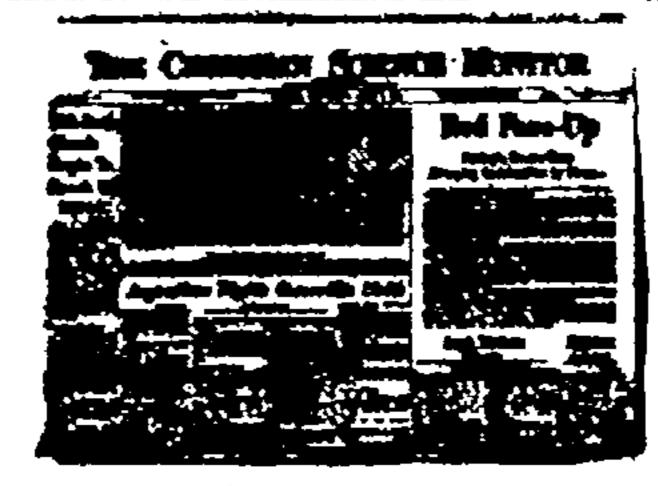
Christmas Day dinner guests of mas supper guests of their par

ector in charge of the surplus. Mr and Mrs. Edward Palmer ily of Canisteo were dinners guest-Town Clerk, Marjorie York re- and two sons of Marjon N. C. Monday of Mr. and Mrs. Clinton

Mr. and Mrs. Harley Lamphier gins Saturday. \_\_

in family Mr. and Mrs Lloyd Chaffee and sons and Mr and Mis. Let Wallace and family Christmas Day.

White ~ "I do not I'm a mar riage counselor."



charles H. Dick, Buffalo, volume a er chairman of the Public In world ican Cancer Society, New York State Division, Inc., has been ap pointed to the Society's national Public Information Committee MAS

### Citizens of lomorrow



Janet Marie, 4; Harold, Vicky Lee, 2; and Shawn Miechal Mr. and Mrs. Leon Russo of Clarence Carson of Main St.



Dennis, 10; Toby, 2; and Jeff 3 mo., children of Mr. and Mrs rey, 1, children of Mr. and Mrs. Paul Ordiway of Rochambeau Ave.



Mr. and Mrs. Erwin Allen er children wir Mr. and Mrs. Francis ren of Mr. and Mrs. Harold W

Charlene, 5 and Norma 4, child Perry, Sr., East Valley Road



Levin, 7; Guy, 4; and lee 2 John 6, Marlene, 4; Raymond children of Mr. and Mrs. H. Rich 2 children of Mr. and Mrs. John ard Baker of Chestnut St Gavin of (nestnut St.

> iravis T. Wailace, chairman of the Society's National Board of Dir

Dick, who is Director, Medical and Scientific Communications at Roswell Park Memorial Institute Buffalo, also serves as chairman of the Public Information Committee of the Societ; 's Erie County Unit



Cancer Society News

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#### about any lottery, seems to have somewhat modified his stand and now hopes for a suitable setup. Education, causing the bulk of

Transportation, Air Pollution, tacular session; it may to a large

