

# DON'T BE A SNOW-SHOVELING STATISTIC!

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 snowing hard.

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 out there shoveling the snow off your sidewalk — or even 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 facts and advice:

Shoveling snow is hard on the Heart. If you're overweight, over 40 and not used to exercise, shoveling snow may snow you under with a heart attack. Every year many men succumb to a heart attack during the winter months as a result of this violent exercise and 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 smaller 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 piercing cold. Heavy sweaters, jackets, boots and your coat add up to extra pounds — weight that you have to carry around. This means more work for your heart!

Then you start scooping up drifts like a muscle bound stoker shoveling coal into a fiery furnace. Much, much, more work for your heart!

Vital coronary arteries nourish your heart muscle. They may already 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 screams for nourishing blood. If you don't faint pale, shoots across your chest, your shoulder and down your arm — **A Heart Attack!**

Guard your heart!

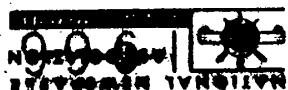
If you're not used to anything more strenuous than pushing a pencil, don't shovel snow. Hire some local boys who want to earn extra spending money, or stand behind a self propelled motorized snow-plow.

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

**THE FREEDOM OF THE PRESS IS BASIC TO ALL YOUR AMERICAN FREEDOMS!** Only 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 RESTRICTIONS ON THE PEOPLE'S RIGHT TO KNOW THE TRUTH!**

## THE ANDOVER NEWS

Published Weekly by: The News Printing House, Andover, N. Y.  
 Jeanne Backus Allen and Ralph A. Allen, Owners, Andover, N. Y.  
 Entered as Second Class Mail Matter at the Post Office at Andover, N. Y., under the Act of Congress, March 3, 1879.  
 Subscription Price \$3.50 a year



## 50 YEARS AGO

Jan. 5, 1917

J. H. Backus, Publisher

Mr. and Mrs. George Ormsby of Alfred Station are the parents of a son, Walter, born Dec. 20th.

A. R. Mead has purchased of C. C. Burdick, the Dan Burdick farm in East Valley consisting of 125 acres.

Miss Grace Randall left Thursday for Ithaca to resume her work with a musical company from the Cornell Conservatory.

Mr. and Mrs. Herman Dean of South Hill are the parents of a daughter born New Year's.

Miss Helen Rogers has been the guest of her sister, Mrs. Edythe Snyder this week.

Miss Julia Raufenbarth returned to her school duties in Lynbrook, N. J., Monday. Miss Regina accompanied her for a week's visit.

Mrs. Clarke Fulkerson returned to her home in Hornell after spending the week with her parents, Mr. and Mrs. Patrick Hyland.

Mr. and Mrs. George Vickers and children were New Year's guests of her brother and family, Mr. and Mrs. William Traster of Hornell. Mrs. Vickers and children remained until Wednesday.

Miss Josephine Raufenbarth left Tuesday on a business trip to Washington, Ind., and for a visit with friends.

## 40 YEARS AGO

Jan. 7, 1927

J. H. Backus & Son, Publisher

Seventeen Andover people loaded into George Vickers' sleigh Tuesday night and enjoyed a sleighride to the home of Mr. and Mrs. Robert Dean where they had an enjoyable evening and tureen supper.

Mrs. Georganna Hardy, 82, died Wednesday, January 5th. Three sons and three daughters survive. Interment was in Hillside Cemetery.

Miss Julia Graham of Wall, N. Y., is a guest this week of Mrs. Charles Clarke of Independence.

About 70 of the friends of Mr. and Mrs. Floyd Clarke gave them a very pleasant surprise New Year's Eve. They brought along their eats and made the first day of the New Year one to be long remembered.

Daniel Redmond of West Greenwood is spending a few days visiting his uncle, Henry Milligan in Woodward Hollow.

Atty Paul DeRemer of Akron Ohio has been spending the week with his parents, Mr. and Mrs. John Dekemer.

Fay E. Boyd of Chicago, Ill., is visiting his relatives and many friends this week. The Andover Fire Department gave a reception in his honor Thursday evening at the Fire Hall.

Daniel Flynn has returned to Buffalo to resume his studies at Conesus College after spending his vacation with his parents, Mr. and Mrs. M. P. Flynn.

Ruth Robinson returned Sunday to Gloversville, N. Y., after passing the holidays at the home of her parents, Mr. and Mrs. H. E. Robinson.

## 30 YEARS AGO

Jan. 1, 1937

J. H. Backus & Son, Publisher

John L. Cocoman, 79, died Friday, December 25th at the home of his daughter, Mrs. James Baker. A son, two daughters and a sister survive. Interment was in St. John's Cemetery.

Mr. and Mrs. Elwin Livermore observed their 60th wedding anniversary at their home on Bakey St., Friday, December 25th.

Mr. and Mrs. W. E. Greene of Independence were called to Wellsville Friday. His mother, Mrs. Addie Greene fell and broke her hip.

Miss Helen Langworthy of Niagara Falls is passing the holiday vacation with her sister, Mrs. M. A. Bassett of Independence.

Wayne Crandall is spending the holidays in Haigler, Neb., at the home of Prof. and Mrs. L. O. Green.

Mrs. Lillian Terbury returned

## Albany Insight

by Johannes Laurson



**Editor's Note:** This newspaper presents a new feature column, "Albany Insight", by Johannes Laurson, director of New York Press Association and publisher of "Merrick Life" and "Bellmore Life" on Long Island. Mr. Laurson will give a weekly review of important subjects before the State Legislature written especially for the weekly newspapers.

### GOALS IN ALBANY

The session of the New York State Legislature which opened Wednesday, January 4th, is bound to be an unusual one because it operates in the shadow of the upcoming Constitutional Convention, but few, if any, legislators are willing to say it will be an insignificant or undistinguished one. They feel they have important business to transact this session even though, inevitably, the Convention will loom large the whole time.

In the first place, the Legislature must make every effort to be out by Easter, since the Convention must meet April 4th. It would be awkward to have the Legislature and the Convention in session at the same time, and besides there are a number of legislators who are elected to the Convention, too. And, the Legislature should be able to finish in time. This is what it used to do, and by now it should have gotten accustomed to operating with split majorities. There will be no leadership fights and this is not an election year. There should be no good reason for delays.

Substantive questions regarding the Convention will also occupy the thoughts of many legislators, whether Delegates or not. During the three months much ground work will be laid for the Convention, and in a sense the Legislature will feel they are working in a goldfish bowl. They will be watched more closely than ordinarily and what they do or do not do may give cause to reforms being

suggested to the Convention. They are particularly interested in what is going to be done about reapportionment.

### Condon - Waldin

A revision of the Condon-Waldin law seems definitely to be in the cards this session. Most legislators 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 which for this reason becomes inoperative is not satisfactory at all, and there is broad agreement that changes must be made. Last year the Assembly wanted a law that others felt was pro-union, and the Senate a law that was termed union-busting. The climate this session should be much better for a compromise. The crippling New York subway strike a year ago provides plenty of incentive to pass a workable law. Finding a compromise here could be one of the major accomplishments of this session.

### A Lottery Law

Organizing the lottery which the voters passed in November will be a challenge to this session. It seems likely to come in spite of some last-minute attempts to thwart it. The burgeoning education costs will be somewhat offset by means of the proceeds from the lottery. Governor Nelson Rockefeller, while never enthusiastic about any lottery, seems to have somewhat modified his stand and now hopes for a suitable setup.

Education, causing the bulk of the State's expenditures, is bound to be in the foreground of legislative action again. Financing education as well as other new expenditures 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 State taxes soon after the sales tax was enacted.

### Medicaid

There are also new programs in the field of medical assistance. The State's Medicaid program may be in for some modifications, but hardly repeal. Raising the eligibility requirements and perhaps raising the current deductible of only 1 per cent, are among remedies suggested.

Transportation, Air Pollution, Beverage Control, & Narcotics are important subjects also due to get attention. This may not be a spectacular session; it may to a large extent be devoted to modifications of earlier legislation, to repair work and patch-up work, but that is essential, too.

