

DON'T BE A SNCW-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 much 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 overcoat 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, 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 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

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50 YEARS AGO

Jan. 4, 1918

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Miss Pearl Livermore of Buffalo formerly of Andover and Roy Hulbert of Buffalo, were united in marriage December 22nd.

Mrs. Minnie Scribner and Frank House of Howard were united in marriage Tuesday, January 1st. Leo Raufenbarth left Monday to begin work in the Hornell Railroad Shops.

Miss Mary Parden returned to Buffalo last Thursday after spending a week with her parents Mr. and Mrs. William Pardon of East Valley.

Mrs. G. E. Burdick and Elizabeth and Margaret of Alfred were guests of Mrs. E. R. Crandall of Independence from Monday until Wednesday.

Mr. and Mrs. A. C. Green and Fern are spending the Christmas week with their parents Mr. and Mrs. W. W. Thompson at Crandall Hill.

The Misses Erma and Eloise Clarke are home from Alfred for the Holidays.

Guy S. Wood, was a business visitor in Cleveland, Ohio the first of the week.

Hugo Honegger is in Depew for a few days working for the Andover Silk Company.

Mrs. Mary Murphy of Dansville passed a week guest of her sister, Mrs. B. Horan of Elm Valley.

Miss Minnie Clair is at Ripley, N. Y., assisting with the music in a four weeks evangelical services being held in that place.

Miss Erma Loughlen was home from Sunday until Christmas night when she returned to New York City to resume her work.

H. W. Burger of Willseyville, N. Y. was a guest of his parents, Mr. and Mrs. William Burger from Monday until Saturday of last week.

40 YEARS AGO

Jan. 6, 1928

J. H. Backus & Son, Publishers

Mrs. Florence Slocum and Joseph Eterle, both of Andover were united in marriage Thursday, December 29 by Rev. Walter Dynes.

Miss Gertrude Leonard of Wells-ville and Ligouri Lynch of Andover were united in marriage Monday, January 2nd by Rev. P. C. Tracy.

John Mitchell is home from Buffalo where he has been working.

Mrs. Gertrude Briggs and daughter, Edna of Davis Hill, visited in Hornell from Saturday until Monday.

Miss Gertrude Norton of Angelica is spending a few days guest of her sister, Mr. and Mrs. C. F. Burdick of Tip Top.

Mr. and Mrs. E. V. Green and family of Tip Top were New Year's guests of Mr. and Mrs. Archie Baker of Alfred.

James Dougherty returned on Tuesday from a holiday vacation with relatives in Chicago.

E. B. Trowbridge of Buffalo has been passing the week at the home of his brother, Mr. and Mrs. L. M. Trowbridge.

Miss Gertrude Flynn returned to Buffalo Tuesday to resume her work at the State Teachers' College after spending her vacation with her parents, Mr. and Mrs. M. P. Flynn.

Mrs. Mary Burdick of Alfred Station was the guest of Miss Alice Clark Saturday and Sunday.

Mrs. Grace Green of Burdette was visiting her sisters, Mrs. Elnora Matthews and Mrs. J. L. Williams last week.

A company of relatives, children, grandchildren and great-grandchildren gathered at the home of Mr. and Mrs. Henry Bennett Sunday, New Year's Day to help them celebrate their 50th wedding anniversary.

Howard Leahy was home from Fordham College, New York City to spend the holidays with his parents, Mr. and Mrs. Michael Casey.

30 YEARS AGO

Dec. 24, 1937

J. H. Backus & Son, Publishers



by Alex Rankin

What will happen at the 1968 session of the state Legislature?

It will open Jan. 5 with the dias in the Assembly chamber covered from one end to the other with flowers. Assembly clerk John T. McKennan will have to bend them aside to see what is going on down on the floor.

Down there the 200 or so Senators and Assemblymen will be shaking hands smiling and laughing because many of them have not seen each other for 12 months.

Then Assembly Speaker Anthony J. Travia will smash his gavel into the block. He never taps it. He swings from the hip and smashes it, with his jaw sticking out. On this day there will be a smile on his face. Later, there probably won't be.

And that will mark the opening of a long, hot and probably bitter session that will end in June only because the lawmakers have to go home to run in primary election battles and get in shape for the November elections.

Elections will be the key to the 1968 session.

The lock into which this key fits is the issue of the state budget and a probable tax hike.

At the regular meeting of Masonic Lodge No. 558, F. & A. M., held Monday night, B. B. Hann was elected Master.

Word has been received by Andover friends of the death of Mrs. Lida Rogers Monday at the home of her brother, Norman Rogers of Whitesville.

Philip Crandall is home from Ithaca for the Christmas Holidays. Mr. and Mrs. R. E. Spicer drove up after him Friday.

Miss Lenora Dean of Cleveland arrived at her home on South Hill Saturday to enjoy the Season's Holidays with her family.

Mrs. E. J. Atwood left Wednesday for Syracuse where she is passing the Christmas Holidays with her cousins, Dr. and Mrs. F. G. Crawford.

R. J. Hammond of Olean passed Saturday and Sunday at the home of his mother and brother, Mrs. Ida Hammond and Mr. and Mrs. Charles Hammond.

Mr. and Mrs. William Kibler of Rochester were overnight guests at the home of her daughter, Mr. and Mrs. Carroll Ruger Monday.

Dec. 31, 1937

Bertram Stamm has rented the lower Silk Mill and is to begin operation at once, he plans to move his entire plant from Shinglehouse to Andover.

Mr. and Mrs. Clayton Burger are the parents of a son, born Thursday, December 30th.

Mr. and Mrs. Clifford Howland are the parents of a son, born Monday, December 27th.

Vincent O'Conner, former Andover resident, died unexpectedly at his home in Hornell, Tuesday night. His wife, three brothers and a sister survive.

James Mulholland was elected Noble Grand of Andover I.O.O.F. Lodge Tuesday night.

Mr. and Mrs. Bealy Hollowell celebrated their 50th wedding anniversary Friday, December 24th.

Mrs. John (Alida) Monroe, died at her home in Andover Thursday, December 23rd. Interment was in Hillside Cemetery.

Mr. and Mrs. Linford Grossman are parents of a son, born December 24th at their home on Rochambeau Avenue.

Mr. and Mrs. George Burdick of North Carolina and Mr. and Mrs. Ceel Grantier of Whitesville were Monday guests of Mr. and Mrs. Charles Clarke of Independence.

Mr. and Mrs. J. E. Green left Sunday for Tampa, Fla. where they will spend some time at the home of their son, Mr. and Mrs. Victor Green.

Mr. and Mrs. John Boyd and daughter, Florence and son, Jack of Spruce Pine, North Carolina passed from Thursday until Tuesday with her parents, Mr. and Mrs. Roy Parker.

The three forces at work on this lock are Governor Rockefeller; Republicans who control the Senate, led by Senate Majority Leader Earl W. Brydges of Niagara Falls, and Democrats who control the Assembly, led by Assembly Speaker Travia of Brooklyn.

All state Legislators are up for re-election in 1968. Republicans began planning their recapture of the Assembly as soon as the state Constitutional Convention ended in September. Democrats argue Republicans began planning back in April, when the convention began.

Democrats, and Travia in particular because he was president of the convention will be on the defensive because of the lopsided three-to-one defeat voters gave the proposed charter in November. It was largely written by Travia and it was his hand that rammed it through the Democrat-controlled convention.

In the past, Rockefeller and Travia have been the main negotiators in the legislative arena, with Brydges mostly along for the ride and little else.

But Brydges was minority leader of the convention and claims victory in the charter's defeat at the polls. Rockefeller backed the charter. The early signs are that Brydges is not going to take any back seat this year.

Republicans plan to use the defeat of the charter to beat the Democrats in November and come up with a majority. Democrats will be trying to hang on. They have only a six-vote majority and Republicans figure they can beat the Democrats out of at least six rural upstate seats which they won in the I.B.J. landslide of 1964.

Which is why Republicans will also have an eye on the Republican national convention — along with Rockefeller. They don't want another Goldwater. The Republican Assembly leadership apparently believes in the "coattail theory" after the experience of 1964.

The Democrats will be trying to use the tax hike possibility to their advantage.

A tax hike could seriously damage Republicans, particularly upstate where taxpayers have already been hit recently by new county sales taxes to pay for Medicaid.

This is a dilemma for Republicans, because last year they were under heavy pressure, especially in Long Island and in the lower Hudson Valley area, to raise the per pupil figure in state aid to local school districts. There was no increase.

An increase this year, unless someone cuts deep into Rockefeller's budget, will mean a tax hike.

This year the state budget is \$4.7 billion. Rockefeller is expected to present the Legislature with a budget of about \$5.5 billion on Jan. 15.

Three types of taxes are being talked about — the sales tax, the income tax and the business tax hike.

Rockefeller will be the main speaker on that flower-strewn rostrum and in that smile-filled room on Jan. 5. He will be there to outline his 1968 legislative program.

Number one on his list is compulsory health insurance. He has been talking about it for months as a cure for the spiraling costs of Medicaid.

Republicans in both houses, however, are split on the issue. Rockefeller will probably have to go over to the Democratic side of the aisle for some votes. It will also have to be one of the first things the Legislature takes up because it must have a July 1 effective date — the fiscal year begins then — in order for it to have any immediate impact on Medicaid costs.

And that is where the maneuvering will begin.

A joint committee of the state Legislature is going to hold five

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