



Howard Nichols, Treasurer, reads his financial report at the Andover Rod & Gun Club Annual Meeting while James Kessler (left) Supervising Principal at ACS, listens attentively. News Photo

Have You Been Checked For Diabetes?

Pointing out that more than 1,600,000 people in the United States have undetected diabetes, Dr. Louis K. Alpert of the American Diabetes Association announced: "Diabetes sneaks up on many people. They may have it without showing any symptoms. And if the disorder is allowed to go undetected, possible complications may be coronary disease, hardening of the arteries, cerebral hemorrhage and kidney disease", he explained. The Washington, D. C., physician is Chairman of the Association's Committee on Public Education and Detection and urges that everyone who has not been tested recently should have a blood and urine test. "You can call your physician, the local diabetes association or the medical society.

Common symptoms of diabetes are excessive thirst, frequent urination, constant hunger, loss of weight, itching, easy tiring, changes in vision and slow healing of cuts and scratches. But anyone may have diabetes without any of these symptoms.

The earlier the disorder is discovered, the more easily it can be controlled, Dr. Alpert explained, adding that with today's methods of treatment the diabetic can look forward to a full and productive life.

About one out of every twenty persons in the United States either has diabetes or will have it. There is a total of more than 4,000,000 Americans who already are diabetic, including those who are unaware of their condition. And another 5,600,000 persons are potential diabetics; they will develop the disorder during their lifetime.

In seven out of ten cases, diabetes starts after a person reaches the age of 45. It is most likely to develop in individuals who are overweight or who have diabetic relatives. Slightly more women than men seem to be affected. But diabetes can strike anyone at any age, and it's important for everyone to have regular tests.

Once diabetes is diagnosed, Dr. Alpert explained, treatment can

be started to control the condition. In many cases, especially among individuals past forty, the disorder can be successfully managed by following a prescribed diet and getting the right amount of exercise. Other patients need insulin or one of the oral compounds used in treatment of diabetes.

But regardless of the type of treatment required, diabetes is not a barrier to an active life, the physician stressed. Among diabetics whose achievements are outstanding, he noted, are 21-year-old Coley O'Brien, Notre Dame backfield star; Bill Talbert, successful business executive and former tennis champion, and United States Senator Gale W. McGee of Wyoming.

Card Of Thanks

We wish to express our heartfelt thanks for the acts of kindness and expressions of sympathy extended to us at the time of our bereavement.

The Family Of DONALD BRUNDAGE

Notice Of Public Sale

TO: Mr. Harry Cassady Caneadea, New York 14717 AND ALL OTHERS CONCERNED

TAKE NOTICE that the following chattel will be sold at public auction to the highest bidder on the 27th day of January 1969 at the place of business of Phillippi Pontias Sales, Inc., located in Fillmore, New York at one o'clock in the afternoon:

- 1010 tractor No. 10733 w/ inside blade
- 1016 crawler tractor No. 28893 610 Blade
- John Deere Company of Syracuse, Inc., reserves the right to bid at the public auction sale.

DATED: January 9, 1969. JOHN DEERE COMPANY OF SYRACUSE, INC. Court Street and Deere Road Syracuse, New York 13201

Commercial Printing & T. News Printing House



Captain Clair L. Goodridge

Army Captain Clair L. Goodridge son of Mr. and Mrs. Maurice C. Goodridge, Route 1, Andover, N. Y., completed an Ordnance Officers Advanced Course at the U.S. Army Ordnance Center and School in Aberdeen Proving Grounds, Md. December 6.

During the nine-month course he received instruction in all areas of Army Ordnance and was trained in supply and maintenance operations.

The 28-year-old Captain received his commission through the Reserve Officers' Training Corps program at Alfred, (N.Y.) University, where he received his B.A. degree in 1963. He is a member of the Kappa Psi Upsilon Fraternity.

Snow allowed to rest too long on evergreen needles may melt and turn to ice. This ice acts as a magnifying glass to concentrate the sun's rays, scorching the needles.

COMMUNITY LETTERS

News Correspondents

Davis Hill

Mrs. John Billings, Reporter Jan. 14 — Pvt. David R. Billings spent the holidays at the home of his parents, Mr. and Mrs. John Billings and family. His address is:

Pvt. David R. Billings RA 11647025 Co. A 5th Bn. Tnd BCT Bde Fort Dix, New Jersey 08640

Seaman Kenneth Easton of Norfolk, Va., spent the week-end visiting his wife Mrs. Wanda Easton at the home of her parents, Mr. and Mrs. Ronald Whitesell.

Rose Mary Billings spent Saturday night guest of Linda Jones in Andover.

Mrs. Edna Monroe and Janet Lee attended the Annual Budget dinner at the Presbyterian Church Sunday.

Mr. and Mrs. Bruce Johnson of Wellsville, were Sunday evening callers of Mr. and Mrs. Carl Monroe and family.

We are pleased to hear that Glenn Halsey, one time resident of the Hill, is home from the hospital, and is feeling better.

Mr. and Mrs. Allen Whitesell and family called on his brother, Mr. and Mrs. Irving Whitesell and family on Sunday.

Appreciation

I wish to thank my friends and relatives for the visitations, cards, and other acts of kindness shown me while I was a patient in the hospital. Especially Rev. Wolter for his prayers. Glenn Halsey

Farmers are now in debt nearly \$49 billion, five times what it was in 1950.

Order Your Tree Seedlings For Spring Planting Now

Time is growing short for ordering tree seedlings from the New York State Conservation Department for planting this spring. Place your order now.

Each species ordered must be purchased in units of at least one thousand, at \$10.00 a thousand. Species still available include: white Scotch, red, and Austrian pine, Norway and white spruce, Douglas fir, Japanese larch, and black locust.

For seedlings to be planted in Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, or Wyoming counties, tree order blanks should be requested from Julius J. Eckert, District Director of Lands and Forests, 335 East Third Street, Jamestown, N. Y. 14701.

Charles B. Kresge, District Director of Lands and Forests, 5 East Steuben Street, Bath, N. Y. 14810, will supply order blanks for Allegany, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, and Wayne counties.

People in western New York may wish to pick up their trees at the Oak Orchard Nursery, which is between Buffalo and Rochester, 7 miles northwest of Oakfield. Indicate your intentions on the tree order form.

Reforestation should be done on open lands to assure the young trees of sufficient sunlight for growth. Land not being farmed or mowed will revert to brush, unless steps are taken to insure a more desirable cover, such as evergreens.

Benefits from planting trees are varied. No one can deny the aesthetic value of a green tree, particularly, against the snows of winter. Wildlife utilize evergreens for cover and protection from the weather and predators. Wind breaks to shield farm crops, buildings, and roads are much appreciated. Soil erosion can be diminished with the soil holding ability of tree roots.

Commercial gains from trees run from Christmas trees, posts, poles, and pulpwood to eventually lumber. Now is the time to plant for these products, as it usually takes a minimum of eight years to obtain a good quality Christmas tree. Timber values should be realized after forty years.

If you have land suitable for growing trees, and it is lying idle now, put it to a productive and rewarding use. Order some trees now and plant them this spring.

LIVING UNDER LAW

UNPLEASANT TELEPHONE CALLS

What should you do if you receive annoying or obscene telephone calls? Obviously, if you know who the caller is, you can report him to the police but usually the caller is anonymous. This requires firm treatment on your part.

First, don't talk to a caller who refuses to identify himself. Hang up on him promptly if he uses obscene language.

Also hang up at once if you receive a call from a telephone number which you do not know.

pany office. They are as interested in stopping this sort of annoyance as you are. They may be able to arrange to trace the origin of unwelcome or troublesome calls. The companies work closely with the police and other authorities to curb abusive calls. In some instances the companies will change your telephone number so that the caller will be unable to reach you. At any rate, they welcome your full cooperation.

Scientists have developed a new technique of taking "voice prints" which show a clearly identifiable pattern of each person's voice. Very likely in future years the "voice print" of an annoying telephone caller will be used in court against the caller.

Association offers this column as a public service.

Doctor in the Kitchen®

by Laurence M. Hursh, M.D. Consultant, National Dairy Council

THE WONDER OF CEREALS

It ever occurred to you that if it weren't for cereals, civilization, as we know it, wouldn't exist?

In early Egypt and Babylonia, for example, we know that the cultivation of cereals put an end to the nomadic life. Man stopped moving about because it became apparent he could grow his food according to some kind of plan and store it for future use.

The Graces Of Life

Man also learned that by so doing, there was also time left over, at least for some men, for the development of the so-called "graces of life." What it all came down to was that man at last didn't have to scramble every minute, or hunt every minute simply to meet the bare necessities of life. The days of the berry picker and the continuous hunter were over, at least in these early civilizations.

Proof of the influence of cereals may be found in Australia where the Aborigines never learned the "culture of cereals" and therefore have remained nomadic. In passing on this interesting information, I am indebted to a booklet prepared some time ago by Dr. Thomas R. A. Davis and William H. Sebrell, Jr., for The Cereal Institute.

The booklet also explains quite clearly why certain cereals are preferred to others. It is, we learn, simply a matter of climate and soil. Some cereals grow under conditions of drought, heat, and poverty of soil that pre-

hibit cultivation of other cereals. Although rice is troublesome to cultivate, it flourishes under conditions of moisture that would not suit any other cereal. Except by the help of costly draining schemes, it would be impossible to convert paddy fields into wheat fields. Barley and oats will flourish at latitudes too far north for wheat. Corn will grow in a wide range of climatic conditions and requires little effort for its cultivation. Because of the importance of cereal grains, their cultivation forms the backbone of the agricultural economy of a civilization.

Nutritional Aspects

What then do our breads and cereals do for us nutritionally? First, they are the basis of our animal agriculture. It is our domestic animals that convert grains into meat, milk and other products. For our own meals breads and cereals directly bring us carbohydrate in the form of starches and sugars. These supply energy. But cereals also give us protein, and significant amounts of the B-vitamins and iron. We are talking, of course, about enriched, whole grain or restored cereals, breads or flour. Combining bread with butter adds vitamin A and more energy to your diet as well as flavor. Cereal with

meats insures total protein intake of the highest value.

So don't sell cereal and breads up short in your diet. They are one of the basic four food groups you need.

WOMEN
Why Gamble With Your Future?
American Cancer Society