

DON'T BE A SNOW-SHOVELING STATISTIC!

An Editorial

So far this winter, we haven't had as much snow as we did last year — which means we haven't had to do a lot of snow shoveling.

However, with the arrival of January — and a New Year last week, we had better adjust ourselves to the fact that we have a lot more of winter still ahead of us.

Already there have been several reports of men under 50 having had fatal heart attacks as a direct result of shoveling snow in this area. In fact, a friend of ours in the Army Reserve Program, age 49, was buried on New Year's Day as a result of a heart attack after shoveling his driveway out.

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 in 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!

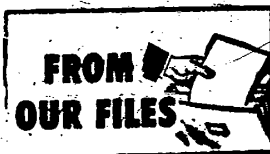
Vital coronary arteries nourish your heart muscle. They may already be narrowed not enough to cause trouble when you rest and sit around, but enough to prevent their delivering all the blood needed when your heart has to strain extra hard.

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!



50 YEARS AGO

December 24, 1920

J. H. Backus, Publisher

Fire destroyed the frame building of the Clay Cutlery Plant in Andover about 5:15 Monday morning.

Miss Muriel S. Earley of Andover and Mark Sheppard of Pittsburgh, Pa., were united in marriage Dec. 21st by President Booth Colwell Davis of Alfred University.

J. E. Theetge was chosen Master of Andover Lodge No. 558 F. & A. M., Monday evening. W. W. Pingrey, Senior Warden; Fay E. Boyd, Junior Warden; H. D. Smith Secretary and B. S. Brundage, Treasurer.

Edward McAndrew has purchased of Wm. Woodruff his residence on Greenwood Street and will move into same soon.

Miss Ruth Baker of Tip Top spent from Sunday until Monday in Wellsville, guest of Mr. and Mrs. C. C. Morrison.

Miss Esther Baker, of Silver Springs is spending the Christmas vacation with her parents, Mr. and Mrs. W. E. Baker of Tip Top. Clay E. Jordan returned home Wednesday after spending a few days in St. Louis.

Miss Julia Raufenbarth is home from Lynnbrook, N. J., for the holiday vacation.

W. S. Calhoun is spending the Christmas holidays with his mother in Clearwater.

Mr. and Mrs. E. A. Richardson and son, Max, were in Richburg Monday in attendance at the funeral of W. J. Richardson.

Mr. and Mrs. F. S. Potter returned Saturday from Jackson, Mich., where they have been passing some time with their daughter, Mrs. Wm. Sudborough.

December 31, 1920

Electric lights have been installed in the Baptist Church.

Mr. and Mrs. W. W. Clarke, Helen and Hazel of Little Genesee, visited at the home of W. D. Clarke and other relatives in Independence over the week-end.

Maxson R. Crandall of Independence is visiting Clarke Slade in Albany this week.

Miss Grace Cheesman is home from Alfred to pass the holiday vacation with her father, J. D. Cheesman.

Mr. and Mrs. John Mulcahy of Allegany spent Christmas with his people, Mr. and Mrs. Patrick Mulcahy.

Miss Anna Snyder of Wellsville is spending the holidays with her mother, Mrs. Katherine Snyder.

Misses Mary and Camilla Joyce of Buffalo, spent Christmas in Andover with relatives and friends.

Mrs. Henry Livermore is passing the week with her mother, Mrs. Martha Davidson, and other relatives in Nile.

Miss Veronica Hyland of Washington, D. C., is spending her vacation with her parents, Mr. and Mrs. Ed Hyland.

Mrs. John Vincent of New Rochelle, N. Y., is visiting at the homes of her brothers, E. D. and A. R. Baker this week.

Rodney Robinson is home from Hiram College to enjoy the holiday vacation with his parents, Mr. and Mrs. C. A. Robinson.

40 YEARS AGO

December 24, 1930

J. H. Backus & Son, Publishers

Mr. and Mrs. Hugh Mills of Barney Mills, are the parents of a daughter, born December 14th.

Wallace Clarke is home from Alfred University for the holidays. Edward Crandall arrived home from Lancaster, Pa., Thursday for the Christmas holidays.

Berton Crandall of Alfred is spending the Christmas vacation with his grandmother, Mrs. Nora Crandall of Independence.

Wm. Prentice Coats, 46, died Monday, December 22. His wife a son, his mother, two sisters and two brothers survive. Interment was in Hillside Cemetery.

Mr. and Mrs. V. G. Graves of Baker St., were given a surprise visit and 6 o'clock dinner by a

Defeat at the polls doesn't always mean unemployment.

Republican State Senator William E. Adams of Kenmore, a suburb of Buffalo, lost his bid for reelection last month after having served in Albany since 1957, first as an Assemblyman and then beginning in 1965 as a State Senator.

Just the other day Adams was appointed as general counsel to the State Board of Standards and Appeals. The salary is \$40,000 and the term is five years.

The board determines rules and regulations for employee safety.

Adams, one of the classier dressers in the legislature (he frequently sported a red vest) is best known for his role in pushing the medicaid program through the legislature in 1966.

His critics liked to call him the father of medicaid.

But like so many things in Albany, the birth certificate is wrong.

As this column has pointed out in the past, the real father of medicaid was the U. S. Congress, which made the program so appealing that state governments, in their lust for more cash, couldn't turn it down.

And in this state, the real mover of the program was Governor Rockefeller.

And the real villain of the piece was not Adams, but State Social Services Commissioner George K. Wyman, who did a mediocre job of explaining the ramifications of the program to state legislators

who blithely voted for the program and then went home and got bopped over the head by angry citizens because they were armed only with Wyman's explanations.

If anyone's interested, the official vote count is compiled by Secretary of State John P. Lomenzo.

In terms of figures, the surprise this year was Attorney General Louis L. Lomax, who polled a total of 3,219,884 votes, more than any other candidate in all the races.

His plurality was a whopping 1,277,203 votes, says Lomenzo.

It shows Rockefeller won by 730,006, the biggest margin he has ever racked up in his four previous runs for the mansion.

Rocky and Lt. Governor Malcolm L. Wilson polled a total of 3,151,432 votes. Goldberg got a total of 2,421,426 votes. Conservative candidate Adams got 422,514 votes.

The official totals show Buckley winning the U. S. Senate race with 2,288,190 votes, or 116,958 more votes than Ottinger received and 853,718 more than Goodell.

And finally, for those who are interested, the statewide proposition on the ballot, a proposal to increase by \$20 million the state subsidy for low rent housing and urban renewal construction, was defeated by apathy.

The vote was 1,568,936 "no" and 1,424,590 "yes", a difference of 144,346 votes.

But a total of 3,156,981 didn't bother to vote on the issue.

company of relatives Saturday evening in honor of their wedding anniversary.

Miss May Dean, R.N. of Ithaca and Miss Elnora Dean of Cleveland, Ohio, are in Andover to enjoy the holidays with their mother, Mrs. Margaret Dean and other relatives.

Attorney William Cannon of New York City was a week-end guest of his brothers, J. E. and J. P. Cannon.

Mr. and Mrs. F. L. Scott and Clayton Bennett of Cuba, Mr. and Mrs. George Bennett and Mrs. Morton Schnieder of Rochester are in Andover this week, called here by the serious illness of their father, Henry Bennett.

Miss Mary O'Leary of Elizabeth, N. J. arrived in Andover Wednesday for the holidays with her father, James O'Leary.

Mr. and Mrs. Ray Rogers were week-end guests of his brother and family, Mr. and Mrs. Hayden Rogers of Rochester.

Miss Mary O'Boyle, who is teaching at Jamestown, is home for the vacation period with her mother and family.

Mrs. Leona Davis is passing the holidays with her daughter and husband, Mr. and Mrs. Ralph Taylor of Hornell.

Prof. Carl Hann of Hamburg is in town, passing the holiday vacation with his parents, Mr. and Mrs. B. B. Hann.

Carl Pingrey of Syracuse is spending the holidays with his mother, Mrs. Bertha Pingrey.

Miss Anne Yannie of Fredonia Normal is home for the holiday vacation.

Miss Eleanor DeRemer is home from Keuka College for the holiday recess.

Edward Cannon is home from Cornell University for the holiday vacation with his parents, Mr. and Mrs. James P. Cannon.

30 YEARS AGO

December 26, 1940

Claire C. Backus, Publisher

Prof. Wallace Clarke of Solvay is spending his Christmas vacation with his parents, Mr. and Mrs. S. W. Clarke of Independence.

Wanda Matteson of Whitesville was a week-end visitor of her aunt, Mrs. Cleop. Clarke of Independence.

Gordon Pease was installed as Master of the West Greenwood



by Alex Rankin

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