



L-R Frank and Anita Cahill, Jim and Jan Bliss, and Joan and "Chuck" Dain, who were the three families that played host to Rami Raulas (in back), a native of Finland and whose father is a Past President of the Lions Club in Helsinki. Photo by Dale Green

Good Nutrition by

Dorothy M. Rathmann, Ph.D.



Cholesterol Level: What's OK?

How often have you heard someone say, "I eat all the eggs I want. My cholesterol's been tested and it's normal."

Perhaps the speaker is enjoying a false sense of security. "Normal" is not necessarily "okay." It may simply be within the average range for Americans.

In a country such as ours with a diet high in calories, saturated fat and cholesterol, blood cholesterol levels tend to be high. This is associated with a high incidence of heart disease. So "normal" may be far from "desirable."

Cholesterol levels are reported as the number of milligrams of cholesterol in 100 milliliters of blood plasma. Reports from many U.S. laboratories indicate that values up to 300 are normal for Americans. But many authorities say no one should have a blood cholesterol level over 240.

Even this may not be low enough. Some cardiologists call for levels under 200. And residents of Japan, who have fewer heart attacks than Americans, commonly have levels of 170 or lower.

Although there are no guarantees, there certainly are indications that steps taken to maintain lower blood cholesterol levels might help prevent clogged arteries and heart trouble. Hence, it seems wise to get into the habit of eating according to a pattern that favors lower blood cholesterol levels. This pattern is:

Calorie control to avoid obesity

Liberal use of low-fat foods — such as fruits, vegetables, breads, cereals, skim milk.

Moderate use of foods high in cholesterol — such as eggs, liver, meats.

Limited use of foods high in saturated fats — such as fatty meats, cream, butter, rich pastries.

Use of polyunsaturated fats (vegetable oils such as Mazola corn oil, margarine with liquid vegetable oil listed as the first ingredient) instead of saturated fats whenever possible.

Menus based on these principles can be adapted to weight-gaining or weight-losing and can easily be planned to offer all the nutrients needed for good health. What's more, they can be delicious in a new, vital way.

When your doctor says "Your cholesterol's normal," ask him "What should it be?" and proceed from there. There's no harm in following a cholesterol-lowering diet — and it just might help prevent a heart attack.

More information about the fats and oils in your diet is available from the makers of Mazola corn oil, the oil originally used in diet modification studies. Write to Questions and Answers About Fats and Oils in Our Foods, Dept. QOGN, Box 307, Coventry, CT 06238.

Dr. Dorothy M. Rathmann is a nutritionist with Best Foods, a Division of CPC International, Inc.



—Mrs. Helen Holt of Fredericksburg, Va., and Mrs. Rose Boland of Richmond, Va., spent from Friday to Wednesday with their mother, Mrs. Mary Yannie.

—Mr. and Mrs. Cleon Clarke of Independence, and Miss Mary Lee attended the Baker Reunion held at the home of Mr. and Mrs. Herbert Edwards of Isehua, N.Y., Sunday.

Mr. and Mrs. J. M. Milligan and two daughters of Connaack Long Island were recent weekend guests of her mother, Mrs. Margaret Butts at her home in Andover with Miss Elizabeth Feising and also visited other relatives. Mrs. Margaret Burns returned to Connaack 1, 1, with Mr. and Mrs. Milligan for a vacation.

—Mr. and Mrs. Fay Boyd were Sunday dinner guests at the home of his nephew, Mr. and Mrs. James Boyd of Batavia in honor of the 58th wedding anniversary of their parents and brother, Mr. and Mrs. Harry Boyd of Batavia.

—Mr. and Mrs. Harold Acors of Orlando, Florida, arrived Sunday to spend some time visiting her brother, Mr. and Mrs. Ralph A. Allen, Mr. and Mrs. George Ryon of Cobleskill, N. Y., arrived Wednesday to spend a couple of days with her brother, Mr. and Mrs. Allen and sister, Mr. and Mrs. Acor.

Summer Basketball

Jasper handed Andover its sixth straight loss by a 52-46 score.

Andover scoring went as follows:

- Arnie Spencer — 14
- Mike McNeill — 10
- Ron Glover — 6
- Jamie McCormick — 5
- Mike Lehman — 5
- Kevin Perry — 4
- Jim Green — 2

Andover absorbed its seventh defeat of the season with a 68-52 loss.

Andover scoring:

- Mike Lehman — 14
- Pat Atwell — 11
- Mike McNeill — 8
- Jamie McCormick — 8
- Kevin Perry — 7
- Ron Glover — 4

Andover picked up a forfeit win over Canisteo for the first win of the season.

Troubsburg upended Andover 55-52, Thursday, in the locals next to last game of the season.

- Andover scoring:
- Mike McNeill — 17
 - Arnie Spencer — 11
 - Bob Fish — 10
 - Mike Lehman — 10
 - Ron Glover — 2
 - Jamie McCormick — 2



July 31, 1978

Dear Editor:

I would like very much if you would print the following poem in next week's paper. I did not wish a celebration on my birthday, today, we had a very nice one a year ago. It would have been sort of a miracle to get them together, this year as some are ill and others have troubles.

As we were sitting here team miscueing, my great grand daughter sat down and wrote this poem and gave it to me with her gift.

Carrollotta McAndrew composed and written by her, Ann Green, Mrs. George McAndrew's 11 year old great grand daughter, for her 91st birthday.

People are like trains, Tooting in the rain, Children grow very fast, Then they look at the past, Most Great Grandma's like you, Couldn't bend down to tie their shoe.

They couldn't sew things like you do, But, you don't have one good hand — you have two!

Most Grandma's can't hit a fly, You hold a baby so it does not cry, Some couldn't play cards, But, you don't think it's hard.

Flowers are like people, Who go to Church and see the steeple, They wouldn't hull berries, Or pit sweet or sour cherries.

This is like a tree, A, covered with leaves and free, I hope you'll remember this day, So always you'll have a Happy Birthday!

Gee-Gostley Reunion

The Gee-Gostley Reunion will be held Sunday, August 13, 1978 at Island Park, Welsville, N. Y. Please bring table service, rolls and a dish to pass. President — Bill Conners, Vice-President — Roland Laven, Sec-Treas — Laura Williams

Library News

All overdue books may be returned to the Library for only 10¢ fine per book during the month of August.

Check your homes for forgotten Library books and bring them back now!

Appreciation

I wish to express my appreciation for the cards, visits, prayers and kind deeds extended to me while I was in the hospital. Edna Carson

Allegany County Fire Control Report For June

From: Allegany County Control 82 East Greenwood Street, Andover, New York for the month of June, 1978.

FIRES	
Mercantile	0
Industrial	0
Dwellings	7
Chimney Fires	1
Farm Bldgs.	6
Motor Vehicle	8
Oil Field	0
Grass & Brush	2
Pennsylvania Calls	1
Miscellaneous Fires	7

Total Calls 26

Accidents — 4

MUTUAL AID

In County 4

Out of County 2

Total Calls 6

Radio Checks — 56

Siren Tests — 90

Vehicle Practice — 16

Vehicle Maintenance — 26

AMBULANCE CALLS

Alfred 11

Almond 7

Angolica 8

Andover 17

Belfast 10

Bolivar 5

Fillmore 10

Friendship 18

Genesee 2

Houghton 1

Richburg 4

Rushford 7

Shing'ehouse 12

Total Calls 116

False Alarms — 6

Washing Streets — 2

Gas Leak — 1

Miscellaneous Calls — 1222

Total Calls for the Month — 1571

Appreciation

I wish to express my sincere appreciation to all who sent cards, flowers, and visitations while I was in the hospital, and also for the kindnesses extended to me since my return home.

Mrs. Mary Yannie



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