

**A SHOT IN TIME —**

**An Editorial**

How many of us have forgotten, put off, or just plain neglected to get our Asian Flu shot or shots as the case may be.

With an new epidemic sweeping across the country and hitting the news we finally became aware of the current scare, especially after headlines scream — *Hundred Die* — and recalled that while we talked about getting a booster shot we had done nothing definite about it.

Thus with thoughts regarding our own health as well as others about us, we checked with Dr. Scott to see if he had a supply of the serum on hand and find that he does have.

While it may be a little late it still hasn't reached the stage where it would be like "locking the barn door after the horse was stolen" since it hasn't hit this area so far.

We have been advised that if the shots are taken immediately they will still afford us protection against this virulent Flu Bug, so a word to the wise should be sufficient.

Do we believe in this? You can bet your bottom dollar we do as we have arranged to get our shots tonight on our busiest day of the week!

—Nuff said?

**HAVE A HEART! GUARD IT!**

**An Editorial**

While on the subject of health a timely warning might very well be in order at this stage of our winter weather.

Don't be a snow-shoveling Statistic!

Many of us may be getting a little careless in our attitude and thinking as far as winter weather is concerned and are thus ignoring the caution that we exercised at the beginning of winter.

When the first snowy, icy blasts hit us—we took it easy on the slippery roads—watched our step on the icy sidewalks — and didn't over-exert in our snow shoveling.

Now, with spring practically around the corner (at least according to the calendar) we are having a rash of pedestrian and auto accidents. Many of us have put on a little weight as a result of high eating over the Holidays and the lack of our usual summer exercises.

If you're overweight, over 40 and not used to exercise, shoveling snow may snow you under with a heart attack.

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 all 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. 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!



**Albany Report**

By Barber B. Conable, Jr.  
State Senator, 53rd District

If the problem of the moment is motor vehicle fees, the problem of the future is state aid for education. It is a problem that bears heavily on the 53rd Senatorial District and I expect it to consume a large part of my time as far ahead as I can see.

Of the 42 central school districts in our five counties, 31 are involved in some way in the state's long-range consolidation program for public schools — called the Master Plan for School District Reorganization. For some it means just the addition of a common school district or two, but for most it means combining two or more central-school districts into one. The trend is unpopular and most of us are reluctant because we cherish our central school as the focal point of local pride.

For 35 years a favored position has been given to central schools in the matter of state aid. The purpose has been to encourage centralization and thus make possible a more complete educational opportunity for our youngsters. But now the process of centralization is virtually complete and the new program is to convince the taxpayers of the need for larger high school units as a means of further broadening the school curriculum.

The Diefendorf plan revised the state aid formula last year in a manner that made it clear the central school no longer is to have a favored position. To make the change-over more palatable, every school received at least a seven per cent increase in state aid this year. Beyond that, there is no provision for extra help, and increased costs will have to be paid from local school taxes.

Certain types of aid may even be withheld from districts that are not moving toward the projected consolidation. I feel such methods obscure the main issue, so in cooperation with Assemblyman John Johnson of Genesee County I introduced legislation aimed at removing this weapon from the state arsenal.

The State Education Department has been given a crushing responsibility by the Legislature. It has been handed a billion dollars this year — a third of the entire state budget, and told to distribute it among the school districts wisely and in a manner that will equalize educational opportunities for all. Starting with the Diefendorf formula and the Master Plan, it is trying to apply flexible standards to the 1,200 school districts in the state.

If we are to fight for control of our schools, we must put emotion behind us and fight on the basis of standards. What kind of schools do we want? How much are we willing to pay for them in local funds? What is the purpose of education anyhow?

I hope to discuss the issue with you in detail as times goes on, to examine the evidence, to test as best we can the opinions and conclusions of the experts.



From the American Medical Association News: "There are elderly people who need help. They should be helped and they are being helped. But the evidence is overwhelming that the majority of the aged are caring for themselves, that the financial situation of the elderly is getting better rather than worse, and that a federal tax to pay for the aged's health care would be an unfair burden on younger wage earners. The melancholy picture of the elderly is a fraud. It is a crude caricature and should be seen for what it is — an insult to the aged and a disservice to the nation."

**Turning Back The Pages of Andover History**

(Taken from the Files of The Andover News)

**50 YEARS AGO**

Feb. 14, 1913

J. H. Backus, Publisher

Mrs. Henry Horan, 60, died at the family home on South Hill February 8th. Her husband and eight children survive.

A well-drilled in Thursday on the Oscar Potter Farm did 150 barrels of oil the first 12 hours. Gas pressure in the well was estimated at 300,000 feet per day.

Mr. and Mrs. James Burbank are visiting at the home of his Uncle Ames Burbank and Adelbert Glidden of Interlaken, N. Y.

Mrs. Thomas Tillsley returned to Patterson, N. J., Saturday after two weeks visit at the home of her son, Harry Tillsley on Dyke St.

Lewis Bullard has returned from a visit with relatives in Friendship.

Miss Helena Bloss went to Buffalo Monday to look over the Spring Millinery.

Carl Tracy and son of Fletcher, Canada have been visiting at the home of his father, Charles Tracy the past week.

**40 YEARS AGO**

Feb. 9, 1923

J. H. Backus & Son, Publishers

George E. Brown, 77, died at his home on Hill Street January 29th. Mr. Brown had conducted the Brown Grist Mill for over 40 years. His widow, three children, a sister and two brothers survive.

Mrs. Herman Dean, 32, died Tuesday, February 6th following a long illness. Her husband, two daughters and a son survive.

The body of Mrs. James Baker of Wellsville, a former Andover resident, was brought to Andover Saturday for burial in St. John's Cemetery.

The Dealers Service Corporation of Andover has received letters of incorporation from the Secretary of State. The Officers of the new company are A. R. Baker, President; John C. Lever, Vice President; A. D. Fuller, Secretary-Treasurer.

Miss Frances Williams left Sunday for Brooklyn, where she will enter the Bay Ridge High School

as a pupil. Miss Helen Baker, formerly of Andover, is in charge of the school.

Carroll L. Tucker was called to Andover from Rochester Wednesday on account of the serious illness of his father, A. O. Tucker.

Misses Mae Cocoman and Ellen Driscoll left Monday for Buffalo to begin their training for nurses.

**30 YEARS AGO**

Feb. 10, 1933

J. H. Backus & Son, Publishers

B. C. Williams received painful injuries Monday afternoon when the truck he was driving was struck broadside by a car coming out a side road near Henrietta. The truck belonged to Wm. Woodruff of Andover and was loaded with cheese and flour.

Mr. and Mrs. Clifford Walden of Rochambeau Ave., are the parents of a daughter, Mrs. Helen Dolan is the nurse in charge.

Mr. and Mrs. Victor Hoagland are the parents of a daughter, born Friday.

James Fuller and Dan Farwell of the Mechanics Institute at Rochester spent the week-end at their homes in Andover.

Miss Dorothea Shyder was home from Cornell University over the week-end.

Misses Doris Church and Virgil Slaght were home from Genesee Normal over the week-end.

Guy Wood was in Buffalo the first of the week attending a Ford Dealers' preview of the 1933 Fords.

Harold N. Young writes, in Liberty and Responsibility: "The destruction, by whatever means—human stupidity or deliberate design, political corruption or public apathy, parental neglect or juvenile ridicule—of those moral standards which have sustained men through the ages will, I am sure, spell the doom of the American republic."

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