

**THE 50 MILE FAD—"Canine Suicide" An Editorial**

What's in a fad? Notoriety, Publicity, Common Sense? It is constructive or destructive—healthy, or just plain asinine?

Would you dream of starting out to swim Lake Erie, or stepping into a boxing ring to fight the World's Champion in your own class? In dreams perhaps—but in everyday life, common sense would tell you that it would be plain suicide unless your body is in perfect physical shape for such an ordeal.

Yet — ever since the President tossed out that statement about physical fitness, Radio "Disc Jockeys" and TV Commentators have been sending out millions of words over the airwaves to commercialize on a craze.

The number of "Sheep" that have fallen in behind this "Ballyhoo" and have joined in or sanctioned a "spur of the moment" 50 mile hike is frightening.

Where is all that common sense and straight thinking that American People are supposed to be endowed with? Has our Civilization deteriorated so far that the majority of people will rush into something without looking at the pro's and con's of it?

Parents of to-day are shocked at the idea of making their children walk over a mile to School—yet they would let them take off on a 50 mile hike without the proper conditioning and think nothing of it.

The sobering and shocking thought emerging from this "furor", is the statement that 50% of American Youths are not fit for military service due to physical or mental reasons.

What is wrong with our modern way of life and methods of education? Educators on the State and National level have been prescribing and setting up the hours of exercise school children must have at organized play in school gymnasiums. Untold millions have been expended building these facilities, yet the poor darlings of 12 to 18 years shouldn't have to walk a few blocks to get to them but instead have to be delivered by bus to the doorstep.

When this program of physical fitness apparently seems to be only 50% effective, could it be that the parents themselves are to blame or responsible for this crop of weaklings? After all, their offspring is only away from school more than twice the amount of time that they are in the gym and classrooms.

Then too, speaking of classrooms reminds us that the main purpose of Schools formerly was to secure an Education first and foremost, not to learn how to play, which in one recent instance has even included the construction of bowling lanes at a State Facility.

"Physical Fitness" is a state of body conditioning that is built up gradually over a period of time and then is kept up.

The "Swim and Stay Fit" program that has been in effect in our local school since its beginning last summer is a very good example of a wonderful constructive program that has gained approval all the way across the country to Dodge City.

In a recent news clipping taken from the Dodge City "Daily Globe", it stated: "While people all over the country are wearing out shoe leather in 50 mile hikes, the students of Andover, N. Y., are keeping cool and comfortable as they swim their way across the United States in a new twist to the physical fitness program."

The soundness of this program is due to the fact that the students gradually build up their prowess by adding a few more laps to the pool as their capabilities progress.

As far as the hiking fad is concerned—the President is right in one regard. Walking is one of the best exercises in the world! But, it is no good to start out with an unfit pair of legs and feet, and then struggle through 50 miles of torture. Walking that is really beneficial, is using the legs for a few miles every day.

Don't commit "Canine Suicide"! If you want to walk, do it in easy stages until your legs and "dogs" are in good condition.

**Turning Back  
The Pages  
of Andover History**(Taken from the Files of  
The Andover News)**50 YEARS AGO**

Mar. 7, 1913

J. H. Backus, Publisher

C. W. Williams has purchased of Jason Hunt the brick store building corner of Main and Center streets and will move his grocery and feed business to that location.

B. S. Brundage has purchased the Sickle store on Main street which has been occupied by the Brundage Drug Co., for some time.

Edward Mullen has purchased the property owned by the late Thompson Richardson, corner of Elm and Barney streets.

Mr. and Mrs. George Truelove are parents of a daughter born March 6th.

Mr. and Mrs. Peter Lynch are in New York city where Mr. Lynch underwent an operation for appendicitis.

Mrs. Margaret Bettinger and Al Wood were in Wellsville Saturday to attend the funeral of their sister-in-law, Mrs. Elmer Wood of Oswego.

Roy DeY of Hornell spent the week-end at the home of his sister Mrs. S. H. Cleveland.

Miss Aenes Trainor is in Buffalo buying hats for the Trainor Millinery.

**40 YEARS AGO**

Mar. 2, 1923

J. H. Backus &amp; Son, Publishers

Mrs. Annetta Barney, 79, died at her home Monday, February 26. A son and two daughters survive.

Miss Florence Milligan and Ralph Wickwire were united in marriage at the Methodist parsonage by Rev. C. H. Whelan, Sunday February 25th.

Farmers are busy drawing potatoes with the market raising to 50c per bushel.

George Weresley, Jr., began work this week in the News office as an apprentice printer.

Miss Fannie Remington of Elmira visited her uncle Delos Remington, last week.

W. N. Rice, R. E. Temple, Geo. H. Beebe, J. H. Backus, T. J. Gilbert, A. O. Kemp, C. C. Backus and George Gleason were in Wellsville Friday night in attendance at the meeting of the Allegany County Past Grands Council and I.O.O. F. Banquet.

Mrs. Anna McQuinn of Woodhull is assisting in the care of her sister, Mrs. Robert Brundage, who is ill.

Mrs. Cora Williamson of Greenwood has been passing the week with her sister, Mrs. P. M. Swink.

**30 YEARS AGO**

Mar. 3 1933

J. H. Backus &amp; Son, Publishers

Mr. and Mrs. Ralph Kemp observed their 50th wedding anniversary at a family dinner February 24th.

Mr. and Mrs. John E. Green have moved from Hornell to Andover and are occupying the rooms vacated by G. W. Folwell, corner of Pleasant Ave and Church st.

Mr. and Mrs. Wilmer Atwell are parents of a son born Sunday, February 26th.

Mrs. Pearl Brown left yesterday by bus en route to Charleston W. Va., where she will visit relatives for several weeks.

Mr. and Mrs. W. F. O'Connell left Thursday for Washington, D. C., where they will witness the inauguration ceremonies.

Mrs. Charles Church left Thursday for a visit with relatives in Elmira and Covington, Pa.

Mr. and Mrs. H. E. Emerson of Detroit, Mich., were week-end guests of his mother, Mrs. Jennie Flint.

Marshfield, Mo., Mail: "A year ago when President Kennedy gave his 'State of the Union' message to the Congress he said he was submitting for fiscal 1963 a balanced budget. His budget message promised a surplus of \$500 million. It appears now that the deficit for this period will be 8.8 billions of dollars."

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

In past weeks I have tried to discuss with you the issues that seemed to me the important ones to which we are applying ourselves in the Legislature this session. Now I would like to pause for a moment and give you some of my impressions as a new legislator, a few words on the way things are in Albany.

First of all, I'd like to say that legislation is a very human process. The personalities of my colleagues affect what they are doing. There is nothing impersonal or inexorable about the making of laws, as you might imagine if you didn't see the interplay of personalities.

Next, I don't believe this political life has affected my own personality much. When I was elected, people told me, "oh, after you've been down there awhile you'll be like all the rest of them". Well, every one of "them" is different. And I don't see that there is any essential difference between the law-making process in Albany and the same process in the Board of Supervisors or the Town Board.

Nobody, I must say, has twisted my arm to get me to follow some particular course. The Senate leadership is very restrained about the suggestions it makes to rank-and-file senators. There is virtually no contact between the Governor and the legislators except on a social basis. The Governor's attitudes and the feelings of the legislators are exchanged through consultation between the Governor and the legislative leaders.

Party leaders in our home counties, too, have been notably restrained about urging any particular views on my part. I have been setting up meetings with boards of supervisors to discuss any problems they have that might be answered by something I could do. Already I have had rewarding conferences with the full boards in three counties and with the board's legislative committee in another county.

The biggest problem I have is time. I am determined to answer as many of the personal letters I receive as possible, and believe me, the volume is tremendous. It is a really time-consuming job, too, to read all the bills that come before the Senate and to be prepared to vote on them intelligently.

There are many social events in the evening, given by individuals or by state organizations of one sort or another. I am trying to attend all I can so I will have some idea of the relative importance of each group. All of these affairs are sponsored by somebody with an axe to grind. But I must say that lobbyists for special interests

**Letter To The  
Editor**

March 14, 1963

Dear Mr. Editor:

On Tuesday of next week each of us has a debt to fulfill—a debt to our forefathers—to choose the ones from our midst to represent our thoughts in government.

Before you make a decision as to which lever of the voting machine to pull, I would like to express a few of my thoughts for your consideration.

It is a widely accepted fact that we live in a predominately Republican area. However, it is also a fact that the two candidates for local office who gain the most votes are elected. Thus, a Democrat and a Republican could be elected. Whoever, prepared this surely foresaw the idea that in local politics the choice of candidates is dependant upon the popularity and not political affiliations of the respective candidates.

With this in mind, I draw your attention to the choice of candidates in next week's election. I truly hope that everyone takes advantage of the freedom of selection which is his or hers.

I can honestly say that both Harley W. Glover of Rochambeau Avenue and Avery R. Mead of East Greenwood Street are two sincere, hard-working men who have earned your support. They have been and are still actively campaigning and I am sure, will give a very excellent representation as Village Trustees. They will certainly add youth and unbiased opinion to the Village Board.

Above all, let us thank God that we are living in a town where we have a freedom of choice, and that there are men of this caliber willing to devote their time for representing you, me and their families.


Pick YOUR representative next Tuesday, don't let your representative be PICKED FOR YOU.

Sincerely yours,  
RONALD G. TAYLOR  
Democratic Village Campaign  
Chairman

Liberal, Kan., Times: "It's a bit hard to understand how a government now losing money can make money by reducing its income. It's like taking a pay cut to help pay your bills, only the Washington folks say it will work—Looks like it's about time Washington goes old-fashioned and decides to live on its income, not monkey with everybody's affairs in the hope some easy miracle of prosperity without effort might be achieved."

are not as pesky as I thought they might be. I see nothing wrong with listening to their views. Studying all sides of an issue is the only way to learn its true value.

Besides, in a very real way everyone who writes his legislator is a lobbyist, if only for his own personal viewpoint. And that's the way it should be.



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