

DON'T BE A SNOW-SHOVELING STATISTIC!

An Editorial

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 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. 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!

Is YOUR CAR Ready For Winter Driving?

An Editorial

Is YOUR CAR ready for Winter Driving or are you "Bumping around like a blind horse in a stump patch?"

This is the down-to-earth language used by one of the nation's leading traffic safety experts to describe those who drive during bad winter weather with defective automobile equipment.

According to statistics, reduced visibility and inadequate traction are the two factors during winter which make extra driving care a necessity for survival.

Drivers who neglect their windshield wipers and are too pre-occupied with daily problems to clear their windshield and windows of snow or ice are strictly "heading for an accident to happen."

Some people spend hundreds of dollars for the best kind of eye glasses and are meticulous about keeping them clean, but will still neglect to check their windshield wipers. When a storm hits — they drive almost blind — and are of course a hazard to themselves as well as everyone else on the highway.

If your wiper blades have become dried out from the summer sun, they should be replaced with live-rubber ones and the spring tension on the wiper arm should be strong enough to hold the blade firmly against the windshield when driving at average speeds.

As far as traction is concerned — drivers in this section of the country should have some type of winter tires on their back wheels at least. We have found out by experience in past winters that it also helps to have polar grip tires on the front wheels as well as the back. This enables you to stop quicker and also helps to keep your car on the road around curves and turns.

In short — Motorists TAKE CARE and DRIVE WITH CAUTION — the life you save can't be bought at an auction, besides, it could be ours — and we Do care!

THE ANDOVER NEWS

Published Weekly by

The News Printing House

Jeanne Backus Allen and Ralph A. Allen, Owners

Entered as Second Class Mail Matter at the Post Office at Andover, N. Y., under the Act of Congress, March 3, 1879.

Subscription Price \$3.50 a year

**Turning Back
The Pages
of Andover History**

(Taken from the Files of
The Andover News)

50 YEARS AGO

Nov. 28, 1913

J. H. Backus, Publisher

Mrs. Alonzo Porter, 88, died at her home Saturday, November 22. Surviving are a daughter, Mrs. G. A. Barney and two sons.

Miss Ella Lynch of New York is visiting her brothers at the Lynch Homestead. — South Hill Cor.

John Dean was a business visitor in Buffalo, Wednesday.

A. E. Smith of Olean visited Andover relatives over the weekend.

Mr. and Mrs. George Vickers passed Sunday with Hornell friends.

Miss Marguerite Norris of Olean was a week-end guest of Mrs. F. I. Bettinger.

Mr. and Mrs. Roy Engle left Wednesday to pass Thanksgiving with friends in Buffalo.

Mrs. O. G. Whitcomb and two children of Belmont are visiting this week at the home of E. P. Rogers and other relatives.

Mrs. J. E. Cannon and Mrs. J. S. Phillips of Hornell are passing the week with relatives and friends in the New York City.

Mrs. S. J. Mourhess and Mrs. Elizabeth Bess returned Wednesday from a visit at the home of Rev. H. D. Bacon in Portville.

Misses Mary Harrington, Mary Raufenbarth, Rosa Doran, Frank Horan, Robert Dean, James Lynch and Leo Raufenbarth attended the Lyceum Dance in Wellsville Wednesday evening.

State Bank and The Burrows National Bank. The new bank will be known as The Andover National Bank.

Mary Elizabeth Snyder, 85, died November 18. Two sons, Henry Snyder of Belmont and Louis Snyder of Andover survive.

Mr. and Mrs. Robert Bullard arrived Monday from Friendship and will pass the winter with his sister, Miss Arvilla Bullard.

Mr. and Mrs. Frank Holmes and Mrs. Gordon Cartwright were week-end guests of Mr. and Mrs. S. M. Catwright of Bliss.

40 YEARS AGO

Nov. 23, 1923

J. H. Backus & Son, Publishers

Myron H. Bloss, 66, died at his farm home East of this Village, Monday, November 19th. His wife and two adopted children survive.

The State Highway Department let the contract last Friday for the reconstruction of the Andover Wellsville Highway to Harry W. Patterson of Hornell.

J. H. Backus, W. N. Rice, T. J. Gilbert and Claire Backus attended a District Meeting of Allegany County Encampment at Angelica Wednesday evening.

Miss Sara Bettinger attended the Senior Play and Dance at the Elmira College Saturday evening.

Mr. and Mrs. Leon Bloss of Waverly and Mrs. L. F. Thompson of Canistota were in Andover Wednesday to attend the funeral of Myron Bloss.

30 YEARS AGO

Nov. 24, 1933

J. H. Backus & Son, Publishers

Approval has been granted by the Federal Banking Department for the merger of the Andover

Commercial Printing of all Kinds

at the

News Printing House

Publishers of

THE ANDOVER NEWS

EVERYTHING FOR
BUILDING

LUMBER

DROP IN OR CALL 426

Lunn Lumber Co.

Wellsville, N. Y.

256 W. State Street



Open Your
Christmas Club
To-Day

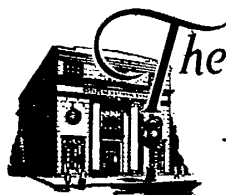
Over 300 people in the ANDOVER AREA have received their 1963 CHRISTMAS CLUB CHECKS.

Were YOU One of Them?

Our 1964 CHRISTMAS CLUB is Now Open. Join Now — Do Not Delay.

25c each week for 50 weeks	\$ 12.50
50c each week for 50 weeks	\$ 25.00
\$ 1.00 each week for 50 weeks	\$ 50.00
\$ 2.00 each week for 50 weeks	\$ 100.00
\$ 3.00 each week for 50 weeks	\$ 150.00
\$ 5.00 each week for 50 weeks	\$ 250.00
\$10.00 each week for 50 week	\$ 500.00

Enter The Christmas Club Contest



**The CITIZENS
NATIONAL BANK**

WELLSVILLE, N. Y.

ANDOVER, N. Y.

ALFRED, N. Y.

BOLIVAR, N. Y.

WHITESVILLE, N. Y.

MEMBER FEDERAL DEPOSIT
INSURANCE CORPORATION

Banking Since 1895

MEMBER FEDERAL
RESERVE SYSTEM