

DON'T BE A SNOW-SHOVELING STATISTIC!

An Editorial

So far we have had a very mild winter with no snow problems to speak of at all. This has been wonderful and of course means we haven't had to do any snow shoveling.

However, with the arrival of January — and a New Year this week, we had better start to think about the realities that are bound to be facing us — and soon!

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 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!

THE ANDOVER NEWS

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THE BIG ELMS

196 Seneca St.

Hornell, N. Y.



50 YEARS AGO

Dec. 24, 1915

J. H. Backus, Publisher

Mrs. Laura Bowen has purchased the J. L. Williams property on East Ave., recently occupied by P. M. Swink.

R. E. Mead will be installed as Master of the West Greenwood Grange, Saturday, January 1st.

At the annual election of officers of Andover Lodge No. 558 F. & A. M. held at their hall Monday evening J. C. Lever was elected Worthy Master.

Patrick Riley of South Hill spent Saturday and Sunday at the home of his sister, Mrs. Anna Harrington of Andover.

Miss Julia Raufenbarth is home from New York City to pass the Holiday vacation at the home of her parents, Mr. and Mrs. Frank Raufenbarth.

Misses Erma Clarke and Bertha Livermore returned home Thursday from the Genesee Normal School for the Holidays.

Olin Pingrey has accepted a position with the Morrow Plant at Elmira and started for his work Saturday.

Edgar Baker has been in Hornell part of the past week building a rig for oil drilling.

40 YEARS AGO

Dec. 25, 1925

J. H. Backus & Son, Publishers

Miss Mary E. Wallace of West Union and Fred D. Short of Wellsville were united in marriage Dec. 17th.

Mr. and Mrs. Elsworth Easton of Independence are the parents of a son, born Sunday, Dec. 13th.

Mrs. W. J. Potter of Independence is spending a week with her daughter, Mrs. Floyd Pease at Greenwood.

Carl Easton of Chicago spent the week-end with his sister, Mrs. Lloyd Cornelius of Elm Valley.

Frank Barker of Hornell has been visiting his aunt, Mrs. John Davis this week.

Everett Clair was home over the week-end, visiting his parents, Mr. and Mrs. B. A. Clair.

Mrs. Earl Bassett has returned to her home in Buffalo after a visit at the home of her sister, Mrs. E. A. Richardson.

Fay Boyd arrived in Andover Sunday from Tulsa, Okla., to pass the Holidays with relatives and friends.

Mr. and Mrs. L. E. Davis returned Wednesday from Rochester, where they had been guests of their son, Uriah Davis and family.

Miss Marion Rogers came home Thursday from Rochester where she has completed her studies at the Phono Syllabic Business College.

30 YEARS AGO

Dec. 27, 1935

J. H. Backus & Son, Publishers

Dr. Luther G. Probasco, 63, died at his home in Whitesville Tuesday Dec. 24th.

Louis F. Howe of Whitesville, died Monday, Dec. 23rd following a heart attack.

Mrs. Mae Williams, 74, died Thursday, Dec. 19th at the home of Mrs. John Williams on Main St.

Mr. and Mrs. Truman Dodge are the parents of a son, born Saturday, Dec. 21st.

Mrs. Mary Huffman has moved to Elmira from the Hunt house on Water St.

Edward Walsh, West Greenwood's mail carrier, was unable to deliver mail thru there Saturday on account of drifted roads.

Mr. and Mrs. Edward Padden spent Christmas with her parents, Mr. and Mrs. Dan Hartigan of Friendship.

Miss Elizabeth Folsing of Manhasset, L. I., arrived Tuesday to pass the Holidays with her father, Michael Folsing.

Mr. and Mrs. Roy Parker passed Christmas in Buffalo with their daughter, Miss Florence Parker.

James Powers of New York City spent Christmas at the home of his sister, Mr. and Mrs. James Mc Donough.

GREENWOOD NEWS

Grace Young, Reporter

Mrs. Mildred Burd, Postmaster in Greenwood, retires Thursday, December 30, 1965 after thirty years service as of October 31 with the Post Office Department of the Federal Government. Jerry Burd was sworn in as Postmaster November 1, 1935 and Mrs. Burd went in as Clerk at that time. Mr. Burd retired January 24, 1962 when he reached retirement age. Mrs. Mildred Burd had taken the examination for Classified Clerk in 1946. She was appointed Acting Postmaster, serving in that capacity for 16 months than named Postmaster which she has been for two and a half years.

Mr. and Mrs. Burd were employed by the N. Y. and P. Railroad when they came to Greenwood in 1921. After the railroad was taken up Mr. Burd was a Produce Buyer for 15 years and worked several years with Dr. Kenneth Comfort in Canistota. Mr. and Mrs. Burd were parents of one son, I. C. James D. Burd, who was killed in action in Germany March 26, 1945. Mrs. Burd was first President of the Birmingham-Burd American Legion Auxiliary in 1945 and Past President of the Gold Star Mothers in Hornell. She was Patron of the local Chapter of OES in 1931 where Mr. Burd served as Patron several years. He is Past President of the Dads of Vets of Foreign Wars in Hornell. They are both interested in Scouting and Mr. Burd is Assistant District Commissioner.

Howard Brewster, retiring Supervisor of the Town of Greenwood, has accepted the position of Assistant to the Superintendent of Buildings of Steuben County at Bath. Mr. and Mrs. Brewster moved from the family farm at West Greenwood Tuesday to Washington Street in Bath to begin his new work January 1st. Due to a back injury, while serving in the Armed Forces, farm work was becoming more difficult. Congratulations are extended in his new work. He has served the town for twenty-eight years as Supervisor and four years as Councilman. Both Mr. and Mrs. Brewster will be missed as good neighbors and active members of West Greenwood Grange and at the Methodist Church.

James Shaut, newly elected Supervisor, begins his official duties as of January 1. We wish him well as head of our Town.

Albert Lamphier will take over as Town Highway Superintendent as Alex Brown retires January 1 after serving the Town for 12 years. Mr. Brown leaves every thing in readiness for his successor. He has kept the old roads in good shape, built many miles of Erwin roads, bought new equipment which is all paid for and a balance on hand.

The Christmas program was presented at the Reorganized Church of Jesus Christ of Latter Day Saints Sunday evening, Dec. 26. Miss Debra Teribury was chairman. There were recitations by the Primaries and Cheryl Brizce and Becky Bassett sang "Away in the Manger". The Youth of the Zion League presented the Nativity in four scenes. Linda Bassett sang a solo and Sandra Greene played a solo on her baritone horn. The Woman's Division met at the R L D S Church Tuesday and packed Christmas cheer boxes for older people Christmas tree and refreshments were in the church dining room after the program.

New Year's Eve a family night will be held at the RLDS Church with refreshments. Miss Linda Bassett will show slides and talk about her summer work with the Older Youth Service Corps of the RLDS Church in Soldiers Grove Wis., on a seven week evangelistic mission. Miss Bassett, a student at Graceland College Lamoni Iowa, is spending two weeks vacation with her parents, Elder and Mrs. Carol Bassett.

College youth home for the holidays participated in the morning service at the Methodist Church. Wayne Warriner was Planning Chairman; Miss Barbara Lamphier was Organist; Miss Cheryl Hussey was soloist, accompanied by Mrs. June Rollins; Miss Donna Wallace led the Responsive Reading; Harlan Warriner and Roger William-

son were Ushers; Roger Streeter read the Scripture; Stanley Smith led the Opening Prayer and Lynn Redmond gave the Offertory Prayer; Rev. Roger Williams gave the Morning Prayer. Principal Robert Mosgaard brought the message at both the Greenwood and Andover Methodist Churches in message for these times.

The Christmas Service Thursday evening was well attended. An offering was taken by the church and the offering was given to the Andover Methodist Church in message for these times. The Christmas Service left Sunday afternoon to spend their family at Canastota.

Word has been received that Mrs. Louise Cobb is in the hospital at Scarisdale with a cracked pelvic bone. She fell at the home of her daughter, Mrs. Ralph Brown. No details were given.

George Puffer came home from the St. James Mercy Hospital Thursday where he had been a surgical patient for a week.

Miss Diane Woodward, a second year student at the Alfred Ag-Tech School as a Laboratory Technician spent Tuesday through Thursday as an observer at the St. James Mercy Hospital. It is required for the course.

Mrs. Rodney Teribury and three children left Wednesday to spend a week visiting her mother, Mrs. Mary Dinn and other relatives at Welland, Ontario, Canada. Mr. Teribury has been serving in Vietnam since August.

Rodney Cook returned home last Thursday from Bethesda Hospital where he was a medical patient for a week.

Walter Redmond, Astronomy Lecturer at the Hudson River Planetarium at Yonkers, arrived Tuesday to spend the Holidays with his family.

Mrs. George Bassett flew from the Elmira Airport Monday, December 27 to Lynchburg, Virginia where she will spend the holidays with her family. E. Spencer and sisters, Mrs. T. A. Meade and Mrs. Craig Cousins. She spent since August 28 with her husband's family, his mother, Mrs. Pearl Bassett and sisters, Mrs. Leon Burley and Mrs. Fred Mitchell.

She wanted her friends to know that she enjoyed her stay in New York State. Mrs. Bassett will fly January 12 from Charleston Air Force Base, South Carolina to Tripoli, Africa to join her husband Staff Sgt. George Bassett at Whwels Air Force Base. Sgt. Bassett is in Communications and went to Tripoli in September for three years.

Aviation Boatswain's Mate Third Class Gary Clark leaves Thursday after spending ten days with his wife, Linda and son, and his mother, Mrs. Mildred Clark. He is enroute to California for six months shore duty to complete his term of service.

Mr. and Mrs. Earl Spencer and daughters entertained their mothers, Mrs. Ray Spencer of Canistota and Mrs. Wina Stephens for Christmas dinner.

Mr. and Mrs. Mahlon Kernan entertained for Christmas dinner Saturday. Mr. and Mrs. Herman Waters, Mr. and Mrs. Harlan Waters, Mr. and Mrs. William Glover and family, Mr. and Mrs. Clair Kernan and son, Sheldon, and Mr. and Mrs. Robert Blacca.

Mr. and Mrs. George Rollins were hosts Saturday for their family of 22 for Christmas dinner. Mr. and Mrs. Dudley Box and sons of Corning; Principal and Mrs. Richard Willover and family of Attica; Arling Rollins and family of Adrian; and Mr. and Mrs. Clair Rollins and family of Greenwood.

B. E. Burger, Mrs. Louise Smith and son, Ben, Mr. and Mrs. Ernest Kinner and family were Christmas dinner guests of Mr. and Mrs. Lester Aldrich and family of Jasper.

Mr. and Mrs. Homer Banks were week-end guests of their son and family, Mr. and Mrs. Howard Banks at Horseheads, R.F.D.

Mr. and Mrs. Albert Lamphier spent Christmas week-end with her mother, Mrs. Claude Daggett and sister, Charlotte at Delavan.

Mrs. Pearl Bassett and Mrs. George Bassett were week-end guests of Mr. and Mrs. Leon Burley and family at Stephens Mills. Mr. and Mrs. Fred Mitchell and

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Don't Drive After Drinking