

DON'T BE A SNOW-SHOVELING STATISTIC!

An Editorial

So far this winter, we have had more snow than we did all season last year — which has meant a lot of snow shoveling.

Moreover, with the arrival of January — and a New Year last week, we had better adjust ourselves to the fact that we have a lot more of winter still ahead of us.

Already there have been several reports of men under 50 having had fatal hearts attacks as a direct result of shoveling snow in this area. In fact, a friend of ours in the Army Reserve Program, age 49, was buried on New Year's Day as a result of a heart attack after shoveling his driveway out.

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!

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FROM
OUR FILES

50 YEARS AGO

January 9, 1920

J. H. Backus, Publisher

Mrs. Gertrude Joyce is taking Miss Mary Casey's place as night operator at the Telephone Office. Miss Casey went to Olean Tuesday to enter the Dr. Mountain Clinic to prepare herself as a trained nurse.

Mr. and Mrs. Henry Will are parents of a son, Carl Edward, born New Year's morning.

Andover Lodge I.O.O.F. have a fine new clock for their Hall, the gift of Jeweler C. H. Watson.

Mrs. M. A. Bassett returned to her home in Independence Tuesday after spending a few days visiting her parents, Mr. and Mrs. W. I. Langworthy of Alfred.

Mrs. W. J. Potter of Independence has been spending a few days with her daughter, Mrs. Floyd Pease of Greenwood.

Mr. and Mrs. M. F. Baker and son, Donald and Mr. and Mrs. R. C. Baker of Salamanca, spent New Year's at the R. S. Baker home at Tip Top.

Drs. Elwood and Clara Burdick have returned to their home in Waverly after a week's visit with relatives and friends at Tip Top and in Alfred.

Mrs. Estella Richardson is passing a few days as guest at the home of her grandson, James Richardson of Hornell.

Clarence W. Hardy has returned to his work at Ann Arbor, Mich., where he is studying medicine at the University of Michigan.

Miss Doris Livermore left Monday for Geneseo after spending a pleasant Christmas vacation with her grandmother, Mrs. G. A. Hardy.

Ruth DeRemer returned to Collin Center, N. Y., Sunday to resume her school duties after spending Christmas vacation with her parents, Mr. and Mrs. J. M. DeRemer.

Lynn Trowbridge left Sunday for Kingston, N. Y., where he has accepted a position.

Mr. and Mrs. F. J. Packer of Akron, Ohio, spent New Year's with her mother, Mrs. S. C. Parker.

40 YEARS AGO

January 3, 1930

J. H. Backus & Son, Publisher

Anson Brewster, 75, died Monday, December 30th. A brother Phileatus Brewster survives. Interment was in the Updyke Cemetery.

M. C. Greene has sold his interest in the Red & White Store to H. H. Nicholson.

Ed Briggs of Himrods is a visitor of relatives on Davis Hill this week.

Twenty-three neighbors and friends gathered at the home of Mr. and Mrs. Leo Davis of Davis Hill, Christmas night for a Christmas tree and oyster supper.

Miss Ina Burdick from Cortland Normal, is spending the Christmas vacation at her home in Elm Valley.

Mr. and Mrs. Fred Updyke and son and Mrs. Anna Wallace spent Christmas Day with Mr. and Mrs. Herman Wallace at Greenwood.

Mr. and Mrs. A. W. Edwards and family, Mr. and Mrs. A. P. Bliss and family, were Christmas dinner guests at the Carl Tracy home.

Miss Mabel Wagner, who is teaching at Hempstead, L. I., is spending the holiday vacation with her parents, Mr. and Mrs. Arthur Wagner.

Mrs. Clarke Rogers is in New York City for a few weeks guest of Miss Helen Baker.

Mr. and Mrs. Edward V. Green were in Buffalo last week to visit their daughter, Miss Rose Green who is in training for a nurse in the Buffalo General Hospital.

Mr. and Mrs. Rodney Robinson motored up from Rutherford, N. J., to Andover Tuesday, accompanied by Mrs. Robinson's father Miles Livermore of Brazil, Ind., who has been visiting them at their home over Christmas.

Mrs. Mina Gordon has been passing the week in Petrolia, guest

ALBANY
open line

by Alex Rankin

Republican Assemblyman James Emery of Geneseo got off an unintended pun in one of his recent press releases.

In a statement about school dress codes, Emery said he is introducing a bill which would "strip the state commissioner of education."

Commissioner Ewald Nyquist can keep his clothes, however. Emery is after his power to throw out school dress codes set up by local school boards.

Under the SED rules, Nyquist has the power to review such codes, not the courts. Emery has filed a bill which would allow local boards to regulate the dress of students, and make those standards reviewable only in courts.

"Discipline problems are often compounded in schools as a result of changes in dress to conform to current fads," said Emery. "This law has been requested by several school boards in my district because of problems arising in their schools."

Emery, who is also deputy majority leader of the assembly, has also filed a bill which he says will permit municipalities to buy surplus machinery and equipment from the state at reduced prices

before they are offered for sale to private interests.

The bill says that at least 45 days prior to the notice of sale, the state commissioner of general services will draw up a list of all items for sale, including the price, and send it to every county, town, village and city in the state.

The municipality would then have five days to purchase the needed items without bidding.

Republican Assemblyman Edward F. Crawford of Oswego has filed a bill which he says will correct a state law which has angered a number of volunteer fire companies around the state.

Under present law, volunteer firemen are barred from displaying on their private cars any sign or insignia with the words "fire" or "fire department."

A law that needs changing because many volunteer firemen write their cars to the scenes of fires — because the equipment at the station was already on the way to the fire.

At the present time such signs can bring a \$50 fine or 14 days in jail. Crawford's bill would exclude volunteer firemen from the present law.

of her daughter, Mrs. Clayton Green and other friends.

Miss Elizabeth Cannon of Rochester, who has been passing the holidays with her parents, Mr. and Mrs. J. P. Cannon, went to New York City Sunday for a few days visit with Mr. and Mrs. Jesse Phillips.

Mr. and Mrs. Frank Holmes and daughters, Margaret and Mr. and Mrs. Gordon Cartwright were guests of Mr. and Mrs. Stanley Cartwright of Bliss from Wednesday until Sunday.

Sheridan Witter of Buffalo passed Christmas with his parents Mr. and Mrs. Dan Witter.

M. E. Gavin is spending a few days with his sister, Mrs. L. A. Murphy at Johnstown, Pa.

Elm Valley entertained relatives and friends at a dancing party at their home Wednesday evening.

Miss Gladys Fisher passed New Year's at the home of her aunt, Mr. and Mrs. J. W. Melton at Newark, N. J.

Mrs. Carolyn Hunt returned to Andover Friday from Angelica, where she was called by the death of her brother, E. J. Reimann.

Mrs. W. F. O'Connell and daughter, Gertrude, left Wednesday evening for several weeks stay at Miami Beach, Florida.

The Misses Veronica and Virginia Hyland have returned to New York City after passing the holidays with their parents, Mr. and Mrs. Edward Hyland.

Donald Oakes of Tulsa, Okla., spent the holidays with his parents and Miss Leahn Oakes of New York City spent New Year's with her parents, Mr. and Mrs. J. J. Oakes.

Mrs. Charles Caple spent from Friday until Monday in Buffalo with her parents, Mr. and Mrs. George Munro.

Mrs. W. H. Prangen of Hornell spent from Saturday until Monday at the home of her sister, Mr. and Mrs. Ezra Slocum.

Alan Tuttle, Carol Burdick and Orville Mesler spent Friday with Francis Mead of Elm Valley.

IRS Sends Cards Explains New 1040

Each of the 18 million taxpayers in the United States who filed the now discontinued card 1040A Form last year, will receive a postcard explaining the change to the new consolidated 1040 Form, John E. Foley, District Director, Internal Revenue Service Buffalo, has announced.

This year all taxpayers will receive a larger, complete tax package that includes the one-page basic 1040 and additional pages or schedules, which may or may not be used according to the taxpayer's needs.

Past 1040A users will find that except for a few lines, the new 1040 asks for the same information as the old card form and that they will probably not need to fill out more than one sheet of paper to make out their returns.

In the past, taxpayers who used the 1040A could not take advantage of certain tax credits or exclusions and could not itemize their deductions. A principal reason for making the change to the new form is to enable taxpayers to take full advantage of the tax benefits the law provides.

Most taxpayers should receive their individual tax forms and instructions by mail the first week of January, Mr. Foley said.

30 YEARS AGO

January 4, 1940

Claire C. Backus, Publisher

At the Annual Settlement Day of the Andover Town Board held at the Town Hall, Thursday, December 28th, the following appointments were made. Constables — Clare L. Jackson, Harry Smith, John C. Lever, Earl Atwell. Dog Enumerator, John Dolan; Town School Attendance Officer, Charles Hammond.

William Mitchell, 78, died at Bradford, Pa., Friday, December 29th. Two brothers, John and James Mitchell of Andover survive. Interment was in Hillside Cemetery, Andover.

Mr. and Mrs. Erwin Lewis are parents of a son, born Friday, December 29th.

Word has been received by Andover relatives of the death of P. H. Gallagher at Washington, D. C., January 1st.

Pay E. Boyd was elected President of the Andover Exchange Club at its regular election of officers meeting Thursday evening.

Miss Koneta Perkins was the guest of her sister and husband, Mr. and Mrs. Wayne Hallett at North East, Pa., from Wednesday until Sunday.

Mrs. Everett Clark of South Hill spent this week in Andover caring for Mr. Clark's mother, Mrs. H. G. Clark, who is ill at her home.

Lawrence Ball returned Tuesday to take up his teaching duties of 1940 on South Hill after spending the Christmas vacation with his parents near Buffalo.

Doris Atwell of Elm Valley passed a couple of days last week with her cousin, Margaret Jackson in Andover.

Kenneth Leonard of Olean passed his Christmas vacation at the home of his grandmother, Mrs. Lavina Osborn in Elm Valley.

Mr. and Mrs. Henry Will of