

Six County Older Americans' Forum Set For September 23

As in nine other Regions of New York State and across the nation, citizen representatives from the older Americans in the identified 8th Region which includes six counties: Chautauqua, Cattaraugus, Allegany, Steuben, Chemung and Schuyler, will be asked to "Tell it like it is", on Wednesday September 23, 1970. The 8th Region Forum will be held at and hosted by State University of New York, Agricultural and Technical College at Alfred, New York.

The contents of a special questionnaire filled out by a cross-sectional group of at least 250 older guests at the Forum, will be tabulated on a statewide and then a national basis to report directly, the most urgent needs and concerns of the elderly at the "Second White House Conference on Aging in 1971."

President Nixon has proclaimed the convening of the Conference. Governor Rockefeller has designated the New York State Office for the Aging as the agency responsible for coordination of activities within this state, leading up to and following the Conference.

In turn, (Mrs.) Sanoma Nixon, Assistant Director of that office, has requested that Robert G. Aldrich, Coordinator of Allegany County's "Informational Center for Rural Senior Citizens (a Project under the Office for the Aging)" assume the coordinating responsibilities for the 8th Region.

Accepting the added assignment, Aldrich said, "Our county's pioneer, multi-service program, developed through two years and involving the work of the staff, resource agencies and services, plus large numbers of dedicated volunteers, has revealed literally hundreds of previously unserved but essential needs required for even respectable survival of many of our aging neighbors." "Therefore, in developing this added commitment, I view it as a singular opportunity for the aging in these six counties to speak out and identify their needs and rights," the coordinator said.

The Federal level questionnaire will reveal basic patterns of desires. The bulk of this forum's time consumed will be devoted to recording the responses of the participating individuals, divided into numerous small groups (12 to 15 individuals each) within the Forum. Each group's trained leader will probe for "grass roots" needs and constructive solutions. "This is what I want to see on record and the aging assured that it goes to the right places in the villages, cities, townships, the counties, in this Region, and to Albany and Washington," Aldrich said.

During the planning period for an effective Forum, interested and concerned people (age 65 plus), from this six-county Region, are urged to address such interest, as well as constructive counsel to: Robert G. Aldrich, Coordinator: Senior Citizens Informational Center, S. Brooklyn Avenue, Wellsville, New York.

Births

July 21: To Mr. and Mrs. Wm. Green, Almond, a son.
July 22: To Mr. and Mrs. Joseph Elliott, Wellsville, a son.
July 22: To Mr. and Mrs. Ronald Hubbard, West Clarksville, a son.
July 22: To Mr. and Mrs. David Homuth, Cuba, a son.
July 23: To Mr. and Mrs. Maynard Yantzi, Wellsville, a daughter.
July 23: To Mr. and Mrs. John Darr, Wellsville, a daughter.
July 23: To Mr. and Mrs. Francis Jones, Wellsville, a daughter.
July 25: To Mr. and Mrs. Alan Little, Wellsville, a daughter.
July 25: To Mr. and Mrs. Lawrence Fenti, Belfast, a son.
July 27: To Mr. and Mrs. Claude Austin, Belmont, a son.
July 27: To Mr. and Mrs. Michael Young, Black Creek, a daughter.
July 27: To Mr. and Mrs. Jerry Gordon, Alfred, a daughter.
July 28: To Mr. and Mrs. David Chamberlain, Genesee, Pa., a daughter.
July 28: To Mr. and Mrs. Ronald Enders, Belfast, a son.
July 29: To Mr. and Mrs. Gary Hurd, Bolivar, a daughter.
July 29: To Dr. and Mrs. Peter

Hancher, Wellsville, a daughter.
July 30: To Mr. and Mrs. Frederick Silsby, Allentown, a son.
July 30: To Mr. and Mrs. Lewis Payne, Cuba, a daughter.
July 31: To Mr. and Mrs. Albert Schweigart, Genesee, Pa., a son.
Aug. 1: To Mr. and Mrs. Keith Steadman, Whitesville, a daughter.
Aug. 2: To Mr. and Mrs. Leon Sherman, Almond, a daughter.
Aug. 2: To Mr. and Mrs. James Fitzpatrick, Whitesville, a son.
Aug. 2: To Mr. and Mrs. Donald Moore, Bolivar, a daughter.
Aug. 4: To Mr. and Mrs. Richard Stanton, Wellsville, a son.

Marriages

June 26: Miss Colleen Buck, Scio to Charles E. Brooks, Belmont.
July 25: Miss Carolyn M. Murray of Friendship to James F. Feldbauer, Belmont.
June 6: Mrs. Amy L. Houghtling of Wellsville and Guy E. Nolan of Jamestown.
July 11: Miss Donna Mae Barone of North Tonawanda and Robert H. Walpole of Wellsville.
July 11: Miss Judy Lee Robinson of Wellsville and Lauce Edward Roeske of Stannards Road.

Deaths

Mrs. Frederick E. McCarty, 76, formerly of Wellsville, July 23. A daughter, a sister and a brother survive.
Thomas A. Schall, 85, Belfast, July 23. His widow and two sisters survive.
Mrs. Loie (Charles) Bloss, 98, Whitesville, July 25. A son survives.
Mrs. Harold R. Feller, 74, Wellsville, July 26. Her husband, three sons and a sister survive.
Mrs. John W. Babcock, 77, Scio, July 27. A daughter survives.
Miss Ethel M. Doud, 77, Friendship, July 28. No direct descendants.
Mrs. Rose Stearns Washburn, 85, Almond, July 28. Seven daughters, two sons, a sister and four brothers survive.
Mrs. Thomas Griffin, 78, Black Creek, July 29. A step-sister survives.
Mrs. Dewey H. Clark (Mary), formerly of Scio, July 29.
William H. Green, 38, Friendship, Aug. 2. His widow, two daughters, four sons, three brothers and a sister survive.
Mrs. Henry Cassidy, 63, Oramel, Her husband, two daughters and

three sons survive.
Mrs. Elmer (Etta) Spicer, 102, Wellsville, Aug. 4. A daughter and four sons survive.
Mrs. Gordon Wereley, Jr., 30, Friendship, Aug. 3. Her husband, her mother, a son, two daughters, and three sisters survive.

Allegany County Fire Control Report For July

From: Allegany County Fire Control 82 East Greenwood Street, Andover, New York for the month of July, 1970.

-FIRES	
Industrial	2
Mercantile	1
Dwellings	9
Farm Buildings	1
Motor Vehicle	6
Oil Field	0
Grass & Brush	4
Pennsylvania Calls	0
Miscellaneous Fires	5
Total Calls	28

ACCIDENTS — 1

MUTUAL AID	
In County	8
Out of County	2
Total Calls	10

AMBULANCE	
Alfred	4
Almond	7
Andover	2
Angelica	12
Belfast	9
Belmont	0
Bolivar	3
Fillmore	11
Friendship	6
Genesee	1
Richburg	9
Rushford	2
Shinglehouse	7
Total Calls	73

Radio Checks — 44
Siren Tests — 86
Vehicle Practice — 16
Vehicle Maintenance — 89
Lost Person — 1
False Alarms — 5
Miscellaneous Calls — 793
Total Calls For The Month — 1146

Gee-Ghostley Reunion

The Gee-Ghostley Reunion will be held Sunday, August 9, 1970 at Island Park in Wellsville, N. Y. A Noon Dinner will be served. Bring full family basket. Coffee and Soft Drinks furnished.
Louise Shoddock, Secy
23 Peckham St.
Rochester, N. Y. 14621

Notice Of Filing Completed Assessment Roll With Clerk

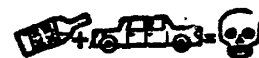
AFTER GRIEVANCE DAY
(Pursuant To Section 516 of the Real Property Tax Laws)

NOTICE is hereby given that the Assessment Roll for the Town of Andover, New York in the County of Allegany for the year 1970 has been finally completed by undersigned assessors, and a certified copy thereof was filed in the office of the Town Clerk, on the 1st day of August, 1970 where the same will remain open to public inspection until October 1st, 1970.

Dated this First day of August, 1970.
R. E. SPICER
FRED SISSON
HUGH BARLOW
Assessors of the Town of Andover

Use the Classified Ad Section.

Keep On Buying Savings Bonds.



WOMEN
Why Gamble With Your Future?
American Cancer Society

Complete Service For Your Car

Bring Your Car Troubles To Us

CENTER STREET GARAGE
George Mingus Dial 478-3185

Doctor in the Kitchen®
by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

WOODHULL RACEWAY
100 LAP TROPHY RACE
Saturday Night August 8th
8:00 P. M.
(Rain Date — Sunday — 2:00 P. M.)
★ ★ ★ STAR
Late Models — Sportsman
Hooligan
New Third Mile — High Banked
Clay Track
Admission: \$1.75
Refreshments Served on the Grounds

WHEN THE WEATHER IS HOT

High temperatures call for cooler foods. A lot of this may be psychological. Or it may relate to the very tangible business of not wanting to heat up the kitchen with cooking. But even in an air conditioned home I notice that people steer clear of the heavier, richer foods that one associates more with cooler weather.

And why not? Everything else varies with the seasons.

Your Need For Protein

But your need for protein doesn't vary. You don't need as many calories to maintain body temperature in the summer, so you can reduce the fats in your diet — especially hot fried foods and rich gravies, and get your quota of fat from cream on berries, or ice cream, and cool salad dressings.

But your diet must still be balanced. Cool protein is available from milk, ice cream, cheese, cold meats, poultry and fish, and hard-cooked eggs in your salads.

Carbohydrates

And carbohydrates are furnished by low-sugar vegetables such as lettuce, radishes, green onions, carrots, cucumbers, tomatoes, white or red cabbage. Enriched or whole wheat breads and cereals are other excellent sources of carbohydrate. And all these foods, chosen from a wide variety, offer generous supplies of minerals and vitamins.

When evening arrives, providing it's not during a record-breaking hot and humid spell, the outdoor barbecuing of steaks, hamburgers, hot dogs, and chicken is one of the great American pastimes — and rightly so. For family or for guests, it is close to our pioneer heritage and loads of fun besides.

But, back to the heat of the day: If you're stuck for cool food ideas, think snacks! One doesn't have to lay out a full meal all the time. Break it up into smaller eating sessions with, say, a salad and crackers with milk at one session — or fish, cheese, bite-size pieces of cold meats, crisp bacon, anchovies, olives, cold kidney beans, and pickles — things like that — at other times.

A Word About Breakfast

And a word about breakfast. If you arise later than usual and the sun is already beating down pretty hard, you may not want the usual hot breakfast. Well, there are always the dry cereals in infinite variety, served with cold milk or cream and perhaps garnished with fruit. And eggnog will give you a cool drink along with the nourishment of the egg, milk, and sugar. Coffee with cream can be iced instead of hot. We've already mentioned cold fruit juices. There really isn't a problem here.

The wide variety of foods should still be your daily guide. And so long as you get the recommended servings from the "four food groups" over the day's time, it doesn't matter how many regular, or small meals you may serve to feed your family comfortably in hot, sticky weather.