

DON'T BE A SNOW-SHOVELING STATISTIC!

An Editorial

So far this winter, we haven't had as much snow as we did last year — which means we haven't had to do a lot of snow shoveling.

However, with the arrival of January — and a New Year this 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 heart 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!



50 YEARS AGO

December 15, 1922

J. H. Backus, Publisher

About forty-five fathers, with their sons, either their own or adopted for the evening, enjoyed the Father and Son Banquet at the Masonic Temple, Tuesday evening.

Beginning the week of December 7, 1922 the temperature ranged from the warmest of 60 degrees Thursday and Friday, to the coldest of 18 on Wednesday, with a range of 30 degrees.

Mr. and Mrs. Linford Potter of Independence have a son, Joseph Olin, born last Saturday.

Mr. and Mrs. Andrew Fuller are moving into their new home on Church Street, this week.

Mrs. Martha Bloss, who returned from Rochester last week, has been engaged as a saleslady in the J. E. Cannon Store.

Mrs. Mac Dean and son Charles spent the week-end with relatives in Hornell.

Mrs. Elmer Greene and sister Mrs. Mary Crittenden were Monday callers of Mrs. Frank Slocum.

Mr. and Mrs. Charles Preston of Independence are spending a few days with relatives in Salamanca.

Mrs. C. M. Crandall and Maxson of Independence, are visiting her mother, Mrs. Mary Green in Alfred.

Mr. and Mrs. Wilkes-Jenkins returned home Tuesday from a month's stay in Elmira.

Mrs. T. K. Regan and son, Jack are spending a few days in New York City guests of her aunt, Mrs. E. A. Cassidy.

Mrs. Ernest Whitney and daughter, Virginia, were guests of her parents, Mr. and Mrs. M. W. Green of Nile, last week.

Mr. and Mrs. Ezra Slocum and daughter, Eveline, and Mr. and Mrs. Jesse Slocum and daughter, Ruth, were week-end guests of Miss Nora Slocum of Ceres.

Mr. and Mrs. Harry Boyd and Richard Williams of Johnson City have been passing the week with Andover relatives. Messrs Boyd and Williams returned Wednesday Mrs. Boyd remained for a more extended visit.

December 22, 1922

Edwin Scott, 66, died Thursday December 14th. His widow, Cynthia Cook and one son, Floyd Scott of Cuba, two brothers and three sisters survive. Funeral services were held Sunday with Rev. C. H. Whelan officiating. Interment was in Emerson Cemetery, Alfred Station.

O. W. Robinson has purchased the livery barn of Lever and Stearns on West Greenwood St.

Mr. and Mrs. Mark Kemp are parents of a son, born December 10th.

The Henry Eggert 75-acre track on South Hill was sold last Friday to Lynch Bros., including 5 producing oil wells and a splendid lot of chestnut timber.

Percy Sampson and family of Independence, moved December 20 to their new home near Greenwood.

Miss Lovina Osborne of Independence spent the week-end at the home of her sister, Mrs. Arthur Leonard of Andover.

George Dodge was a guest of his brother, Chas Dodge a few days last week.

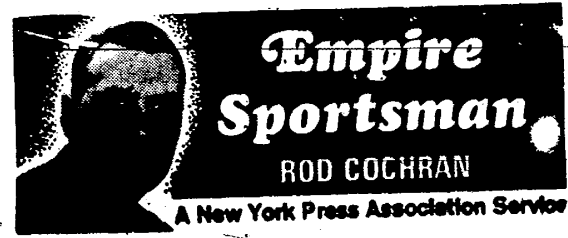
Earl Dawson of Hornell spent Sunday with his mother, Mrs. Madge Dawson.

Herman Widger is home from Tri State College in Ohio to pass the holidays with his mother, Mrs. Getta Widger and brother, Clarke.

Mrs. J. G. Ostrander and daughter, Kathryn of Wellsville are guests at the home of Mr. and Mrs. B. C. William of Pleasant Ave., this week.

Mr. and Mrs. John Deming left Tuesday for Raleigh, S. C., for an extended visit at the home of their son, Prof. and Mrs. Leop Cook.

Mr. and Mrs. Harold Emery are in Rochester, where Mr. Emery is to consult an army surgeon regarding a shrapnel wound which is again troubling him. He has suf-



SNOWMOBILE SAFETY, ENVIRONMENTAL PROBLEMS

A study of snowmobile use areas indicates that well-designed, well-maintained trails eliminate many of the safety and environmental problems connected with the sport. So says a report issued by the State University College of Environmental Science and the U. S. Forest Service.

Many of the snowmobile accidents, injuries, and fatalities and much injudicious use of the outdoors by some snowmobilers can be eliminated through development of trail facilities throughout North America on public and private lands, according to the report sponsored by Bombardier Ski-Doo.

It's a matter of putting snowmobile operators into controlled use situations where safe, considerable use of the machines makes possible a family enjoyment of the sport, the findings indicate.

The report, covering more than 50 snowmobile use areas, showed the biggest problem faced by area operators is trail maintenance, which requires the largest amounts of time and effort each year. Ski-Doo has been the industry leader in developing trail maintenance

equipment and then making it available to clubs and the like at low cost.

Trail design, it was revealed, should be undertaken with the help of snowmobiling experts, an environmentalist, a safety expert, and a landscape architect. Trails systems studies included those on public land financed by snowmobile registration fees, a system on public and private lands informally developed by snowmobile clubs, networks on the properties of large corporations such as paper companies and land developers, regulated areas set up by local businessmen on private land with use fees and/or rental machines, and a system on private land for the use of patrons of a lodge, hotel, or resort. More than 80 per cent of the trails studied were on only logging roads.

Other factors developed from the study included a necessary minimum depth of three inches of snow, varied topography, trails with points of scenic or historic interest, width of 10 feet, one direction, adequate and uniform signing hazards clearly marked, flat curves, and check-in/check-out.

ferred a great amount of agony from the several wounds received overseas in the World War.

Valentine K. Boyer of Perry, father of John Boyer of Andover, died December 10th. He was a Civil War Veteran.

Mrs. Katherine McCarry of Barney Street has gone to Bath to pass Christmas at the home of John Burke.

40 YEARS AGO

December 23, 1932

J. H. Backus & Son, Publishers

Neighbors and friends gathered at the home of Mr. and Mrs. William Potter, who have recently moved on the Greenwood Road, Friday evening to welcome them to our township.

New steel ceilings are being placed in the Andover Free Library. C. E. Hann and son are doing the work.

Ira B. Crandall, 85, died at his home in Westerly, R. I., December 10th. His widow, and a sister, Mrs. Maxson A. Crandall of Andover, survive.

William McDonough, 93, the oldest citizen in Andover, died at his home on Dyke Street, Thursday, December 22. His widow, four sons, three daughters and a sister survive. Funeral services were held Saturday morning with Rev. Charles E. McHugh officiating. Interment was in Gate of Heaven Cemetery.

Edward Cannon is home from Cornell University to pass the holidays with his parents, Mr. and Mrs. James P. Cannon.

Mr. and Mrs. Clark Richardson of Athens Pa., were guests of his brother, E. A. Richardson and family, Tuesday.

Mrs. C. W. Kunz left for the return trip to her home at Wilbur, Wash., Tuesday after being called here by the illness and death of her mother, Mrs. Sarah Jamison.

Mr. and Mrs. John Briggs and Mr. and Mrs. Howard Briggs were guests of Mr. and Mrs. Urial Davis of Rochester over the week-end.

Mr. and Mrs. Roy Courtney were week-end guests of Mr. and Mrs. W. C. Bohne of Wellsville.

P. D. Perrone left Wednesday for Johnsonburg, Pa., to pass the holidays with his parents, Mr. and Mrs. D. Perrone.

Mrs. F. D. Young and Mrs. Reva Thompson of Greenwood, were Sunday callers at the home of Miss Alice Clarke of Andover.

Miss Florence DeRemer of Cornell University is passing the Christmas vacation with her parents, Mr. and Mrs. John DeRemer.

The Misses Ellen and Mary Horan of Nazareth College, Rochester, are passing the holidays with their parents, Mr. and Mrs. E. S. Horan.

Mr. and Mrs. Charles Caple are spending Christmas with her parents, Mr. and Mrs. George Munro at Buffalo.

Robert Common of the University of Buffalo came home Wednesday to spend a two-week holiday vacation with his parents, Dr. and Mrs. John Common.

December 30, 1932

Mrs. Gerard Folwell, 35, died Thursday, December 22. Her husband, a son, a daughter and her parents survive. Funeral services were held Sunday with Rev. Frank H. Bisbee officiating. Interment was in Valley Brook Cemetery.

Mr. and Mrs. M. A. Crandall were receiving congratulations at their home Tuesday in honor of their 61st wedding anniversary.

Carl Clarke has been drawn to serve at a term of Grand Jury at Belmont on January 16, 1933. George Weed and W. M. Joyce will do duty as Trail Jurors at the same time.

Mr. and Mrs. Francis Wales welcome a baby girl to their home on Tuesday, December 27th.

Mrs. Dan Appier entertained her school pupils and their parents of District No 2, Andover, at a Christmas Tree and program, Friday afternoon.

A birthday surprise party was held for Miss Louise Rogers at the West Greenwood Grange Hall Wednesday evening.

Miss Lenora Dean arrived home from Cleveland, Ohio, Saturday for a week's Christmas vacation.

Mrs. E. J. Atwood is passing this week at the home of her cousins, Dr. and Mrs. F. G. Crawford of Syracuse.

Mr. and Mrs. William Jones and family were guests for Christmas of her parents, Mr. and Mrs. Frank Cummings of Pike.

Miss Ellen Driscoll, R.N., of Buffalo, spent Christmas with her mother, Mrs. Mary Driscoll and sister, Mr. and Mrs. Vincent O'Connor.

Miss Carolyn Hinchey of Elmira is a guest of Mr. and Mrs. Arling Baker during the holidays.

Mr. and Mrs. Charles Church were Christmas guests and also remained for the week with Mr. and Mrs. Ray Wilcox of Richburg.

Mr. and Mrs. Norman Joyce and son, Harold of Greenwood, are visiting her parents, Mr. and Mrs. Charles Updyke and other relatives in Andover this week.

Mrs. Mary McCaffery and daughter, Catherine of Rexville, returned home Sunday after spending several days in Andover during the illness and death of her brother, William McDonough.

Miss Mary O'Leary of Elizabethtown, N. J., arrived Saturday to pass her vacation at the home of

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