

## 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 our first real snow-storm and blizzard Monday, we had better adjust ourselves to the fact that our moderate weather may be over — and a real winter still ahead of us.

Already there have been several reports of at least four men in New York State that have become fatalities of the first storm with at least the one in Perry, New York, being reported as a Heart Attack victim — from shoveling snow.

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

November 9, 1923

J. H. Backus, Publisher

Patrick F. Kilbane, 62, died at Cleveland, Ohio, October 31. Four sisters and four brothers survive. Burial was in St. John's Cemetery in Andover, Sunday, November 3.

Mr. and Mrs. Charley Burgess of Lever Hill, are parents of a daughter, Violet Anita, born October 17th.

Lee Millsbaugh of Whitesville has moved his family to Andover, and are occupying the Alois Kellenburger house on Water Street.

Mr. and Mrs. Harry Ingham of Lever Hill, are the parents of a son, Earl Raymond, born October 13th.

Ed Greenan has moved from the Ed Horan farm on South Hill, to the Meade farm in Greenwood which he recently purchased.

Mrs. Clara Titsworth returned to her home in Plainfield, N. J. Sunday, after passing the summer with her brother, M. A. Crandall and family and other relatives in this vicinity.

Mrs. Laura Witter spent the week-end in Buffalo with her son Sheridan, who is attending the Bryant & Stratton College.

Mrs. Mary Snyder spent a few days last week visiting Mr. and Mrs. Edward Padden at her home on Snyder Hill.

Mr. and Mrs. W. S. Clarke returned Sunday from a week's visit with her mother at Moshertown, Pa.

Mr. and Mrs. R. C. Mitchell and children of Hornell, were week-end guests of Mr. and Mrs. John Burns.

Mrs. James Guinn has returned home from a two weeks visit at the home of her sister at Johnstown.

Mr. and Mrs. Charles Bines and Miss Georgia Bines, spent Saturday and Sunday in Buffalo.

John Price and son, Raymond of Buffalo, were guests of Fay Boyd the first of the week.

## November 16, 1923

The Annual Election of Officers of the Andover Chamber of Commerce was held at the Hotel Swink Thursday evening, November 8 as follows: President, J. Harvey Backus; Vice-President, J. E. Cannon; Secretary, A. D. Fuller and Treasurer, E. D. Baker.

Alonzo Slocum has moved from Paynesville to the Bert Brown farm on Davis Hill.

Hayden Rogers has rented the flat over the Horan Hardware.

Mr. and Mrs. Leo Snyder have begun housekeeping in the flat in the Trainor Building on Main St.

Mrs. Tom Youngs of South Hill was the guest of her sister, Mrs. Whitney of Andover the first of the week.

Ethel Kernan, 21, formerly of Greenwood, died at her home in Canisteo, November 8th. Her mother and two brothers survive.

The pupils and the parents of the Dean School enjoyed a Halloween Party at the school house Saturday evening.

Mrs. Clarence Kemp was called to Smethport, Pa., Tuesday, November 16, by the death of a sister Mrs. Rogert Oliver. Mr. Kemp and children drove there Thursday to attend the funeral and Mrs. Kemp returned home with them.

Mr. and Mrs. E. J. Reiman of Angelica, are guests of Mr. and Mrs. Hunt this week.

Mrs. Edna Langworthy has returned home from a visit with friends in Rochester.

Supervisor E. R. Crandall has been in Belmont attending the annual sessions of that body this week.

Mr. and Mrs. Hayden Rogers and son, Albert, returned this week from a motor trip and a few weeks stay in Tulsa, Oklahoma.

Dr. J. P. Cleary arrived in Andover Saturday and received a warm welcome from his many friends in the village and locality.

## 40 YEARS AGO

November 3, 1933

J. H. Backus & Son, Publishers Edmund Baker, 78, died at the home of his grand-nephew, Donald



by Alex Rankin

Now comes the pushing and is-Rockefeller's party, run on his money and fueled by his patronage.

Gov. Rockefeller's resignation also may signal the beginning of the end for the Republican party on the state level.

The pushing and shoving will be between Gov. Malcolm L. Wilson and Republican Assembly Speaker Perry B. Duryea, Jr., of Montauk, L. I.

The action will begin with the opening of the 1974 session of the Legislature in Albany next month, as both men jockey towards the gubernatorial election in November.

This much seems evident already:

Duryea is not going to give in without a fight and even with all of Rockefeller's money behind him. Wilson faces a tough battle against any number of Democrats that might be running.

The first shove came a few weeks ago when the now private citizen Rockefeller said he would like to see the primary date moved up to September. That would help Wilson in any battle with Duryea.

But Duryea's counter punch is the hint from his special committee on election reform laws that a bill will soon be forthcoming that would severely limit campaign spending. That would shut off a large amount of funds that Wilson might expect from Rockefeller to overcome Wilson's basic weakness: he has served so long as Rockefeller's shadow that no one knows who he is.

The party in the state, after all,

Baker of Cord Creek, Pa., Thursday, October 26. One brother, Merrill Gray of Penn Yan survives. Interment was in Pleasant Valley.

Mr. and Mrs. Lynn Vanderhoef are parents of a daughter, Margaret Vivian, born November 6th.

Mr. and Mrs. L. F. Davis moved their household goods from the McAndrew house on First Street to the Charles Burdick farm in East Valley, Tuesday.

A white blanket of snow has changed the landscape giving us our first real touch of winter.

Mr. and Mrs. Raymond Woods have moved into the W. J. Potter house in Independence.

Mrs. M. A. Crandall of Andover was a guest over the week-end of her daughter, Mr. and Mrs. Floyd Clarke.

Mr. and Mrs. Elmer Mann of Elm Valley left last week to pass the winter in Florida.

Walter Edwards and Howard Burdick of Elm Valley left Saturday night by train for a week at the World's Fair in Chicago.

Mrs. Arthur Stewart is spending several days with her sister, Mrs. Archie Kernan of Greenwood. The Kernans have a new baby boy.

The Larkin Store in Andover, closed its doors to the public Saturday night.

P. W. Kane of Miami, Florida, who visited his sister, Mrs. Wm. McDonough for a week, returned home Wednesday.

Mrs. B. J. Horton returned to her home at Albuquerque, N. M. Saturday, after a six weeks visit at the home of Miss Mary Snyder.

Mr. and Mrs. L. F. Davis and son, Alfred, spent Friday and Saturday at the home of her sister, Mr. and Mrs. George Bennett at Addison. Mrs. William Dodge, who had been visiting her daughter, returned home with them.

Harold Huffcut was in Rochester from Thursday until Sunday where he attended the teachers' conference.

S. F. Pelton motored to Coopers Plains Tuesday, returning Wednesday with Mrs. Pelton who has been visiting Mr. and Mrs. Lawrence Livermore since Sunday.

## November 10, 1933

J. L. Williams was re-elected Supervisor of the Town of Andover at the election. Others winning were: Earl Howland, Supt. of Highways; Reta Stearns, Collector and Archie Bloss, Town Clerk. Frank Gray, 71, died at his home

## 30 YEARS AGO

October 28, 1943

Claire C. Backus, Publisher Mrs. Elvira Emogene Smth, 76.

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