

Studies: Vitamin Pills Don't Prevent Heart Disease

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NEW ORLEANS (AP) - Vitamins C and E do nothing to prevent heart disease in men, one of the largest and longest studies of these supplements has found.

Vitamin E even appeared to raise the risk of bleeding strokes, a danger seen in at least one earlier study.

Besides questioning whether vitamins help, "we have to worry about potential harm," said Barbara Howard, a nutrition scientist at MedStar Research Institute of Hyattsville, Maryland.

She has no role in the research but reviewed and discussed it Sunday at an American Heart Association conference. Results also were published online by the Journal of the American Medical Association.

Male smokers taking vitamin E had a higher rate of bleeding strokes in a previous study, and several others found no benefit for heart health.

As for vitamin C, some research suggests it may aid cancer, not fight it. A previous study in women at high risk of heart problems found it did not prevent heart attacks.

Few long-term studies have been done. The new one is the Physicians Health Study, led by Drs. Howard Sesso and J. Michael Gaziano of Harvard-affiliated Brigham and Women's Hospital in Boston.

It involved 14,641 male doctors, 50 or older, including 5 percent who had heart disease at the time the study started in 1997. They were put into four groups and given either vitamin E, vitamin C, both, or dummy pills. The dose of E was 400 international units every other day; C was 500 milligrams daily.

After an average of eight years, no difference was seen in the rates of heart attack, stroke or heart-related deaths among the groups.

However, 39 men taking E suffered bleeding strokes versus only 23 of the others, which works out to a 74 percent greater risk for vitamin-takers.

The study was funded by the National Institutes of Health and several vitamin makers. Results were so clear that they would be unlikely to change if the study were done in women, minorities, or with different formulations of the vitamins, Howard said.

"In these hard economic times, maybe we can save some money by not buying these supplements," she said.

A second study found that vitamins B-12 and B-9 (folic acid) did not prevent heart disease either, supporting the results of previous trials. That study involved more than 12,000 heart attack survivors and was led by Dr. Jane Armitage of the University of Oxford in England.

Maine Company Recalls Frozen Chicken Products

PORTLAND, Maine (AP) - Barber Foods Co. is recalling 41,415 pounds of frozen chicken products after consumers complained of finding pieces of rubber in the products.

The U.S. Department of Agriculture says the recall applies to selected stuffed chicken Kiev products sold under the Schwan's label and made available for catalog or Internet purchase from Schwan's Home Service Inc.

Officials say a number of customers complained to Schwan's about finding pieces of rubber in the products. No injuries have been reported.

Barber Foods is based in Portland.

Indiana Boy Latest Safe-Haven Case

LINCOLN, Neb. (AP) - An 8-year-old Indiana boy was left last Thursday at an Omaha hospital, bringing to 28 the number of children left under Nebraska's unique safe-haven law.

Todd Landry with the Department of Health and Human Services Division of Children and Family Services said the boy from Wabash County was left by his mother late Thursday morning at Bergan Mercy Hospital.

It is believed the boy's mother drove him to Omaha from Indiana, HHS spokeswoman Jeanne Atkinson said. She declined to release other details.

The boy is the fourth from out of state. Children from Iowa, Georgia and Michigan also have been among the children left at hospitals under the Nebraska law. They have since been returned to their home states.

Nebraska's law says anyone can leave a child at a hospital without fear of prosecution for the abandonment. The law uses the word "child" and doesn't include any age limit.

20 Years Ago

From The Files Of November 17, 1988

'88 Veterans Day observances for Fulton County were held Friday with a parade through McConnellsburg and ceremonies at the courthouse. Col. Stephen Etzel, commander of Letterkenny Army Depot, urged those gathered for the occasion to keep the torch burning for a strong national defense.

A Colorado man was killed in a one-vehicle accident last Thursday along U.S. Route 30 in Licking Creek Township. The truck-tractor, with semitrailer, was traveling east on Route 30, when he apparently drove too fast into a sharp right curve known as the notorious Ladies Turn. The rig skidded off the north berm, crashed through the metal guardrails and overturned down an embankment.

Marilyn Anderson of McConnellsburg was recently honored as the Family Dollar Store's manager of the year.

Members of Green Hill Sewing Club demonstrated their talents at apple butter making at Ebenezer Elementary School in Lebanon last week, with the grade school students helping with the stirring and being fascinated with the process. The club has been making apple butter to raise money since the early 1930s and has given demonstrations at various folk festivals in several states.

Penny Runk and John Mixell were united in marriage October 1 at Needmore Bible Church. The bride is the daughter of Mr. and Mrs. Gary Wheeler Sr., Warfordsburg. Parents of the groom are Mr. and Mrs. Earl Mixell of Fort Littleton.

Births at the Medical Center: a daughter to Mr. and Mrs. Ricky Gladhill of Baltimore on November 4; a son to Mr. and Mrs. Bryce Marshall of Mercersburg on November 4; a daughter to Mr. and Mrs. Russell Hann of Needmore on November 8; a son to Mr. and Mrs. Charles Hostler of Mercersburg on November 8.

Marriage licenses: William Bohrer, Needmore, and Vicki Johnson, Needmore; Christopher Robinette, Waterfall, and Jacqueline Watkins, Waterfall.

Specials at the IGA: round steak, \$1.99 lb.; sweet potatoes, 79 cents a can; mincemeat pies, \$1.59; fresh cranberries, 79 cents, 12-oz. pkg.

Deaths: Earl Schooley, McConnellsburg; Marie Brady, Waynesboro; Leon McCray, Warfordsburg.

30 Years Ago

From The Files Of November 9, 1978

'78 Riding high on a better-than-average voter turnout here, Republicans swept all races in Fulton County in Tuesday's general election. The county Election Board finished tabulating votes earlier than usual election night, and the unofficial results showed that Fulton County had followed the rest of the state in giving Republican Richard Thornburgh the edge over Pete Flaherty in the governor's race.

Kenna Lea Doyle, 8-year-old daughter of Kenneth and Sharon Doyle of McConnellsburg, died last Thursday after she was hit by a car near her home. The accident occurred on Route 522, about two miles north of McConnellsburg, when the child darted across the road from east to west into the path of a Chevrolet Camaro driven by an 18-year-old girl from Chambersburg, which was travelling south at a legal and proper speed.

David Welsh was named Pennsylvania State Champion Fox Hunter following a hunt last weekend at Fawn Grove, Pa. Dave said the hunt was something to see when at a given time 200 trained hunting dogs were let loose to pick up the scent of crafty, old Reynard. His four dogs proved their mettle and he came home with the state trophy.

A barn raising is planned for November 11 at the Clarence McKee residence at Warfordsburg, at the foot of Townhill Mountain. Mr. McKee's barn was destroyed by fire several weeks ago, and good neighbors are organizing the barn raising.

The marriage and divorce rates in Fulton County were well below the rates for the state as a whole during 1977, according to an analysis for the year completed by the state Department of Health. Marriages in Fulton County fell from 66 in 1976 to 55 in 1977, while divorces increased from 21 to 26.

Trudy Mae McQuait and Terry Eugene Fix were united in marriage on September 2 in Fairview United Methodist Church. The bride is the daughter of Mr. and Mrs. Chester McQuait of McConnellsburg, and the groom is the son of Mrs. Dorothy Fix of Hustontown and the late Kenneth Fix.

Marriage license: Michael L. Glenn, McConnellsburg, and Sharon L. Hamm, McConnellsburg.

Specials at the IGA: Banquet cookin' bags, 4 for \$1; tangerines, 12 for 99 cents; Cottonelle toilet tissue, 89 cents; Robin Hood flour, 59 cents, 5 lbs.

Births at the Medical Center: a son to Mr. and Mrs. Robert A. Barnhart of Warfordsburg on October 27; a daughter to Mr. and Mrs. Roger L. Barnhart of Warfordsburg on October 28.

Deaths: Nettie M. Buterbaugh, McConnellsburg; Mrs. Vivian Hoffman, Saltillo; Mrs. Emily Scriever, Hancock.

40 Years Ago

From The Files Of November 21, 1968

'68 Mrs. Harold L. Peck of McConnellsburg, mother of five children, was killed in a two-car head-on collision on Saturday on Route 522, one-half mile south of Fort Littleton. Norman Baker of Fort Littleton, driver of the second car, remains in critical condition in Washington County Hospital where he was taken following the accident with severe abdominal injuries, a ruptured spleen and chest contusions. Four passengers in the Peck vehicle, a 1961 Plymouth station wagon, were injured and taken to the Medical Center and treated and released. They were Laurie Peck, 12; Adele Hall, 4; Gaynell Hall, 23; and Daryl L. Peck, 15. Mrs. Peck's death marks the fourth fatality in Fulton County this year.

"The Shoe," the teenager coffeehouse, will be open this Saturday evening, November 23, from 8:30 p.m. to 1:00 a.m.

A festive mood prevailed at the McConnellsburg Firehall on November 8 as people from all areas of Fulton County gathered to participate in the 20th anniversary banquet of the Fulton County Extension Service, which was established on July 7, 1948.

Mr. and Mrs. Luke Ritchey will celebrate their 50th wedding anniversary with an open house on Sunday, December 1, at their residence in Wells Tannery.

Wedding vows were exchanged on October 19 by Ruth Joanne Powell and Carl Evon Reed. The ceremony was performed in the Nazarene Church in Needmore. The bride is a daughter of Mr. and Mrs. Marvin T. Powell of Warfordsburg, and the groom is the son of Mr. and Mrs. Earl S. Reed of Hancock.

Miss Sarah Darlene Yost became the bride of SP-5 Ezra Rodger Peck in a double-ring ceremony performed on Saturday, October 26, at Mays Chapel Christian Church, Warfordsburg. Parents of the couple are Mrs. Sarah Yost and the late Guy R. of Berkeley Springs and Mr. and Mrs. Russell Peck of Needmore.

Mr. and Mrs. Levi Seville will celebrate their 50th wedding

FROM DAYS GONE BY

MEMORY JOGGER



This week's Memory Jogger is the property of the Fulton County Historical Society and pictures the Rev. David R. Hoover family, from left to right: Steve, Mary, Marilyn, Rev. David R. Hoover, and David II. The occasion was the Hoovers' 25th wedding anniversary. The photo was taken by C.B. Chubb in May 1969.

anniversary on Sunday, November 24.

Deaths: Nelle L. Rummel, McConnellsburg; Edith W. Cutchall, McConnellsburg; Myrtle Alma Williams, Robertsdale; Mary E. Houck, Altoona; Myrtle Flenner, Dudley.

beth Lee Tenbrook of West Philadelphia.

50 Years Ago

From The Files Of November 20, 1958

'58 Mr. and Mrs. George Mosser of Harrisburg spent the weekend at their home at Cowans Gap. Mrs. Mosser is almost fully recovered from a broken ankle she received some time ago.

Announcement has been made of the engagement of Nancy Lee Wible to Jacob Calvin Hewett.

The two McConnellsburg banks mailed out a record sum this week in Christmas Club savings. The combined total of the two banks was \$36,970, paid to 375 members.

Congressman Richard M. Simpson, because of his "past distinguished record," has been notified that he will move into new seniority posts in Congress. Mr. Simpson will move into the second ranking position on the Ways and Means Committee, as well as the Joint Committee on Internal Revenue Taxation. It is expected that he soon will join the House leadership in the formulation of the legislative program for the next session of Congress.

The new Civil Defense short-wave radio-phone communication system for Fulton County, located in the courthouse, was tested last week and proved satisfactory. There are also two mobile units, one assigned to the local Civil Defense director, George Albert, and the other located on one of the fire trucks.

Carmack's new 3,700-square-foot store in McConnellsburg was opened to the public on Monday.

Sarah Garlock, 2 1/2-year-old daughter of Mr. and Mrs. Richard Garlock of town, is listed in serious condition at the Chambersburg Hospital, suffering from burns of the buttocks, legs and feet. The child climbed into the bathtub by herself and turned on the hot water. Doctors told the parents it will be two weeks before the bandages are removed and then it will be decided whether plastic surgery is needed.

The Pennsylvania Farmers' Association has re-elected G.A. Biggs, McConnellsburg cattle breeder, to his fourth two-year term as president of the statewide organization.

The first account of the executors of the estate of H.B. Slaughenhaus of Chambersburg was filed last week and showed a balance of \$1,183,411.88 for distribution.

Mrs. H.B. Mellott of town suffered a broken ankle on Monday when she fell from the last step while descending a flight of stairs.

Births at the Medical Center: a daughter to Mr. and Mrs. Richard Strait of Harrisonville on November 10; a son to Mr. and Mrs. George J. Strait of Hancock on November 14; a daughter to Mr. and Mrs. Irvin Seburn of Big Cove Tannery on November 12; a daughter to Mr. and Mrs. Norman Everetts Jr. of Fort Loudon on November 13; a daughter to Mr. and Mrs. Harry L. Bain of McConnellsburg on November 16.

Naomi's Beauty Shop at Harrisonville, located at the Guy Shives residence, will open in the near future.

Deaths: Fanny Rebecca Strait of Licking Creek Township; William S. Black of McConnellsburg.

60 Years Ago

From The Files Of November 25, 1948

'48 It was announced this week that the federal government has allocated the sum of \$52,000 to aid in the construction of the Medical Center.

James Harris, whose arm was torn off in an accident at the Mellott quarry last week, is improving steadily at Chambersburg Hospital.

Merrill W. Kerlin received word this week from the State Board of Law Examiners that he had passed the bar examination satisfactorily. He had taken the various tests on August 5-6.

Oscar Unger has erected a prefabricated house along the Reservoir Lane. He bought the 16x17-foot house from the American Legion at Fort Loudon and trucked it here in sections. The house cost \$100 and was put up in four hours by Oscar and a handful of amateur construction men.

Five-year-old Peggy Ann Sweger of Wells Tannery was instantly killed last Friday morning when she was hit by a heavily-loaded coal truck after she had exited a school bus.

Births: a daughter, Sharon Joan, to Mr. and Mrs. Ralph Ritz of Hancock on November 6; a son to Mr. and Mrs. Paul Clever of Big Cove Tannery on November 21; a daughter to Mr. and Mrs. Isaac Everts of Big Cove Tannery on November 23.

Deaths: Mrs. Catherine Rebecca Wagner of Altoona; David William Ott of Mercersburg; Mrs. Minnie May Henderson of Mapleton; Ross Linn Mellott of near Sipes Mill; Miss Eliza-

70 Years Ago

From The Files Of November 24, 1938

'38 George W. Hays, well known and highly respected merchant of McConnellsburg for many years, died Tuesday morning of a heart attack. Although not in the best of health due to his advanced years, he attended church services on Sunday and was at his store on Monday.

Other deaths: Mrs. Mazie Helman of McConnellsburg; Mrs. John Sollers of Wood; Mrs. Harold Eugene Chesnut of McConnellsburg.

With two stretches for the new "dream highway" under construction or offered for bids, rumor in Harrisburg has it that the next section to be offered for bids will be located in Fulton County.

Brooks F. Smith, master; Lillian Lynch, secretary; and Aura Deneen, lecturer; announce that the Fulton County Pomona Grange will be the guest of the Warfordsburg Grange on Saturday, with both an afternoon and evening session.

Officer George Mosser picked up a local youth last week and lodged him in jail to await trial. The youth was charged with entering the home of Mack Crouse at Big Cove Tannery and taking a shotgun.

The new basketball team here, sponsored for the first time last year by local merchants, had such a successful season the first year that a meeting was held Friday evening for the purpose of scheduling games with stronger opponents. The team this year will play against Waynesboro, Greencastle, Chambersburg, Hagerstown, Bedford, etc. Last year, the local five won 12 of the 16 games played.

All the churches of McConnellsburg will unite for Thanksgiving services this year, with services in the United Presbyterian Church. Rev. Frank D. Findlay, D.C., will preside; Rev. Wm. J. Lowe will read the scripture lesson; Rev. F.L. Pannebaker will offer the Thanksgiving prayer; and Rev. Snyder Allemen will preach the sermon and give the benediction. The offering taken at this union service will be given to Chambersburg Hospital.

The popular bingo games conducted by the local Lions Club now have a new attraction. In addition to turkeys given for each game, a turkey door prize will be awarded at 11:00.

Dr. and Mrs. J.L. Neil were in Pittsburgh over the weekend where they attended the funeral of Mrs. Neil's stepister. Shoe specials at the Racket Store: men's work shoes, \$1.65; men's overshoes, 90 cents and men's hi-cuts, \$2.75.

Mrs. Alice Edwards of Center was called to Altoona to see her son, Raymond, who was injured in a fall while at work.

Otis Winters and Dorothy McKee were married Thursday. The men folks of Damascus Church treated that building to a new coat of paint last week.

Fred R. Hamil has been awarded the "amf" in soccer and numerals in football at Mercersburg Academy.

Last Friday, Gerald Price of Hiram shot a rabbit. When he stopped to pick it up, he found two, having shot both.

Some hunter was so careless last week as to shoot one of the tires of Lester Mellott's parked car at Hiram.

A kitchen shower was held last week at the home of Mr. and Mrs. Ralph Hohman in honor of their son and daughter-in-law, Mr. and Mrs. Melvin Hohman.

Mr. and Mrs. William Miller and family moved from Edenville to Knobsville last week.

A.C. McCoy of Fort Littleton shot a 9-pound turkey on Saturday.

Born: a son to Mr. and Mrs. Vivian Miller of Fort Littleton on Sunday, November 13.

McCleary Oil Co. is advertising gasoline at 12.9 cents a gallon.

80 Years Ago

From The Files Of November 22, 1928

'28 Deaths: Daniel Levi Grissinger of McConnellsburg; William Kellner of McConnellsburg; Amos Sigel of Buck Valley; Joel Barton Walters of Round Knob, Bedford County.

Recent births: a daughter, Sarah Ellen, on November 10 to Mr. and Mrs. Max A. Glee of McConnellsburg; a daughter on November 1 to Mr. and Mrs. Horace Peck of Ayr Township; a child on October 26 to Mr. and Mrs. Harry Lynch of Big Cove Tannery; a son, Harry Lee, on October 21 to Mr. and Mrs. William Buterbaugh of Ayr Township; a daughter, Carol Davis, on October 19 to Mr. and Mrs. Luther M. Black of McConnellsburg; a daughter, Nancy Maxine, on October 19 to Mr. and Mrs. Nhytle Morton of McConnellsburg; a daughter on October 16 to Mr. and Mrs. Harrison Ramsey of Knobsville; a daughter, Arabelle, on September 24 to Mr. and Mrs. Harvey Mellott of Ayr Township; a daughter, Betty Ellen, on September 29 to Mr. and Mrs. Irvin Burke of Ayr Township; a