

Health for All

Headaches

Although headaches are not diseases that require treatment, they should never be ignored because they are often the symptoms of disorders of a serious nature. No ache or pain is pleasant, but any discomfort which serves as a warning signal should be considered one of nature's benefits.

Headaches are signs that all is not well in some part of the body, or that fever is present.

Only in rare cases is the brain itself in distress. The mechanics of a headache are unknown but, since the brain has no nerves of feeling, the irritation is likely due to pressure on nerves between the brain and the skull.

The most common type of headache is produced by the stresses of everyday living. The conflicts and problems of home, work, or school can build up tensions and pressures that result in conditions varying from dull aches to the painful "migraines" which are chronic with many.

Second in headache frequency is the misery which accompanies infectious diseases such as colds, flu, and childhood diseases. In lesser numbers, but all too common, are headaches associated with high blood pressure and conditions of the eyes, teeth, ears, and nasal passages.

Lastly, and really rare, are those resulting from brain tumors and hemorrhages.

We are all familiar with the temporary type of headache brought on by over-indulgence in exercise, food, tobacco, or alcoholic beverages. These respond quickly to rest and more moderate behavior, and do not return unless the extreme activity is repeated. Few people would confuse one of these with the persistent type resulting from an internal cause.

All headaches that are severe or recurring, or both, deserve the attention of a physician. Self treatment of even the most painful headaches is an all-too-common practice indeed. While the medications employed are usually harmless in themselves, their use may disguise other symptoms and possibly delay proper treatment of the responsible condition.

The Health Association of Rochester and Monroe County cautions you to remember that killing any pain with a drug or patent medicine is dangerous unless the cause and correct treatment have been determined. Let your physician prescribe, and then follow his recommendations carefully.

Greece Miss Pursues Nursery School Study

Carol Gillette, who lives with her parents Anthony and Josephine Gillette at 1360 Ridgeway Avenue, has just completed the first year in a two-year curriculum at the State Institute of Cobleskill. She is studying nursery education and hopes one day to work with handicapped children, such as those afflicted with cerebral palsy.

While at Cobleskill this year, Carol became interested in the junior college's little theatre group. She was active in backstage work when the group presented a comedy called "The Wedding" which played in four per-

Town Girl Graduated From Potsdam College

Virginia Laakso, daughter of Mr. and Mrs. Thomas M. Laakso, 250 Ellington Drive, was one of 260 teachers and future teachers who received degrees last Saturday at State University Teachers College at Potsdam.

A bachelor of science degree was conferred on Miss Laakso.

While attending Potsdam, Miss Laakso was a member of Agonian, a social sorority; the Crane Chorus, Student Government Association, Future Teachers of America and College Choir.

She was on the typing staff of "Pioneer," the college yearbook, and was chairman of the election committee for the ice carnival.

Miss Laakso will teach second grade pupils in Plainfield, N. J., starting in September.

Neighborly Greetings . . .

BY MRS. HILDA SPALL
Charlotte 2-0226-W

It is a pleasure to start this with due and sincere congratulations to Fraser Chevrolet, Inc. of Stone Road. A letter of commendation was received by them from Governor Harriman and Commerce Commissioner Edward T. Dickinson for their sales slogan, "For the Best Vacation Ever, See New York State First." A plaque with this letter was displayed in the foyer of Sibley's tea room last week, and at present it is in the entrance of the Lincoln-Rochester Trust Company office.

We are sorry to report the serious illness of Mrs. J. Ralph Shotwell of 250 Woodcroft Drive. She is in Northside Hospital and we hope she is much improved at this time. Mrs. Shotwell is the wife of the Rev. J. Ralph Shotwell of the Greece Baptist Church.

Mr. and Mrs. Robert Schellberg of 236 Elmguard Road and their three children will drive to Alaska for a month's vacation.

Jean Marie Christmas is such a pretty name for that new young lady, born on June 10. Her proud parents are Mr. and Mrs. Raymond Christmas of Alonzo Street. Mr. and Mrs. Walter Bonesteel of Woodcrest Road are the proud grandparents.

Mr. and Mrs. Roy Forrest of Brookridge Drive have returned after an extended honeymoon. They were married June 7.

Mr. and Mrs. Robert Herberger, formerly of 22 Haviland Park, are occupying their new home at 6 Ridgwood Drive.

Sympathy is extended to Mr. and Mrs. Lewis Beem of 422 McCall Road in the tragic loss of their son, Bradley.

June is a busy month of weddings and, in our fair town, it is no exception. I must take this opportunity to extend best wishes to our 1957 harvest queen, the former Diane McCarthy of 234 Windsor Road and Christopher J. Farrell, Jr., who were married on June 14. Mr. and Mrs. Farrell will be in their new home in Aiden Road about July 15.

Mr. and Mrs. John Regan of Maiden Lane have sold their house and will move to Irondequoit early this Summer.

Congratulations to Miss Nancy Blatiner of 3353 Ridge Road West on her marriage plans with Fred Fabry of 2227 Dewey Avenue.

Edward H. Burton of 92 Hampden Boulevard, Ralph Genrich of 505 Ridgmont Drive and Elizabeth Lutz of 1433 Long Pond Road are among the recent graduates of State University Technical Institute at Alfred.

News comes to us that announcement of the engagement of Miss Sylvia Bangsberg of La Crosse, Wis., to Navy Petty Officer 3/c Ronald J. Uber, son of Mr. and Mrs. James Uber of Stonewood Avenue has been

made by Mr. and Mrs. Earl Bangsberg of LaCrosse. Miss Bangsberg is a graduate of Wisconsin State College and the future bridegroom is a graduate of the U. S. Naval Optical School at Great Lakes, Ill. The wedding is planned for July 15 in La Crosse.

A pretty wedding in Hope Lutheran Church united Miss Janet Huber, daughter of Mr. and Mrs. Paul Joe Huber, and Lawrence E. Wiler, son of Mr. and Mrs. Arthur Wiler of Mt. Read Boulevard.

Mr. and Mrs. Joseph R. Carr of 315 Bennington Drive have announced the arrival of a son on June 7.

And a new voter arrived on June 8 at 166 Hager Road—the son of Mr. and Mrs. Raymond Farnand.

Our Miss Phyllis Heberger of 199 Ellington Drive makes a very pretty treasurer in the Student Council at John Marshall High School.

GIRL SCOUT NEWS . . .



Iroquois District

Mrs. Jane Danielson of 429 Ridgmont Drive reports that the Brownies and Girl Scouts of St. John's Church are making preparations for their third annual camporee at Camp Beechwood at Sodus this coming weekend.

Intermediate Scout Troops 525, 524, 229, 665, 397 and 312 and Brownie Troops 761 and 763 will spend three days enjoying a program of swimming, learning outdoor skills and campfires.

Brownie Troops 795, 84 and 791 will arrive at Camp Beechwood by bus Monday to spend the day with older girl troops. A camp patch will be given out to the 200 girls attending this camporee under the guidance of Mrs. Michael Guider and Mrs. John Hart.

Plans are underway for camping at Franconia Notch in Vermont National Park by Troop 82 of Church of the Master with Mrs. Betty Saunders as leader; Troop 252 of Bethany Church, with Mrs. Grace Massy as leader, and Troop 382 of Greece Baptist Church, with Mrs. Frances Perkins as leader. The trip will be made by bus. The counselors will be Mrs. Jane Euhle, Mrs. Evelyn Baxter, Mrs. Caroline Bucholtz and Mrs. Frances Perkins.

Graduating Class Hears New Parish Pastor

The Rev. John S. Whalen, pastor of Our Lady of Mercy Parish, in Greece, was baccalaureate speaker at the recent commencement exercises at Manhattanville College of the Sacred Heart at Purchase, N. Y.

Father Whalen's niece, Judith Whalen, daughter of Mr. and Mrs. Louis A. Whalen, Sr. of 379 Pinecrest Drive was among the 122 graduates.

New Hilton School Budget Shows \$195,288 Increase

The Board of Education of Hilton Central School District has approved a budget calling for a total expenditure of \$1,070,976.34, divided as follows:

General control, \$8,580.85; instructional service, \$563,234.01; operation, \$86,781.84; maintenance, \$30,629.10; auxiliary agencies, \$113,828; fixed charges, \$70,176.24; debt service, \$171,180.75, and capital outlay, \$26,565.55.

These expenditures are \$195,228.52 higher than the current total. The increase is largely due to the addition of 13 new teachers, salary increases, more money for supplies and new textbooks, and increased operating expense resulting from the opening of the new wing of the junior senior high building.

There is a slight increase in transportation costs, increased in-

urance, retirement and social security costs and the first principal payment on new addition amounting to \$30,000.

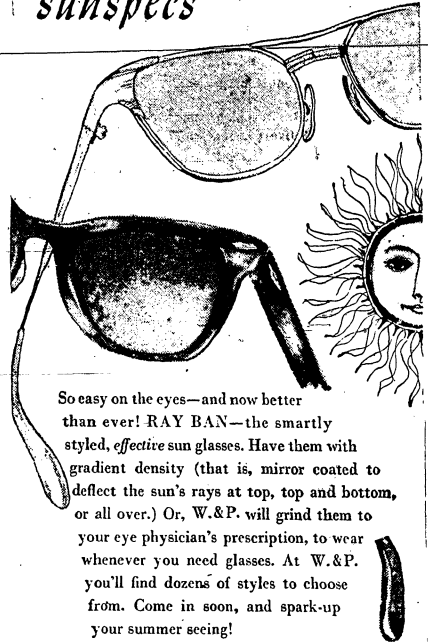
Of the \$195,228.52 increase in expenses for the coming year, the state will pay approximately \$145,000, with the balance to be raised by taxes.

The Greece Press
June 19, 1958 3

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