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VIEWPOINT

SATURDAY MAIL SERVICE — ZIP

The proposal by the Commission on Postal Service to shut off Saturday deliveries is being given serious consideration as a basis in which to reduce costs

We fail to understand the economics of it. Closings on Saturday are nothing new for government workers, but there is a much larger bloc to be considered — the taxpayers.

Daily newspapers have a special interest in retaining Saturday deliveries. Readers won't get their Friday afternoon papers until the Monday morning mail goes out.

And it isn't just the newspapers. You won't get any mail deliveries on Saturday — period.

We suggest that readers take a moment to write the Nebraska congressional delegation (their names and addresses appear on this page) on the subject of whether you want Saturday mail service

Maybe the people in the large cities don't care about getting mail on Saturday, but we think the people of the farm communities who feed the world want the service.

AS TIME GOES BY

Committees picked

FORTY YEARS AGO
—1937—

Dan Hill, president of the Nebraska City Safety Council, named members to several committees which were to advise the council.....Father Divine, the famed black evangelist, pleaded not guilty to a charge of felonious assault in a New York court in connection with his alleged attack of a white man accompanying a process server to his home.... The U.S. Senate passed a resolution appropriating $1 million for control of incipient or emergency outbreaks of plant diseases or insect pests .. .Striking cannery workers battled with vigilantes and law epforcement officials for almost 90 minutes in Stockton, Calif

TWENTY-FIVE YEARS AGO
—1952—

The county commissioners announced that the 1952 valuation of real estate in Otoe county cities and towns was $6,150,254, up $1,191,319 from t' e 1951 valuation . William G. Hamilton, Jr , and Thomas A. Bracken, Jr., president and treasurer, respectively, of the American Meter Co , were scheduled to confer with Nebraska City Industries, Inc. about possible location of a factory here ...Mrs George Bischof was reelected president of the Diocesan Council of Catholic Women .Southwest Iowa's flooded bottomland began to show through the Missouri River overflow.

Oriental Bloom

A member of the lily family Tulipa apparently first sprang up in Asia and southern Europe Turkish hybridizers tamed and perfected the plant, an Austrian ambassador to the Turkish Sultan's court brought specimens back to Vienna in 1554 Tulip culture quickly thrived in the ideal soil of the Netherlands Holland still grows some 16th-century varieties, prized for their vigor and fragrance

TEN YEARS AGO
—1967—

Forty-six Nebraskans — the youngest 15 and the oldest 75 — returned from a Centennial year Arbor Day pilgrimage to Washington D.C... .The Arbor Day celebration was postponed because of a spring snowstorm which dumped an official four inches of snow in the Nebraska City area.....Donita Yearsley, Otoe, and her seven hundred pound Angus named Peerless took grand champion honors in the market steer show at the Blue Valley Beef Revue ...Phyllis McCreary, daughter of Mr and Mrs Roger McCreary, Nebraska City, was selected as Miss Fremont at a pageant held at Fremont.

HOW TO CONTACT YOUR LEGISLATOR

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Berry's World



"Smoking or nonsmoking?"





Don Oakley

COMMENTARY

Less Paranoia, more faith

If a government official a dozen or so years ago had said that there was no reason for Americans "to get all paranoid about a few Communists" in Indochina, there would have been a national uproar, followed by his resignation.

Yet Andrew Young, ambassador to the U.N., has said exactly this in regard to Africa, and nobody in or out of government seems especially upset about it. Maybe we really have learned something from our Vietnam experience — chiefly that every political upheaval in the world is not necessarily inimical to America's security.

Young wisely points out that the many artificial borders defining African nations, borders laid down by Europeans in the last century without regard to tribal realities, will lead to conflicts that the United States would do well to stay out of. An example is the current fighting in Zaire, which he maintains is "basically nonideological."

The United States, he advises, should seek strong trade ties to African nations without regard to ideology, because "when the fighting stops and the trading starts, we will win" in competition with communism.

Any comparison between Vietnam in the 1950s and 1960s and Africa in the 1970s is risky. But the fact that we are gradually moving toward diplomatic and trade relations with our erstwhile enemies in Hanoi, including possible oil exploration rights, suggests that a little less paranoia back then and a little more faith in something beyond our military power might have spared us a great deal of tragedy.

Streag new democracy?

There are so few democracies around anymore that it is cause for great rejoicing when a new one joins the dwindling ranks.

Much has been written about Spain's struggle to establish political freedom in the 17 months since the death of its long-time dictator, Francisco Franco. The country has taken another step in that direction by deciding to legalize the Communist party, which was outlawed by France after the 1936-39 civil war.

It is also a potentially dangerous step for the fledgling government of Premier Adolfo Suarez. The Communist foot in the door has more than once been followed by the stab in the back.

The action was not taken without serious dissent among Spaniards. The navy minister has resigned in protest and other governmental resignations were prevented only by the persuasive efforts of King Juan Carlos.

But the fact that Suarez felt Spain could now permit the return of a party which, if it ever got the power, would quickly abolish all other parties, signifies his confidence in the strength of the country's newfound democracy.

One can only hope the confidence is not premature.

No love of violence

With a friend like Ramsey Clark, the opponents of capital punishment don't need any enemies.

The former U.S. attorney general and candidate for U.S. senator from New York last year was one of several prominent persons who spoke at a rally in Atlanta the other day, where about 3,000 protest marchers from around the country called for abolition of the death penalty.

For too long, said Clark, Americans have glorified power and violence It's time we begin revering life as an end in inself and practiced the old Commandment, "Thou shalt not kill "

It happens, of course, that only one man has been executed in the United States in the past 10 years and the only glorification involved in that sad episode was the news media's elevation of him to celebrity status It also happens that the greatest violence being practiced in America these days is not by society against its criminals but the other way around.

There are plenty of good reasons for doing away with capital punishment, but the argument that it reflects some innate love of violence in American society is supported neither by statistics nor good sense.

The news in brief

NATIONAL

MAPLEWOOD, N.J (AP) — A 23-year-old man who is seeking to prevent a former girlfriend from having an abortion for a fetus she said he fathered, said he's doing it because he doesn't want her "hurt " "I care for her and she could be hurt by this," said John Rothenberger Jr "I'm not doing this just for me. It's for her, too." Rothenberger, a jobless construction worker, obtained a temporary restraining order against the abortion that was scheduled for Thursday

ST. PETERSBURG BEACH, Fla (AP) — Police rookie Sherryl Landsberg got her waist-length hair cut to the collar, but Chief Gil Thivener said it isn't up to code and fired her. "I fired her for flat-out insubordination and refusing to follow the same dress code as other officers," Chief Gil Thivener says "She refused to comply with a direct order and I dismissed her " Officer Landsberg, 24, fired this week after three weeks on the job as the only woman on the force, says the only regulation in the code is for male officers

INTERNATIONAL

ISLAMABAD, Pakistan (AP) — Martial law and an indefinite curfew paralyzed Pakistan's three largest cities today as Prime Minister Zulfikar Ali Bhutto tried to put the lid on six weeks of violent demonstrations demanding his resignation. Bhutto's foes in the Pakistan National Alliance defied him with a general strike in the twin cities of Islamabad, the capital, and Rawalpindi, 12 miles away.

KINSHASA, Zaire (AP) — Zaire's government says its troops and their Moroccan allies opened a new front in northwest Shaba province while the rebels are fleeing before Zairean forces on the march in the south. A communique Thursday said the combined force was "at the door" of Kapanga, the rebels' northernmost holding 260 miles northwest of Kolwezi and 35 miles from the Angolan border

WASHINGTON

WASHINGTON (AP) — If you're among the 35.5 million Americans who receive Social Security or Supplemental Security Income, there's a silver lining in the latest cloud over the consumer price index You're going to get a cost of living increase The index, which measures inflation, soared at a 10 per cent annual rate during the first quarter of 1977, the biggest three-month leap in two years The index also rose 5.9 per cent from the first quarter of 1976, and that means the 33.4 million Social Security recipients and 4.3 million aged and disabled SSI recipients can count on an extra 5.9 per cent in their checks starting July 1

WASHINGTON (AP) — Senate Republicans are ready to take on President Carter with an energy program of their own that won't include all those proposed new taxes that are drawing so much congressional fire What is being called the "Republican alternative" may be spelled out when GOP spokesmen get their "equal time" offered by the three television networks, possibly next week.

WASHINGTON (AP) — Soviet reconnaissance bombers flew within 60 miles of the U.S. East Coast this week and passed over several American warships before retreating when U.S. fighter planes were scrambled after them, Pentagon sources report Two TU95 Bear bombers passed directly over the aircraft carrier Saratoga, an escorting cruiser and two frigates exercising earlier this week in a U.S. fleet training area about 60 miles off the East Coast, the sources said. The sources said the bombers were closer to the U.S. coast than ever before



Ivan D.E. Beaumont

THE BUCK ENDS HERE

First grads are adults

Congratulations —

...to the first graduating class this year, the adult class at Nebraska City Senior High. The commencement exercises were held Thursday night.

Senior High Principal Carl Fielder and his staff are to be commended for getting the adult program off the ground. The success speaks for itself in the number of people who complete the courses.

There will be a whole lot of other success stories coming up in the coming weeks. That New Breed of the young will be exchanging tank tops, jeans and tennies for caps and gowns. You'll be reading a lot in the News-Press about the baccalaureate and commencement exercises from the schools in the area.

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Thanks for the plug —

The Nebraska Game and Parks Commission did it up right in the May issue of the Nebraskaland by featuring the south garden and portico of Arbor Lodge mansion.

It was particularly fitting because of the Arbor Day celebration this weekend in Nebraska City The 16-page color section features Nebraska's parks. It's kinda nice to see Nebraska City on Page 1.

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A busy week —

The Arbor Day celebration was one of the last things to occur this week in Nebraska City and area, but there were several other events that attracted a lot of attention.

One in particular was the Tom Hume benefit Friday night. Tom was injured in an auto accident and will soon be transferred from an Omaha hospital to the Mayo clinic in Rochester, Minn., for rehabilitation.

There are a lot of people working on that benefit. Duane Choutka of the Jaycees and Carline Moles, one of the boosters of all youths and their activities, played a major part in the programs.

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The First National Bank at Unadilla held its open house Saturday in observance of its remodeling. George Brandt is president of the bank which has served the community since 1886.

And if you like music, music, music, then there's the district music contest with 2,200 high school students in bands and vocal groups at Senior High and Bethel United Church of Christ. That event ended Saturday with the voices of 1,300 young people in solos and ensembles.

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An eye opener —

Bob Greene is senior editor of Newsday in Long Island, N.Y. That probably doesn't do much for you. He's also a two-time Pulitzer winner. That may not jog you either. And he headed up the team of newspaper reporters who investigated "the mob" in Arizona after a newspaper reporter was killed in Phoenix while working on a gang-type story.

We don't feel the impact of his knowledge and successes in the midwest, but he can knock you off your chair with what he tells you about "the mob."

Mr Greene, a huge man with an appetite for cigarets, told newspaper people at a meeting a week ago in Lincoln that this country is rapidly moving into a third party — he said that's The Mob.

He named cities and states that are already controlled by The Mob and those included Chicago, and the states of Arizona and Nevada.

The other day we spoke with a man who moved from a city to a small town. He feared for his family and he made the decision when he witnessed a beating at a service station.

Maybe that's why the small town is so rapidly growing. People are getting tired of that kind of life and seeking as many have said, "a good town to raise a family."

Welcome to Nebraska City.

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Aviation —

Offutt Air Base will open its gates May 21 for aviation buffs at the annual Armed Forces Day open house. The Thunderbirds will be there as well as one of those Vulcan bombers of the Royal Air Force

There will also be aerial appearances by the Nebraska Air National Guard and a wingtip formation demonstration by the Iowa Air National Guard.

And if the weather is pleasant, there'll be a mob.

Today In History

By The Associated Press

Today is Sunday, April 24, the 114th day of 1977 There are 251 days left in the year.

Today's highlight in history:

On this date in 1898, Spain declared war on the United States after receiving an American ultimatum to withdraw from Cuba

On this date:

In 1704, the first American newspaper printed on a regular basis the "Boston News Letter," was published for the first time

In 1743, the Englishman who invented the power loom, Edmund Cartwright, was born.

In 1800, Congress appropriated $5,000 to create the Library of Congress.

In 1964, Cuba asked the United Nations to take action to halt U.S. reconnaissance flights over the island.

Ten years ago. A Soviet cosmonaut, Vladimir Komarov, was killed when the parachute straps of his spacecraft became tangled and he plunged four miles to the earth.

Five years ago In the Vietnamese War, Saigon's forces were retreating in the Central Highlands as Communist troops led by tanks launched a major offensive

One year ago. A new constitution became effective in Portugal, providing a large measure of freedom for dissenters.

Today's birthday Barbra Streisand is 35.

Thought for today A feeble body weakens the mind — Jean-Jacques Rousseau, French philosopher and writer, 1712-1778.

Pay fees

All nonprofit corporations in Nebraska must pay biennial fees by June 1 or the corporations in violation will be automatically for nonpayment of fees dissolved as provided by law, according to Secretary of State Allen Beermann

Beermann said 50 per cent of the nonprofit corporations in Nebraska had failed to pay their biennial fees by April 15.

Tuition up 10 per cent

LINCOLN, Neb. (AP) — A 10 per cent increase in tuition rates at the four state colleges is likely next year, according to members of the State College Board of Trustees

Board member Murl Mauser of Big Springs said Friday at a meeting of the trustees that the board probably will act upon the suggested increase at its June 23 meeting in Falls City because the colleges' budget request for fiscal 1978-79 is due in September.

Current rates are $15.50 per credit hour for state residents and $27.50 per credit hour for nonresidents

Chadron State College President Edwin C Nelson said the rates have not changed for "four or five years."

"At a time of inflation that's one long time," said board member Ward Reesman of Falls City He endorsed a tuition rate boost.



HEALTH
Lawrence E. Lamb, M.D.

Folic acid vs. B-12

DEAR DR. LAMB — For many years I have been taking folic acid plus a B-12 tablet as I was told I have secondary anemia Now my doctor tells me that folic acid is the same as B-12 so I need not take both

I would like to know if he is correct. Also I have read in a health magazine that folic acid should be taken with B-12. Please tell me in plain language what is correct for me.

DEAR READER — In plain language you will do best by doing what your doctor tells you since his remarks are applied to your own individual case

Now I think you have misunderstood what your doctor has told you Folic acid and B-12 are not the same Both have similar actions and help to prevent pernicious anemia but folic acid will not prevent the changes that can occur in the spinal cord if you are deficient in B-12

The danger in taking folic acid alone without B-12 is that it will correct the anemia and other changes indicative of a B-12 deficiency while irreversible changes occur in the spinal cord before the B-12 deficiency is discovered

You may not have an important B-12 deficiency If you did you would probably be taking B-12 injections rather than a pill The usual case of pernicious anemia is associated with an inability or diminished capacity to absorb B-12 from the digestive system. hence B-12 shots are used.

To give you a better idea of the relationship between B-12 and folic acid I am sending you The Health Letter number 4-5, Vitamin B-12, Folic Acid, Pernicous Anemia Others who want this information can send 50 cents with a long, stamped, self-addressed envelope for it Write to me in care of this newspaper, P O Box 1551, Radio City Station, New York, NY 10019

DEAR DR LAMB — Please explain medium chain triglycerides or MCT as referred to in material accompanying releases on some baking products such as new high fiber bread The participants in an experiment were apparently given MCT instead of butter This needs clarification

DEAR READER — You do need to know what these terms mean to understand the increasing amount of information on food labels A triglyceride is a fat It contains three (hence tri-) fatty acids attached to glycerine The fatty acids are chains of carbon atoms connected together The acids are named according to how many carbon atoms are in the chain You see this same system applied to hydrocarbons methane (one carbon atom) ethane (two), propane (three) and butane (four)

The fatty acids in butter are made up of four carbon atoms and are called butyric acid These are short chain fatty acids These tend to be soft at room temperature Fats containing medium length chains are called medium chain fatty acids and those with long chains as found in the fat in some fish long chain fatty acids The longer the chain the more likely it is to be solid at room temperature However that is not the total picture as unsaturated fats tend to be soft at room temperature even if they are long chain acids

Remember that the length of the chain has nothing to do with whether the fatty acid is saturated or unsaturated with hydrogen atoms Thus soft butter from short chain butyric acid is mostly saturated fat It is soft because of the short chain Coconut oil is liquid but it is almost all saturated fat

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The Prayer For Today From The Upper Room

You were bought with a price, do not become slaves of men. (1 Corinthians 7:23 RSV)

PRAYER: O Lord, never can I merit the price which has been paid for my benefit. Give me Thy grace that I may walk as one of Thy disciples all the days of my life. In Thy name I pray. Amen.