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It happens every August

Those odd unearthly creatures you see slogging through the sports pages are not fugitives from Star Wars They re madmen who think it s time to play football again

So it s too hot to play football So it s only August not October So why are the Steelers and the Bengals and the Broncos playing games already ' So why aren t the Rams and the Dolphins water skiing instead of covering punt returns

Because they re daft that s why

Never mind that the baseball season still has two months to run Or that the temperature is 99 in the shade Once the old adrenalin starts to flow you can forget the humidity and start humming Hail to the Redskins

How do you know whether you have the disease '

Do you keep hearing snatches of your old college fight song ' Are you tossing touchdown passes in your backyard ' Are you wondering who s going to replace Charlie in the office football pool '

If so you re hooked good buddy Might as well relax and enjoy it before basketball season begins

Unexpected honor

There are so many public buildings that having one named after you is no very great honor And so many politicians have been indicted lately that one of them standing trial isn t so unusual

But the story of former Rep Edward A Garmatz D Md is something else He s been indicted on charges of conspiring to take $15 000 from shipping concerns in return for sponsoring legislation favorable to them

If all goes according to schedule he ll be tried in Baltimore in the Edward A Garmatz Federal Courthouse Now there is a singular honor indeed

AS TIME GOES BY

Teens crowned

FORTY YEARS AGO
—1937—

LaVerna Hess, 16, and John Schnitzer, Jr , 11, were crowned the most healthy girl and boy in Otoe county Andrew Mellon, 82, former Secretary of the Treasury and ambassador to Great Britain died at his son's estate in Southampton, New York Contractor C D Fitzgibbon reported work on the new $85,000 addition to St Mary's Hospital was progressing rapidly Orland Tucker presided over the annual meeting of the camp Creek Cemetery Association In the cemetery chapel

TWENTY-FIVE YEARS AGO
—1952—

The six dairy cow champions named at the Otoe County Fair were shown by Edna Jean McCartney of Unadilla, Ronald Ullsperger, Allen Hallowell and Roleen Ehlers, all of Syracuse, Rodney Bremer and Larry Ikenberry both of Palmyra Barbara Wallen of Unadilla won the dairy showmanship contest Shirley Wilken of Syracuse and Nancy Wilson of Talmage were named purple ribbon winners in the Style Show at the Otoe County Fair Mr and Mrs William F Hahne of Unadilla were named King and Queen of the Otoe County Fair

TEN YEARS AGO
—1967—

It was announced that the Ware home -- called Wildwood -- would become an art center and museum in the Nebraska City park system eventually Four-H ers modeling their aprons and receiving purple ribbons at the style show at the Otoe County Fair were Carolyn Nash, Cheryl Guttwald, Mary Guttwald, Connie Bottcher, Barbara Boehm and Mary Stubbendeck Bob Jones, son of Mr and Mrs Verne Jones, returned from a two-week trip in the east John Stocker drove to Alaska over the Alcan highway

Today In History

By The Associated Press

Today is Sunday Aug 28th, the 240th day of 1977 There are 125 days left in the year

Today s highlight in history

On this date in 1609, the English navigator, Henry Hudson, discovered Delaware Bay

On this date

In 1828, the Russian writer, Leo Tolstoy, was born in the province of Tula

In 1833 the British Parliament banned slavery throughout the British Empire

In 1913 the Palace of Peace -- a gift of the American industrialist Andrew Carnegie -- was dedicated at the Hague in Holland

In 1916 Germany declared war on Romania

In 1917 10 sufragettes were arrested as they picketed the White House in Washington

In 1963, about 200,000 people -- blacks and whites -- joined in a peaceful civil rights rally in Washington

Today s birthdays Actress Ingrid Bergman is 60 years old Actor Charles Boyer is 78

Thought for today "A wise man changes his mind, a fool never " — a Spanish proverb

HOW TO CONTACT YOUR LEGISLATOR

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SAFETY VALVE

" the metros "

EDITOR, News-Press Have you ever had the experience of returning an item you have purchased? First you show the item to the cashier and the cashier says to take it to the courtesy booth with the other two items you already paid for

Second, there's nobody at the so-called courtesy booth, so the first cashier calls for a clerk

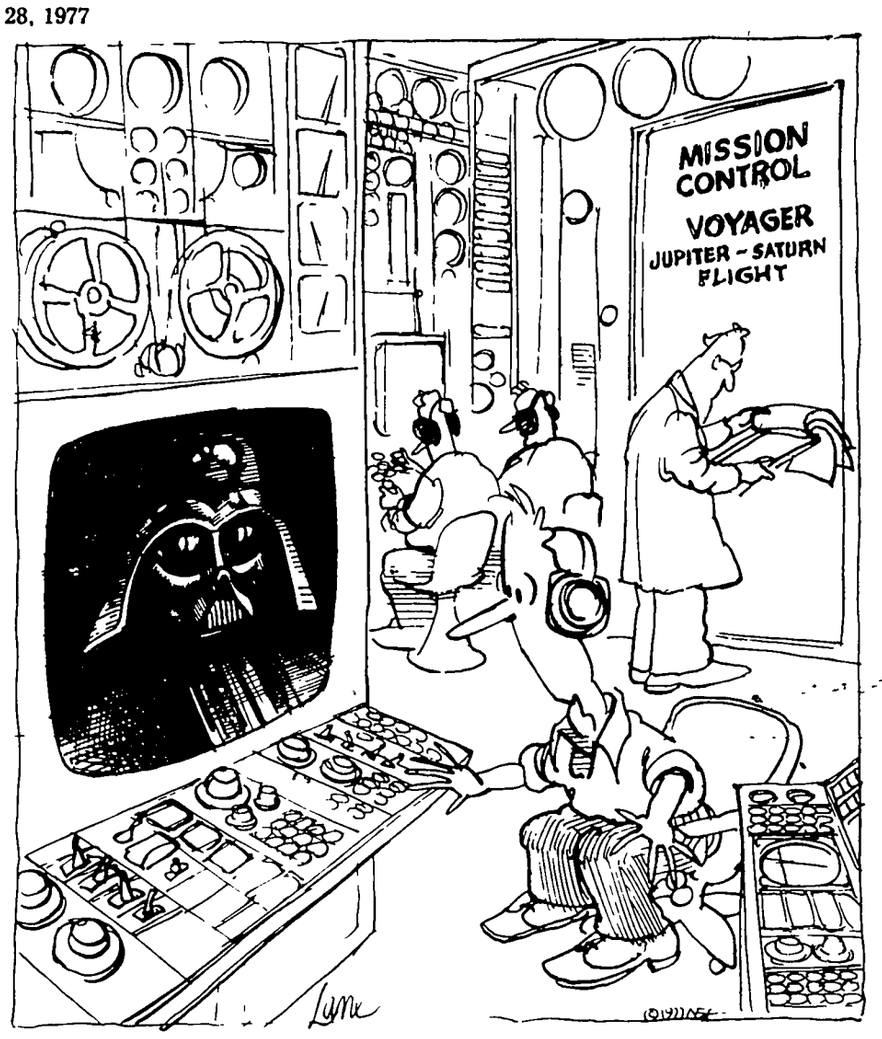
Third, after five minutes a clerk arrives at the booth to tell you that the two items you wanted to purchase can not have the refunded item substracted from them

Fourth, the clerk asks you if you want to buy something from the department the refunded item came from — you answer, no '

Fifth, the clerk begins a name, address, town and telephone number paid out slip You sign it Then the clerk gives your money on the refunded item which you apply toward your other two items you tried to pay for 20 minutes earlier

Sixth, I should say pick up sticks, but you walk away asking yourself if you are confused, disgusted or have tried to trade at one of the metro discount centers

RON SCHMITZ



After 50 years

Doubt shrouds Sacco-Vanzetti

By Harold Blumenfeld

NEW YORK — (NEA) - April 15 1920 a paymaster and a guard were shot in front of a shoe factory in South Braintree Mass At that time it didn t seem to be more than a routine stickup but it developed into a cause celebre which attracted world-wide attention

A few weeks later on May 5 Nicola Sacco and Bartolomeo Vanzetti were arrested in a streetcar at nearby Brockton Each man carried a pistol and they were arraigned on a charge of murder

I was 15 years old at the time and might have cheered the arrest of those damn commies That is if newspapers had provided coverage of their arrest The nation was undergoing a witch hunt conducted by U S Attorney General A Mitchell Palmer mostly centered in New York and Massachusetts At that time it seemed anyone who raised a voice of dissent was a Red who wanted to overthrow our government

Sacco and Vanzetti had emigrated from Italy in 1908 to seek a better life in America Sacco was born in 1891 on Italy s Adriatic coast the third of 17 children He worked hard and established himself as a specialist shoemaker married Rosina Sambelh in 1912 and lived the normal life of a factory worker with his wife and son

Vanzetti, who was 31 when arrested, came from a fairly well-to-do Piedmont family had washed dishes, worked as an assistant cook janitor and street sweeper He settled into a job of street fish peddler He loved the freedom and open air and made many friends.

The men were not Communists They were anarchists who were opposed to all forms of governments including the new Soviet post-revolution Communist rulers

More than 50 eye witnesses offered contradictory descriptions of the two men who had done the shooting at the factory but Sacco and Vanzetti were tried by Judge Webster Thayer at Dedham May 31 1921 The two Italian immigrants had claimed they carried the pistols to protect themselves since their lives had been threatened It was believed that the damning evidence which convinced the jury of their guilt was the ballistic tests of the bullets found in the bodies of the holdup victims

Defense attorneys requested a new trial with a new judge maintaining Judge Webster Thayer was prejudiced Slightly more than 5 feet tall a movie casting director could have picked Thayer as a typical elderly Yankee Friends admitted he talked freely out of court and at his private club had made unfavorable comments about the two defendants And Prosecutor Frederick G Katzmann was accused of dragging red herrings into court as evidence to confuse the jury

On July 14 1921 the jury found them guilty of murder And it became apparent to many people around the world that there might have been a miscarriage of justice

Persons from various fields of the arts, the academic world the political and international scene, the radical left the legal profession and the church provided an impressive Who's Who that tried to save Nicola and Bartolomeo from the electric chair

Among them were Jane Addams, Robert Benchley Heywood Broun William O Douglas Albert Einstein Felix Frankfurter, John Galsworthy Fiorello H LaGuardia Walter Lippman Thomas Mann H L Menken Benito Mussolini, George Bernard Shaw and H G Wells

Prominent attorneys skilled in criminal court practice came to help with the defense

The Boston Common legendary as a place where people of all political colorations could speak was the scene for large protest mass meetings

But perhaps the Sacco-Vanzetti episode had become more of an ideological tug-of-war than a criminal trial Mounted police rode their horses to disperse the crowds and the speakers were arrested Pickets in front of the Massachusetts State House were also arrested some as many as two or three times a day Young children carrying small American Flags paraded in front of the state prison in Boston

Appeal motions and court hearings dragged the case out, meaning seven long years in jail for Sacco and Vanzetti Until they were brought to Charlestown State Prison in Boston to pay the death penalty, they remained in the quiet confines of the small jail in Dedham

World-wide pressure increased after Sacco and Vanzetti were sentenced to die. Luigia Vanzetti, a frightened and plain woman, came to the United States to plead for clemency for her brother Demonstrations in Boston grew larger and more heated President Coolidge who was vacationing in South Dakota refused to intercede

On June 30 1927 Governor Alvan Fuller granted a 30-day delay of execution to permit a new advisory committee commonly known as the Lowell Committee to meet

Although the defense had offered new and important evidence proved the prosecution had produced no fingerprints and claimed one of the guns had been tampered with the Lowell committee recommended that the execution not be delayed any longer

And at 11 23 p m on August 23 1927 Nicola Sacco and Bartholomeo Vanzetti died in the electric chair

In the summer of 1927 I was a budding journalist who was assigned to work on the Sacco-Vanzetti story during the last weeks The anti-radical hysteria had lessened I had read and learned many things about this trial And in recent years I have asked myself whether they did kill two men in South Braintree on a quiet spring afternoon I came to a personal conclusion that Sacco might have done it in a moment of burning rage and hatred But not Vanzetti who had the heart of a poet and felt compassion for all men and women

Today I know there are many who still believe they were guilty My own personal doubts are washed away as I re-read Bartolomeo Vanzetti's last speech to the court

"If it had not been for these things I might have lived out my life talking at street corners to scorning men I might have died, unmarked unknown a failure,

"Now we are not a failure This is our career and our triumph Never in our full life could we hope to do such work for tolerance for justice, for man's understanding of man as now we do by accident

"Our words, our lives, our pains—nothing' The taking of our lives — lives of a good shoemaker and a poor fish peddler — all' That moment belongs to us — that agony is our triumph "

Berry's World



AND by digging this NEW canal — think of all the JOBS we would create!



Ivan D.E. Beaumont — THE BUCK ENDS HERE

Nurse or patient?

She said -- "not yet"

The other day the rescue squad took three OPPD iron workers to the emergency room with injuries sustained in a car-truck accident.

The three men were banged up pretty well and a muscular, bearded man had his arm and shoulder wrapped for a possible injury

The emergency room crew responded with a full staff when the rescue squad arrived and began working on the men. The bearded iron worker was walked into the emergency room and was met by Mrs Rick McCown who was dressed in a white maternity outfit

The iron worker looked her over and just about popped the oxygen valves in the emergency room.

"What are you?" he asked Mrs McCown, " a nurse or a patient?"

+ + +

Open house --

The rescue squad and volunteer fire department will hold an open house Sunday from 9 a m to 5 p.m , at the fire-rescue complex at Fourteenth Street and Central Avenue

Fire crews will demonstrate the new aerial ladder and rescue squadsmen will show off the new $35,000 emergency vehicle which will be put into service soon.

Everyone is invited to visit the complex and look through equipment There will be fire and rescue crews on duty all during the afternoon to explain the operation of the departments and equipment

Other demonstrations will include extrication That's where emergency crews cut up a vehicle to remove an injured person Another demonstration will be on CPR and there will be instructors standing by to take names of people who'd like to sign up for the course

And, of course there is always recruiting for the squads It takes a lot of people to run volunteer organizations They'd like you to be one of the "people "

+ + +

Congratulations --

.to the many boys and girls who competed in the Otoe County Fair and to the Fair Board and the rest of volunteers who once again did such a great job

It was especially appropriate for secretary Elmer Gellerman to ask for a moment of silent prayer for the late Bill Royal who was a member of the board for 30 years

We, too, remember the day when board member Frank Sorrell led the parade down main street in Syracuse and to the fairgrounds where he collapsed and died of a fatal heart attack

The advice of Mr Royal after that tragedy rang again the other night "The show must go on "

It was a fitting remembrance of a very devoted and fine person

+ + +

The Dunbar Review --

The rain-soaked highway was slick and as the young woman's auto began to skid, her mind flashed back to the question in the driving exam which asked what you do when your car begins to skid

As she lay on the emergency room table she related the incident to a friend

"All I could remember was the right answer was "B "

+ + +

So long, Cindy --

Cindy Potter, daughter of Mr and Mrs Howard Potter, has turned in her badge and will take up books at Peru State this fall

Cindy worked during the summer as the meter maid and we can attest, she did her job well It isn't the first job Cindy has done well She was one of our finest carriers for the News-Press and we're sure Mrs Richard Miyoshi will tell you she was one of her best helpers at The Lodge

We wish you success in school, Cindy!

The new meter maid is Mrs Richard (Iola) Guhde who says she enjoys the work and meeting so many people "Everyone is so pleasant," she said as she made her daily rounds with the book of yellow tickets

+ + +

Around town --

Bob Poggemeyer has set up shop at Hatten Construction Co and is operating out of his Lincoln Continental as a reader of palms, astrology no less

Well that's not entirely true but for those of you who know Bob, .you can fill in the spaces

For what it's worth.. ..we understand that Bob has been hit by the Zodiac bug and conducts his readings of the astrology from the chart provided by Mr Hatten.

Unfortunately we don't know all the details. You'll have to check the chart.

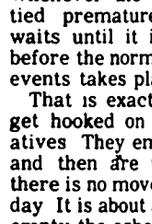
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The postal magazine --

Kay Kyser played before an audience of married people He included in his program. for newly-weds -- "Night and Day", for those married a little longer - "Now And Then", and for those married 20 years -- "Once In A While "

As he was about to play for those married 50 years, an old man popped up in the rear of the house and said·

"Before you play "Memories," play -- "We Did It Before And We Can Do It Again "



HEALTH

Lawrence E. Lamb, M.D.

Try to include bulk in diet

By Lawrence E Lamb, M.D

DEAR DR LAMB — Will taking a lot of colonic irrigations cause permanent damage to the colon?

I have had colon trouble most of my adult life and a number of years ago a non-M D gave me a series of colonic irrigations for cleansing purposes which seemed to help while I was taking them After I discontinued them I have had much more trouble that before

I am troubled with constipation and I have a lot of gas that sometimes gets trapped in my lower right side and I can't seem to pass it I do pass quite a bit of mucus I would appreciate any advice you might give and any Health Letter you think I should have

DEAR READER — I don't think much of colonic irrigations All they or enemas really do is to mechanically remove food residue prematurely Whenever the colon is emptied prematurely it simply waits until it is filled again before the normal sequence of events takes place

That is exactly how people get hooked on chemical laxatives They empty the bowel and then are upset because there is no movement the next day It is about as logical as to empty the ashes from a wood burning stove completely and then expect to have more ashes the next day even if you didn't burn much wood

The constant irritation of the bowel with enemas and chemical laxatives stimulates strong colon contractions that cause spasms and result in poor bowel function Getting people off such regimes and on to a sensible living pattern is not always easy

Per your request I am sending you The Health Letter number 2-1, Irritable or Spastic Colon and Constipation and number 6-8 Controlling Gaseousness Others who want either issue can send 50 cents with a long stamped, self-addressed envelope for either one The first issue will give you a program you can follow to gradually eliminate your constipation problem It won t be easy as long as you have had it so be patient

Colonic irrigations and enemas are not likely to do any real damage just reenforce the early emptying and constipation cycle I think everyone with such problems should have a good medical examination to be sure there is no serious disease present and then should try to get off enemas irrigations and laxatives

The enema idea all began with a misconception An observer saw a bird dipping oil from his oil gland at the base of his tail and then oiling himself, He mistakenly thought the bird was giving himself an enema For centuries since then mankind has been using such procedures to speed up elimination The whole process is not physiological or normal at all A person hooked on a laxative habit may need some help once in a while when first training the bowel but that should cease as the training progresses

You should try your best to include more bulk in your diet, particularly whole cereals such as bran and then work on your habit pattern as outlined in The Health Letter

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The Prayer For Today From

The Upper Room

Ask and it shall be given you seek and ye shall find knock and it shall be opened unto you (Matthew 7 7

PRAYER Thank you Lord for this today to bring our specific needs to you Thank you for caring for each of us in a personal way Amen

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