Nebraska City News-Press

PARK NEWSPAPERS OF NEBRASKA, INC.
Roy H. Park, President

Vol. 124 No 278 Sunday, October 8, 1978

Publication, News and Business Office 123 South Eighth Street Nebraska City, Otoe County, Nebraska 68410

Ivan D E Beaumont - General Manager & Editor

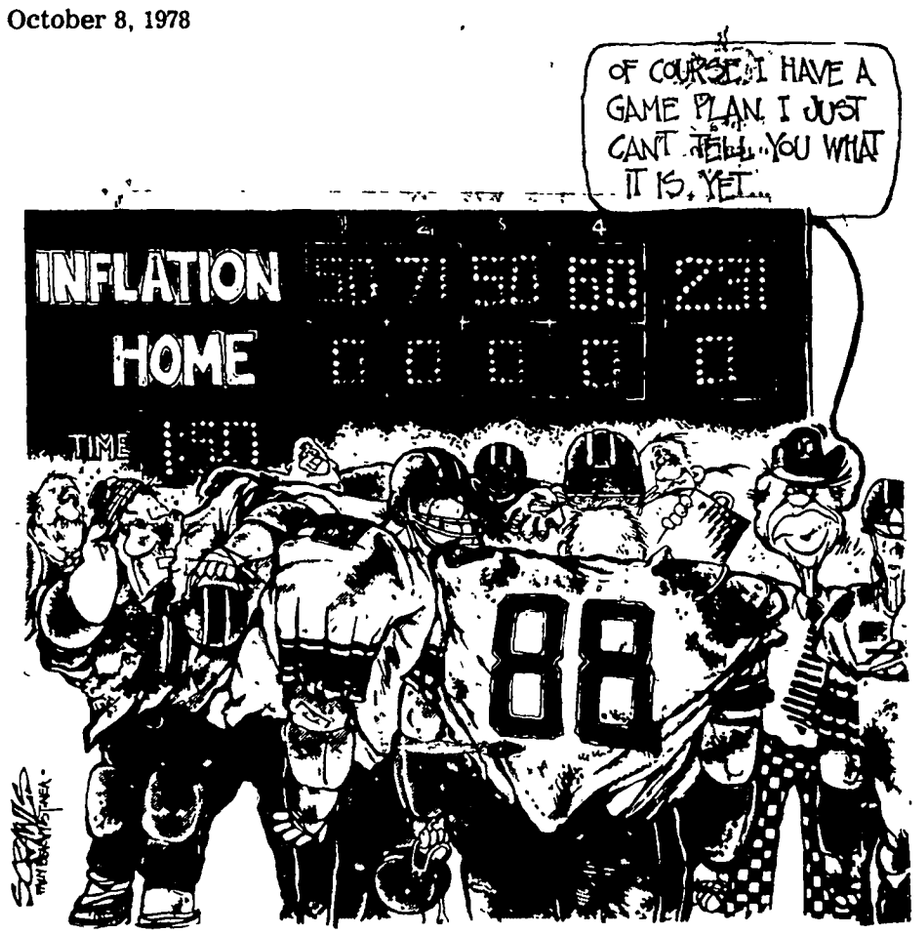
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VIEWPOINT

Chauvinism on the board

A recent study by the Alliance for Volunteerism noted that while women traditionally have filled the unpaid ranks and files of agencies, the decision makers have been predominantly male Of 100 nonprofit agencies in Boston survey in 1975-76, women held only 23 percent of the board and 19 percent of the officer posts. Many groups had no representation by women at the top levels.

This is a status that is not likely to remain quo as women increasingly enter volunteer activity from professional fields rather than straight from the home.



AS TIME GOES BY

NC loses 7-6

FORTY YEARS AGO
— 1938 —

A crowd of 2,000 was on hand to see Hamburg, Iowa, nip Nebraska City, 7-6 Peru State defeated Midland College, 21-6, in its homecoming game

Pinball game operators were unanimously opposed to a proposed constitutional amendment legalizing slot machines in Nebraska

Iowa State defeated Nebraska, 8-7, at Lincoln, their first win over the Huskers since 1919

Nebraska City policemen had a busy weekend, arresting two persons for drunk driving, three for drunkeness and one for assault

TWENTY FIVE YEARS AGO
— 1953 —

Natural gas flowed for the first time into the new Syracuse system where it was lighted at a public ceremony by Mayor Leslie Strong. Lester Johnson, Fremont County auditor for many years, died at the age of 40 Rep Roman L Hruska spoke at the Eighth Annual Career Conference luncheon Betty Cooper was elected Senior Class president at Palmyra High

TEN YEARS AGO
— 1968 —

Among award winners of Cub Scout pack 353 were Scott Herzog, Timothy Nelsen, Steven Fossberg, Paul Young III, Mike Pace, Greg Campbell, Russell Smith, Randy Peterson, Steve White and Clark Lechner Mrs George Mann was president of the Second Avenue PTA Bob Weiler, Dunbar, with only two misses in the weekly football contest won the contest Jim Varner son of Mr and Mrs James R Varner Cook was a member of the varsity football team at Tarkio College in Missouri Dennis Bennet rolled a 196 and Jeff Holland and Ken Johnson a 518 series for men's highs at the V-Lanes

HOW TO CONTACT YOUR LEGISLATOR

Senator Edward Zorinsky
1407 Dirksen Office Building
Washington, D C 20510

Senator Carl Curtis
2213 Dirksen Office Building
Washington, D C 20310

Representative Charles Thone
2433 Rayburn Office Building
Washington, D C 20515

Representative John Cavanaugh
424 Cannon Office Building
Washington, D C 20515

Representative Virginia Smith
1005 Longworth Office Building
Washington, D C 20515

State Senator Calvin Carsten
Avoca, Nebraska 68307
Home Phone 275 3239
Office Phone 471-2613

State Senator Nelson Merz
North McLean Street
Falls City, Nebraska 68355
Home Phone 245-5276
Office Phone 471-2733

State Senator Jerome Warner
Box 100A
Waverly, Nebraska 68462
Home Phone 786-5855
Office Phone 471-2731

Today In History

By The Associated Press

Today is Sunday, Oct 8, the 281st day of 1978 There are 84 days left in the year

Today's highlight in history

On this date in 1776, the Spanish mission at San Francisco was founded

On this date

In 1871, the Great Chicago Fire was touched off in Mrs O'Leary's barn

In 1903, the United States and China signed a commercial treaty

In 1934, Bruno Hauptmann was indicted for murder in the death of the infant son of Charles Lindbergh

In 1945, President Harry Truman announced that the secret of the production of the atomic bomb would be shared only with Britain and Canada

In 1970, the Soviet writer, Alexander Solzhenitsyn, was awarded the Nobel Prize for literature

Five years ago There was all-out warfare in the Middle East as Israel threw Syrian and Egyptian armies back to the 1976 cease-fire lines in heavy fighting

Today's birthdays Black activist Jessie Jackson is 37 years old Soviet expatriate writer Andrei Sinyovasky is 53 Pitcher Paul Splittorff of the Kansas City Royals is 32

Thought for today I was seldom able to see an opportunity until it had ceased to be one — Mark Twain, American humorist, 1835-1910

Second class postage paid at the Post Office in Nebraska City, Nebr No. 375960 Published every evening (except Saturday) and on Sunday

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The Prayer For Today From The Upper Room

"Take, eat, this is my body which is being broken for you. Do this in remembrance of me." (1 Corinthians 11 24 PHILLIPS)

PRAYER: O God, how easy it is to get lost in the midst of rituals and be unaware of Your presence. Feed us with the Bread of Life that we may share Your love with others. Amen.



Martha Angle and Robert Walters

IN WASHINGTON

Congress: rule thyself

WASHINGTON (NEA) Judging by the reaction from most members of the Senate, you'd think S 3086 was a bill advocating the spread of bubonic plague across the country

The bill's author, Sen. Patrick J Leahy, D-Vt., has been the target of much of that reaction from his colleagues Most of their responses are supposed to be funny, some are snide and they almost never are complimentary

Only two senators have signed up as co-sponsors of the legislation Sens James G Abourezk, D-S.D., and Henry L Bellmon, R-Okla., both of whom are mavericks

One veteran Capitol Hill observer calls S 3086 "the most radical proposal to surface during the 95th Congress"

What terrible fate would be visited upon the Republic if Leahy's bill becomes law? The act would simply require that Congress itself comply with eight major pieces of previous legislation that included unwarranted exemptions for the House and Senate at the time of their passage

That includes almost every major law approved by Congress since the New Deal to provide protection of workers' rights

The Civil Rights Act of 1964, the Equal Employment Opportunity Act the National Labor Relations Act, the Fair Labor Standards Act and the Occupational Safety and Health Act

But the duplicity doesn't end there, because Congress has a penchant for excluding itself from laws it imposes upon everyone else

For example, members of the House and Senate, their staffs and other federal employees have their own pension plan and don't have to make any contributions to support the Social Security system

(That may explain why the lawmakers were oblivious to the impact of their actions when they voted late last year to require millions of other Americans to almost double their mandatory Social Security contributions in just four years)

When Congress passed the Freedom of Information Act, it mandated that every department and agency in the executive branch of the federal government make available for public inspection the papers and documents in their possession

Everything Congress does in its official capacity also is the public's business — but in drafting the act, the legislators excluded their files from public scrutiny

When it became apparent that some Freedom of Information Act disclosures were violating personal privacy, Congress passed the Privacy Act to safeguard government-held information relating to individual citizens. Again, Congress was exempted.

Leahy's bill would require that Congress obey all of those laws Although its chances of passage currently range from slim to none, Common Cause has suggested still other areas of potential future improvement

For instance, when Congress voted to authorize public financing of presidential elections, one committee report cited "the pervasive evils of our present system for campaign financing" and warned that "the potentials for abuse are all too clear"

Yet members of Congress repeatedly have rejected proposals to finance their own campaigns with federal funds, preferring instead the present system of accepting money from special interest groups

Congress rightfully demands a full accounting from every federal department and agency before appropriating funds to meet annual budgets. The General Accounting Office, an arm of Congress, is empowered to audit the financial records of every component of the executive branch.

But no independent auditor has authority to review Congress' financial records. The House last year even refused to consider a proposal to hire internal auditors with authority to check its books.

The case for reform is a strong one, and there's no need to impose any special requirements on Congress. All that's necessary is that the legislators abide by the laws they've already written for the country's mere mortals

ELECTION QUIZ

WHY DON'T AMERICANS REGISTER TO VOTE?

Not interested	37.4%
Recently moved, have not registered	10.7%
Dislike politics	4.8%
Did not know how or where to register	4.4%
Did not meet residence requirements	4.3%
Illness, disability	3.6%
Registration inconvenient	3.0%
Did not prefer any candidate	2.7%
Other	29.1%

WHY DON'T REGISTERED VOTERS GO TO THE POLLS?

Not interested	18.5%
Illness, family emergency	17.5%
Could not get off work, Could not get to polls	13.6%
Away from home	13.3%
Did not prefer any candidate	8.7%
Other	28.4%



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Conservation first

Congratulations—

..to Joe Voges on his selection as the Optimist Honoree of the Year Joe said it was the first time to his knowledge that a Community Service award went for conservation efforts.

He took advantage of the opportunity to speak when he accepted the award by urging his listeners to join him to save the natural beauty of the earth and its wildlife

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The river tragedy

The drowning of an Auburn man in the Missouri River the other day was a tragedy for his family and friends and for the Nebraska City community

Steve Leslie and Larry DeFreece attempted to ride out the currents of the river from a rubber life raft Leslie drowned when their raft was swept under a barge tied off at Consolidated Blenders

DeFreece surfaced and made his way to the shore to summon help. It didn't take long for law officers and the rescue squadsmen to arrive and go to work

While one group probed the depths of the water along the bank, Jim Chaney, who is a member of the newly organized water safety squad team and a lifelong river boater, headed downstream

He returned after spotting what he thought was a life jacket Squadsmen Craig Jordan boarded his boat and they returned downstream while water squadsmen Jerome Keran, Chief Harold Rowe and Don Hoyle searched the Nebraska City area Chaney returned shortly to report the body had been found Jordan stayed with the body until other help arrived.

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The candidates—

If you don't know who's running for what, then you've been staying home too much because it's election year and the candidates have been swarming into Nebraska City and all of Otoe county

I even bought a ticket to the Democrat quarter beef drawing (didn't win either)

It is an interesting election year because so many of the candidates or present office holders are well acquainted in Nebraska City They haven't neglected the small towns in their campaigns

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The crash—

The crash of the jetliner and private plane over San Diego was pictured in newspapers and magazines.

The picture of the flaming jetliner plunging to the streets in San Diego after colliding with a small private plane was snapped by a man who had a camera in his hand and was alert.

He snapped two pictures. The man is a county employe in San Diego and works in a public relations department. At the moment of the crash he was photographing a service station He heard the explosion, looked up, focused, snapped a picture, ran to the corner of the building and snapped a second picture The horror of the crash was shown clearly in the pictures.

Thanks to Mrs Betty Housh for the loan of the San Diego papers which provided about eight pages of pictures and stories of the crash and the story of the photographer The newspapers were sent from her sister, Mrs Gene Bland.

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We'll miss him—

The resignation of Dick Miyoshi as manager of the Elks is felt by his many friends. He's that very warm and friendly person whom you've met at one time or another at the Elks, the former Transport Inn cafe or Catron-Miyoshi orchard or along a "krik" bank in the sandhills.

Dick said his plans are indefinite. Eldon Allgood, assistant manager, also resigned to go to work for the Kreifels brothers at City Wholesale Meat Co.

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S.O.I.L.

The SOIL class at Junior High has been given the job of studying and making a recommendation of what to do about the birds and "droppings" at the corner of Ninth and First Corso.

Ben Hammerschmidt and his class have the job. Clyde Moore, retired editor of the Fairbury Journal-News and a fill-in, once-in-awhile reporter, wants to know the meaning of the letters.

"Study in Observing Interactions of Life."

Clyde recalled a similar bird problem next to the courthouse in Fairbury

"The remedy was an informal waiving of the ordinance forbidding discharge of firearms in the city The birdshot barrage on several evenings pretty well discouraged the feathered friends"

News in Brief

DENVER (AP) — The owner of a Denver auto-repair shop who told a woman she needed $427 worth of transmission work on a car certified as sound by other mechanics has been convicted in the first test of Colorado's new law designed to protect consumers from fraud in the auto-repair business.

A Denver County Court jury returned the verdict Wednesday against Thomas James, owner of Hoff Bilt Transmissions after hearing about seven hours of testimony.

WASHINGTON (AP) — Interest rates on conventional housing mortgages for new homes rose to 9.73 percent in September, up from 9.7 percent in August, the Federal Home Loan Bank Board said Tuesday. The average mortgage interest rate on older homes rose from 9.77 to 9.84 percent in September.



HEALTH

Lawrence E. Lamb, M.D.

Female hormone support

By Lawrence Lamb, M.D.

DEAR DR. LAMB — I am in my menopause and haven't had a period for over a year, but I keep getting one infection after another. The doctor says I have an atrophic vagina and has put me on some hormone cream for three weeks and off for one and then back for three He said this will strengthen the walls of my vagina so I won't have so many infections. Is this correct and is it dangerous to be on this type of medicine? I am so discouraged. I would appreciate any advice from you.

DEAR READER — When a woman's female hormones decrease, the reproductive organs also change. Both males and females tend to regress toward their prepuberty state when sex hormones disappear. After all, in nature's scheme of things, once you are not engaged in reproduction to replenish the species, there isn't much purpose for these body functions, no matter how important we human beings think they are.

The cells that line the vagina degenerate and change in the absence of female hormones. This change makes them more susceptible to infections from a variety of organisms. Often, if sufficient local female hormone support can be provided, the cells return to the pre-menopause state and are more resistant to infection. This is what your doctor really means about strengthening the walls. He didn't mean that the muscles in the area would get stronger.

The amount of female hormones that's in the usual salve-like preparation you are talking about is not enough to be significantly concerned about, unless you've already had cancer or suspicious evidence of cancer, or other factors that should lead to greater concern than usual.

Your doctor knows all of this and I would think that if you want to control your problem, it would be a good idea to stick with his program. I am sending you The Health Letter number 5-12, Menopause. It explains what happens when the amount of female hormones diminish. Other readers who want this issue can send 50 cents with a long, stamped, self-addressed envelope for it. Address your request to me in care of this newspaper, P O Box 1551, Radio City Station, New York, NY 10019.

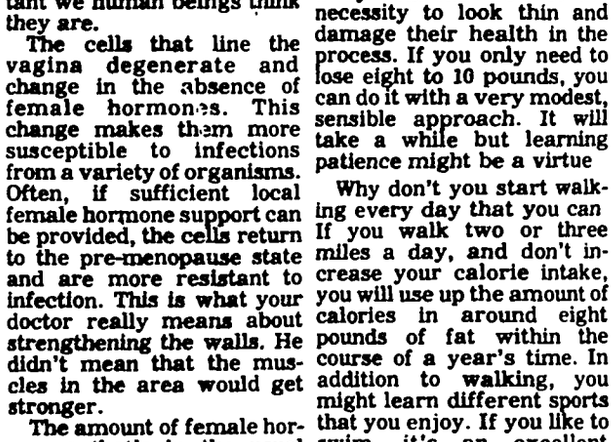
DEAR DR. LAMB — I am a 13-year-old girl and would like to lose eight to 10 pounds. I want to diet but I don't know how to go about it I also want to exercise, but I don't know what exercises to do I would like to reduce my waist and thighs mostly I want to jog, but I can't every day because of the weather. I would really appreciate any suggestions or any information you have.

DEAR READER — You may be surprised to learn that I am not going to send you a diet. There are too many young girls in your age group who get carried away with fad diets or the necessity to look thin and damage their health in the process. If you only need to lose eight to 10 pounds, you can do it with a very modest, sensible approach. It will take a while but learning patience might be a virtue

Why don't you start walking every day that you can If you walk two or three miles a day, and don't increase your calorie intake, you will use up the amount of calories in around eight pounds of fat within the course of a year's time. In addition to walking, you might learn different sports that you enjoy. If you like to swim, it's an excellent exercise

The only dietary recommendation I would make would be to cut out the intake of obvious sweets, such as sugar used in any sweet drinks, desserts and candies You might also trim away excess fat on any of the food you are eating. At your age, these minor adjustments in your diet plus a regular walking program should pretty well solve the problem.

Berry's World



"No! I'm not a doctor, or a lawyer,— even better; I'm with GSA!"