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VIEWPOINT

FOR—J. J. EXON

Even a Republican has to admit J J Exon has been a "good" governor

We're going to stray from party lines on the U.S Senate seat election and give our nod to Mr Exon in the Tuesday general election

He's been a popular governor, but more important he has been sincere in trying to work for the people of Nebraska, and it's that quality we salute.

Mr Exon is known as a scrapper He might even lock horns with that "other" senator from Omaha Whatever the situation, we feel his first interest will be for Nebraska.

Don Shasteen, the GOP candidate, is probably one of the most well informed people Nebraska has in Washington D C He worked for a dozen years there for Senator Curtis

He knows the ins and outs of Congress much better than Mr Exon, but we believe that a change here might be to the advantage of Nebraskans

We like Jim Exon. We'd like to call him "Senator "

Old Andorra emerges

Andorra, the small principality located in the Pyrenees between France in Spain, isn't used to worldwide attention. Not the modern kind, at least.

But 190-square-mile Andorra has just celebrated its 700th anniversary with a public reconcilation between its Spanish and French "co-princes."

Key participants were France's President Valery Giscard d'Estaing and Spain's Bishop of Urgel Marti Y. Alunis.

Andorra is run almost exclusively by the co-rulers.

To mark the anniversary, they stood side-by-side in Andora-La-Veija's central square, shaking hands under the blue, yellow and red Andorran flag.

Oddly enough, that represented history's first meeting between the joint rulers of the Detroit-sized nation, which won independence in 1278.

Independence came at the height of a 13th century squabble between the bishops of Urgel and the French counts of Foix.

But the anniversary ceremonies were affected by some clearly 20th-century realities.

A recent commercial boom transformed the poor, largely agricultural nation into one of the most prosperous freeports of Europe. French and Spanish shoppers pour into Andorra every weekend.

So the two "princes" are trying to cooperate in resolving problems associated with the rapid industrialization of the territory.

Up till now, rivalry and mistrust between the Urgel bishops and French officials stalled all attempts to [illegible]

For one thing, that meant efforts to set up a social welfare system for the 8,000 Andorrans and 22,000 foreign residents were blocked.

Giscard, who backs more power for Andorrans, said: "In the history of the valleys, tradition has never meant immobility and this is particularly true today in view of the rapid and happy development of Andorra."

He added, "This modernization of the conditions and the framework of life must be met with a corresponding adaptation of the habits, procedures and institutions."

At least things are going much more smoothly than they did in 1967, the last time a French "prince" visited Andorra.

The late president Charles de Gaulle rekindled tension with Andorra and Spain by bringing along thousands of French gendarmes for protection.

AS TIME GOES BY

Caravans come

FORTY YEARS AGO
—1938—

Otoe county was the host to caravans operated by the Republican party and Farm Bureau...Nebraska City received its first taste of winter weather as sleet fell in the area . Benton county (Iowa) sheriff Leland Fry was killed by a 21-year-old fugitive who then committed suicide Nebraska City and Falls City fought to a 6-6 tie in Southeast Nebraska conference action.

TWENTY-FIVE YEARS AGO
—1953—

Cliff Allen suffered a wrenched back when the Nebraska City Coca Cola truck he was driving overturned on a road near Weeping Water Coretta Pfann took over as Cass County welfare director Nebraska City became the sole owner of 390 parking meters after the city council approved the final payment of $710 on a $27,320 contract Democrats crowed over election victories. .William Day was elected mayor of Shenandoah, Iowa Mark Wurtele brought home a 900-pound elk

TEN YEARS AGO
—1968—

Mrs Elmer Fitch, Nehawka, missed only one game, but hit the 24-12 Husker win over Iowa State on the nose to win the first place money in last week's News-Press and City contest The Otoe County Stars, composed of Republican boys and girls, were featured at the Gay Nineties dinner at the Nebraska Federal of Republic Women's Biennial convention in Lincoln David Kranz, two-year-old son of Mr and Mrs Bill Kranz, Avoca, was pictured with carrots grown at his home Jack Morehead, fishing in a rural Otoe County farm pond, landed a seven pound 31-inch long Northern pike

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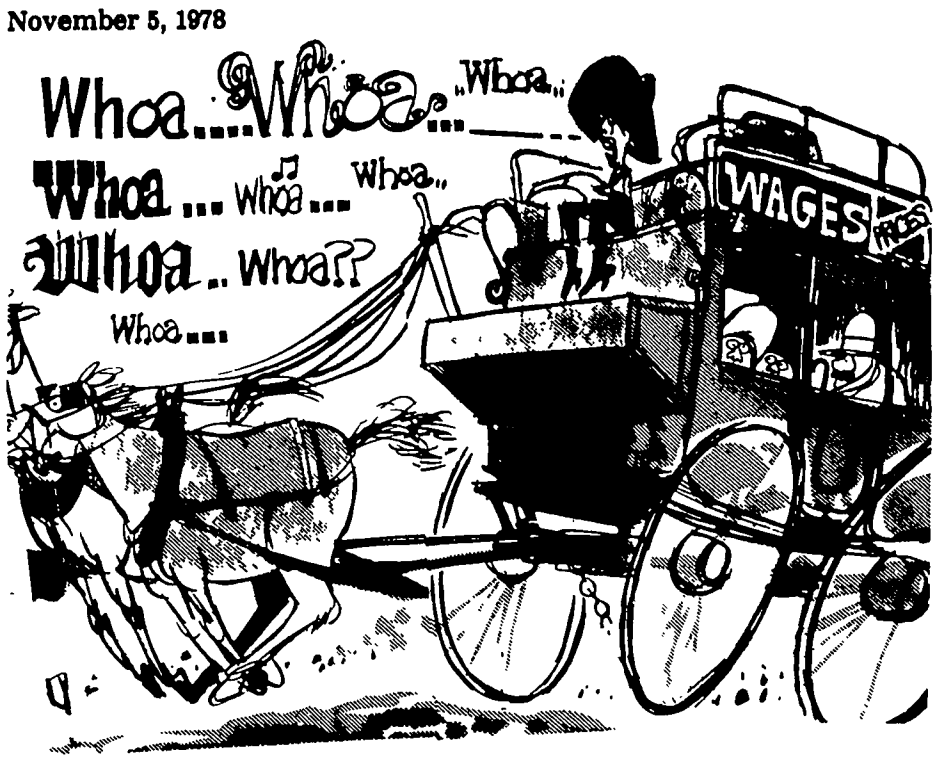
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The Prayer For Today From The Upper Room

I reckon that the sufferings we now endure bear no comparison with the splendour, as yet unrevealed, which is in store for us. (Romans 8:18 NEB)

PRAYER: Lord, we thank You for the assurance we have that we can exchange this life with all its sufferings for a better life. Amen.





Martha Angle and Robert Walters

IN WASHINGTON

Colonialism in high seas?

WASHINGTON (NEA) - To the uninitiated, the crumbly black nodules that lie on the floor of the world's oceans appear to lack any aesthetic, social or commercial value

Their color, size and shape give the dull rocks the appearance of burnt potatoes. Retrieval is highly complex and expensive because they are found only at the darkest, coldest ocean depths, usually two to four miles below the surface.

But billions of dollars will be spent in the coming decades to recover those nodules because they represent one of the few remaining untouched mineral treasures on the face of the earth.

A typical nodule is composed of 24 percent manganese, 14 percent iron, 9 percent silicon and 3 percent aluminum, with lesser amounts of almost two dozen valuable ores such as copper, zinc, cobalt and nickel.

Because intense exploration has been under [illegible] the 1980s, information about the prevalence of the undersea nodules remains imprecise and sometimes contradictory

One estimate places the quantity in all the world's oceans at 1.5 trillfon tons, but according to another estimate that amount is available in the Pacific Ocean alone

Unlike many land-based resources that are being rapidly depleted, the nodules are believed to be growing at a rate of 16 million tons each year. Assuming the technology needed to harvest the undersea treasure can be developed, the seabed resource is truly a bonanza,

But who owns it? For centuries, the world's nations have generally accepted one basic theory of legal rights on the high seas, The ocean and its seabed belong to all countries collectively but to no one country individually

That concept was reaffirmed in 1970, when the United Nations General Assembly approved, without a dissenting vote, a statement of principle that said

"The seabed and the ocean floor, and the subsoil thereon, beyond the limits of national jurisdiction ... as well as the resources of the area, are the common heritage of mankind."

Implementation of that high ideal, however, has thus far eluded delegates to the United Nations Conference on the Law of the Sea, which since 1958 has convened no less than nine times in New York, Geneva and Caracas.

The issue of rights to mine undersea resources has emerged as a classic North-South confrontation, pitting the highly industrialized nations of the Northern Hemisphere against the lesser developed countries of the Southern Hemisphere

At the close of a mid-1977 session of the UN conference, some leaders of the latter group secretly and unilaterally revised a crucial draft document, angering United States Ambassador Elliot L Richardson, President Carter's special representative to the conference

With the approval of the White House, Richardson went to Capitol Hill to announce that although this country still embraced the "common heritage of mankind" concept, "the United States (also) maintains that the right to engage in seabed mining is a legal freedom of the high seas."

In the ensuing year, six congressional committees approved unprecedented— and unwarranted — legislation authorizing the federal government to grant licenses to corporations that would, in effect, give them proprietary rights to the international seabed.

The measure was passed by the House during the summer and its proponents tried, but fortunately failed, to ram it through the Senate in the closing days of the 95th Congress.

The Carter administration claims the new law is needed to provide Richardson with additional leverage in the UN negotiations, but that approach also represents a crude neo-colonial effort to grab international territory to which this country has no lawful right.

"Exploration of the deep seabed by United States corporations is by far the most extreme unilateral position we have taken short of war," says Rep. David F Emery, R-Maine "No other country has ever attempted such a venture into international waters '

Today In History

By The Associated Press

Today is Sunday, Nov 5, the 309th day of 1978 There are 56 days left in the year

Today's highlight in history

On this date in 1940, President Franklin Roosevelt was re-elected, becoming the first American president to be elected for three terms of office.

In 1605, a British conspirator, Guy Fawkes, was seized as he was about to blow up the House of Lords in London.

In 1872, suffragist Susan B Anthony voted for Ulysses S Grant for president Women did not have the vote, and she was fined $10 for illegal voting.

In 1912, Woodrow Wilson was elected president

In 1946, a new career in politics began when Democrat John Kennedy of Massachusetts was elected to the U S House of Representatives at the age of 29

In 1956, Britain and France started landing forces in Egypt during fighting between Egyptian and Israeli forces around the Suez Canal

In 1967, an express train hurtled off the tracks near London, leaving 51 persons dead.

Ten years ago Richard Nixon staged a political comeback and was elected president, defeating Vice President Hubert Humphrey

One year ago The Soviet Union declared a limited amnesty for prisoners in honor of the 69th anniversary of the Bolshevik Revolution, but apparently excluded political dissidents.

Today's birthdays: Philosopher and historian Will Durant is 93 years old. Former cowboy star Roy Rogers is 66. Musician and composer Paul Simon is 36.

Thought for today: To get the full value of joy, you must have somebody to divide it with — Mark Twain, American writer, 1835-1910.

BEAT THE BUREAUCRACY

Howard K. Ottenstein

Grants aid college students

By Howard K. Ottenstein

Grants, of course, are even better than loans for financing a college education, since they don't have to be repaid. Grants are also a bit more difficult to obtain. But they are not as hard to get as many students and their parents think.

Kingpin of the government's grant program is the Basic Educational Opportunity Grant (BEOG). Often, these grants are combined with other forms of assistance — such as loans, work-study and private scholarships — to meet the total cost of a student's college education. Currently, BEOG disbursements range from $200 to $1,600 a year.

Students should not assume they are ineligible for grants just because their family income is more than $20,000 a year.

The government looks at a long list of factors in determining who will receive grants and how much money they will obtain. Among those factors are family size, income, tuition costs of the applicant and other family members, tax bills, and unusual family expenses. Total assets are examined as well as income.

Your daughter could well receive a grant, while the son of a co-worker earning a comparable salary could be turned down.

Students may stand a better chance of receiving BEOGs if they can prove they are self-supporting. But they cannot have been claimed as dependents on their parents' income tax for the preceding year, and they cannot receive more than $600 a year in support from their parents.

For further information on the BEOG program, contact financial aid counselors, regional Education Office units or the Division of Basic and State Student Grants, Office of Education, Washington D.C. 20202. Better yet, call the BEOG hotline, (800) 638-6700. (In Maryland, call (800) 492-6602.)

Students in extreme financial need may also be entitled to Supplemental Educational Opportunity Grants. These grants, which run as high as $1,500 a year or $4,000 total, must be matched by the student's college. For details, contact college financial aid offices or the Office of Education's Division of Student Financial Aid in Washington.

Part-time jobs, usually on campus or at federal installations, are made available to students through the College Work-Study Program. During fiscal 1976, nearly [illegible] students helped meet their tuition bills through work-study.

Students can work up to 40 hours a week, with the government paying as much as 80 percent of their salaries. Most of the jobs start at or slightly above the minimum wage.

Additional information on work-study can be obtained by writing the Division of Student Financial Aid.



Ivan D.E. Beaumont

THE BUCK ENDS HERE

A little spook

The visitor —

There was a little spook at our door the other evening and I missed her. Gaylene, daughter of Mr and Mrs Victor Grundman, was making the rounds and paid us a favor with a rap on the door

This time the doorbell rang, Millie answered it and gave treats to the children. Gaylene was one of the little spooks and we didn't know it until later.

I would have known it was Gaylene even without a costume. .she would have had a scratch or a band aid over a cut.. and a skateboard under her arm

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The innocent —

Didya read the one about the kids touring the FBI office and one little boy noticed photographs of the 10 most wanted criminals.

Pointing to one picture, he inquired if that really was a picture of the wanted criminal When assured that it was, the lad inquired:

"Well, how come you didn't keep him after you took his picture?"

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Dad & Daughter —

We liked the story the other day about 10-year-old Jacque Roker and her dad, Bill, who paired off in the Jaycee half marathon. Dad finished the 13 miles.

Jacque didn't finish the run, but she accomplished something even more important. She tried. It's even bigger than that. The little lady actually covered seven miles.

And you know what her plans are next spring...you better believe...tennie street stompers better watch out for the new "Peep Peep." That will be Nebraska City's Road Runner, Jacque, in major competition.

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Friends gone —

We'd like to take just a moment to mention the passing of a couple of friends, O. A. Gude and Evert Frost.

They have gone on into that other land, but they have left behind some happy memories of friends.

"Grandpa" Gude operated the Tenth Street Grocery. Every kid in the neighborhood went down to that store on and errand for his mother or to make that one big purchase — candy.

That's where Grandpa Gude excelled. He loved kids He used to step out from behind that meat counter wearing his white apron and visit with the Little People. If they could have voted, he would have been mayor forever.

Evert set up the operation of the town's first landfill and he was the best choice for the job. The landfill was a new experience for taxpayers and to get the job started right, the man had to be able to deal with the public

Evert must have had a Good Guy brand on his forehead. He was a hit with everyone from the first days on the job. He was always pleasantly accommodating and always had a moment to explain how the fill system was working.

In later years he worked for the city street department and when he became ill and was confined mostly to his home, you could still see that bright smile and wave from his chair on the porch.

So long, friends

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The debate —

Thanks to Glen Cohn of Morton House Kitchens for setting up a most interesting debate between opposing sides of the bottle bill

Ted McConnell, Lincoln, represented the opponents and Mrs Dorris Marxhausen, Seward, favors the bill. Each was given 10 minutes to make his sales pitch and that was followed with rebuttal and questions.

It has been a lot of years since the voters have had so much interest in referendums and constitutional amendments President Garry Alles who referred to a previous program on the lid bill, said it could be difficult for the membership to come up with some programs. after the election.

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Hello, Mike —

Congratulations to Mike Koory on the grand opening of Mike Koory Motors in Nebraska City, the former Weinman Auto Co.

We wish Mike and his family (especially those 13 grandchildren he speaks of so often) much success in their new business in Nebraska City

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Hello, Kim —

Congratulations to my little neighbor, Kim Schreiner, daughter of Mr and Mrs Tom Schreiner, on being named as the NC Lourdes candidate for the Hugh O'Brian Youth Foundation Leadership Seminar

The winner will go to Atlanta, Ga , in April for a weeklong expense paid seminar promoting leadership qualities of high school sophomores.

Runnersup were Diane Davis, daughter of Mr and Mrs Wm F Davis, Paula Paap, daughter of Mr and Mrs Allen Paap, Jr , and Don Pfeiffer, son of Mr and Mrs Leo Pfeiffer



HEALTH

Lawrence E. Lamb, M.D.

A blender might help

By Lawrence Lamb, M.D.

DEAR DR. LAMB — After a series of X rays, my husband was told that he has diverticulitis. He was given a diet sheet and I understand that he is not to have any vegetables with skins or leafy vegetables or nuts. Someone told me if I put peas, butter beans or turnips in a steam pressure and liquified them in a blender, it would not hurt him. Will you please tell me if this is true or not? He is 84 years old.

DEAR READER — It depends a lot on how severe his diverticulitis is, and whether he is having an acute attack or just having chronic symptoms.

Diverticulosis is simply pockets of the colon, but if he really has diverticulitis, that means one of those pockets is inflamed, like a small attack of appendicitis. For that reason, I am reluctant to comment too specifically on what type of diet he should use.

It is true that if you should use a blender, and liquify substances so that there are no hulls, skins or other solids, the likelihood of having any problems with these should be minimal.

You might consider using baby foods. Older people with digestive problems who have trouble getting the right foods for them often will find items that they can tolerate easily among the foods provided for babies. You are on the right track with your method if you want to get rid of skins and undigestible materials.

You really should ask your doctor whether he should increase his bulk or not. Studies over the last five to 10 years have suggested that many patients with diverticulosis do better if they have increased bulk in their diet.

Perhaps the best source of bulk really is the bran fiber found in cereals. It's not roughage, but softage once it's wet and, if you have any doubt about that, just look at a bowl of cereal that's been soaking in milk for a while and you will see how soft it really is.

I am sending you The Health Letter number 5-6, Diverticulosis, which discusses this problem which occurs so commonly in middle-aged and older people and the general philosophy on what can be done to manage it. 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 — What is a so-called fatty tumor? I have a lump about the size of an egg, which has gotten no larger or smaller, just to the left and below my right shoulder blade. My doctor says that is what it is.

DEAR READER — And that's about as much as any of us know about it. It is called a lipoma, which means a fatty tumor They are harmless, even though you might not care for their appearance. The lump as you describe it can be removed. However, if you scoop out the fatty tumor, it may leave a depression under the skin which you might not like much better.

The most important thing about all lumps is to have your doctor see them, feel them and decide whether a lump is innocuous or is something that should be removed.

Some doctors believe firmly in the idea that lumps should be in bottles and not in bodies and, in most instances, that idea has merit. At least once the lump is out and looked at under a microscope, there is no doubt about what it is.

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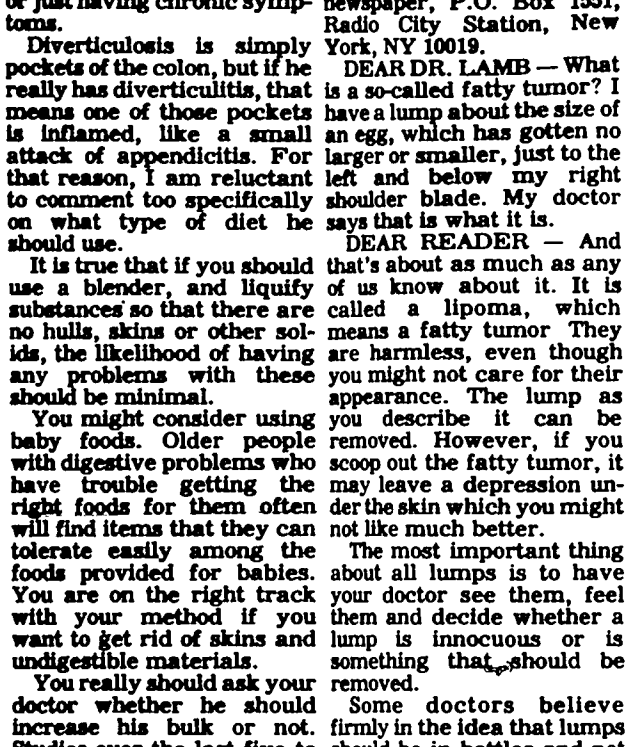
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Berry's World



"I WANT to be with it, but I'm having trouble being tough and vulnerable at the same time!"