Nebraska City News-Press

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VIEWPOINT

HOSPITAL IMPROVEMENTS — AND DOCTORS

It was interesting to read about the planning improvements at St Mary's hospital in Nebraska City. Hopefully the program has been well thought-out and will become a reality

The last major building program was in 1957 when the south and east additions were built. Prior to that, the front door was the old entrance on the west side.

Nebraska City is looked upon for its medical services so it's a compliment to the sisters, hospital officials and staff for considering the improvements

We hope they will be improvements that are needed at the hospital, that we can afford, and that will be used to meet the health service demands of the town and the area it serves.

We do have a problem — we're hurting for doctors

We don't pretend to know the medical needs of the community, but we are all cognizant of the loss of physicians and the closing of Nebraska City Medical Group.

Attracting doctors to any community is difficult. There is so much interest in the program in the state that there is now a special state agency dedicated to work with tow[illegible]

The Chamber of Commerce started a program several months ago under the leadership of Bill Dawson. Hopefully under his direction the Chamber can blend with the doctors to develop a committee, get organized and start "recruiting."

The taste of the game

The holidays just wouldn't be the holidays without the Neiman-Marcus catalogs for some people, both those who actually patronize the exclusive Dallas store and those who delight in its annual innovations in conspicuous consumption.

This year's edition includes the usual run of ultra-expensive fashions, jewelry and amusing little items of no possible practical purpose, such as gold-plated barbells for the executive who wants to "raise prestige and drop inches." (On this item, the catalog errs — they are dumbbells, but it's nice to know N-M copywriters can be this human)

This year's supergift, the piece of easy resistance for most of us, is a pair of His and Hers security vaults set into the granite of a 9,000-foot Utah mountain. Just the place, the security-minded affluent are assured, to store a priceless work of art, that vintage wine or irreplaceable personal records. At a $90,000 for a 50-year lease.

More tempting in several respects, however, is the chocolate Monopoly set. At $600, the idea is to polish it off as the "greatest finale to a dinner party ever conceived."

The New York Times, taking editorial note, decrees the offering an outrage, contradicting the lesson the game can properly teach children — thrift.

Baloney, to keep this in terms of comestibles. What Monopoly has always taught is acquisitiveness. He who amasses the most property and holds up his fellow players for the highest rents walks off with the spoils of the game.

Considering that Monopoly is real estate oriented, and further considering what has been happening to prices of late, the edible game may actually be an accidentally apt comment on one aspect of the economy today. The stock market may have soured, but there's only one way to describe the situation of a substantial owner of real property.

How sweet it is.

GOPs add black vote

The two-year campaign by GOP National Chairman Bill Brock to crack the traditional Democratic stranglehold on black voters paid handsome dividends in selected races this month and produced at least modest success nationally.

Surveys by the Associated Press and the New York Times indicated the GOP drew 15 percent of the black vote across the country — up from the 7.8 percent garnered by President Ford in 1976. A handful of moderate-to-liberal Republican candidates did far better, by their own calculations, at least.

Richard Thornburgh, for instance, claims to have captured 58 percent of the black vote statewidde in winning the Pennsylvania governorship. Illinois Sen. Charles Percy polled just under 50 percent of the black vote in his state, while Illinois Gov James Thompson and Michigan Gov. William Milliken each drew about 30 percent of the black vote in their races.

Brock now plans to launch a similar campaign next year to garner Hispanic support for the GOP.

AS TIME GOES BY

Breeding begins

FORTY YEARS AGO
—1938—

Breeding of gilts for January sale began at the Union stockyards in Nebraska City The Central Power Company filed a petition seeking to bar the City of Nebraska City from proceeding with acquisition of the company's property there Nebraska defeated Iowa 14-0 in the championship by defeating Iowa State 10-0 Among the movies showing in Nebraska City were "Mars Attacks the World," "Hard to Get" and "Magnificent Obsession "

TWENTY-FIVE YEARS AGO
—1953—

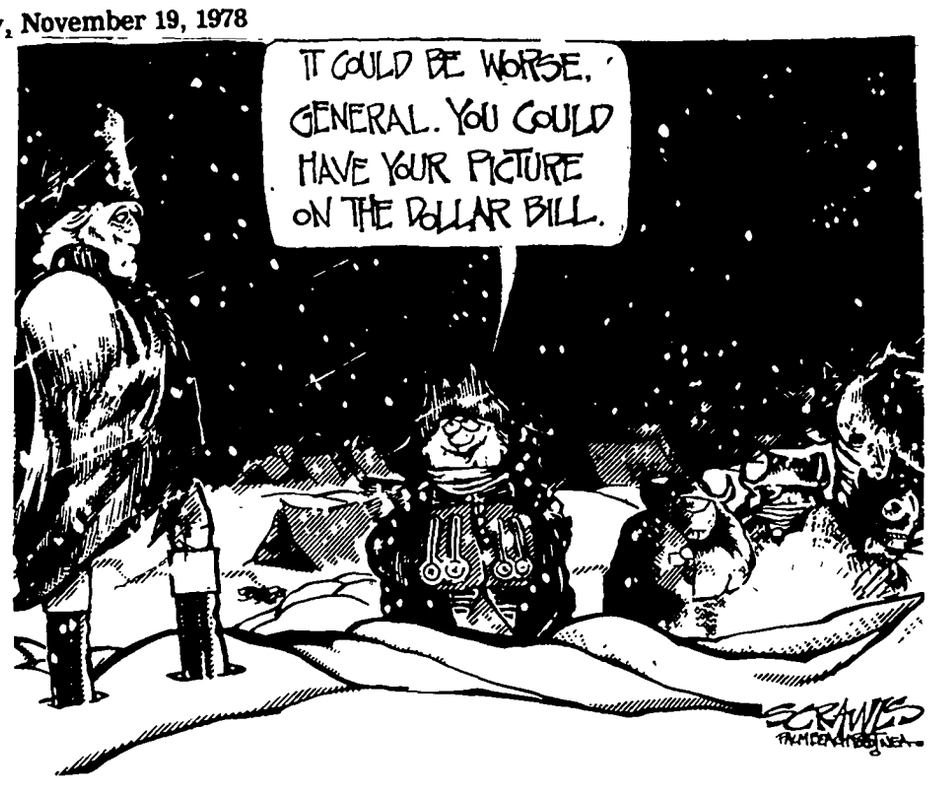
Karen Meyer, Talmage High School senior, snipped a ribbon to open the new $150,000 highway bridge northeast of Talmage, across the Little Nemaha Henry Schlitt, deputy state engineer, said Highway 2 improvements would be started next summer Carol Strange was elected president of the Theta Rho girls George Peterson and Troy Lyon of the Pioneers were named to the All-Southeast Nebraska Conference eleven.

TEN YEARS AGO
—1968—

The Nebraska City Lourdes Lettermen Club held a slave auction at the Memorial Building. .Some new furniture and equipment was purchased for the Duff Memorial Home, according to County Clerk Gerald Schmitz Terri Lynn, four, Angela Renee, five and Ronda Lea, three daughters of Mr and Mrs Ronald Witter of Nebraska City were pictured in the News-Press Lloyd "Bus" Wymore received the Clark Gibbs Memorial award at the annual Chamber banquet from the year before recipients, Mr and Mrs Jerry Livingston.

The Prayer For Today From The Upper Room

PRAYER: O God, who looks upon the heart and judges us according to our motives, cleanse us of all our sin. Manifest Your redemptive power by filling us with a spirit like Christ's that we may live in Him and He in us. In faith we ask. Amen.





Martha Angle and Robert Walters

IN WASHINGTON

Superlawyer strikes out

WASHINGTON (NEA) - One of this capital's most enduring legends — the purported invincibility of "super-lawyer" Clark M Clifford — has been badly damaged if not destroyed

Clifford has been a policy adviser to Democratic presidents dating back to Harry S Truman His fees are reputed to total hundreds of thousands of dollars per case.

Major corporations and other commercial clients pay not for Clifford's legal expertise but for his vast array of personal contacts and sophisticated knowledge of the Washington political process

Thus, it was no surprise that the Firestone Tire and Rubber Co. retained Clifford to represent the company in its recent dispute with the National Highway Traffic Safety Administration over alleged defects in "Firestone 500" tires

But NHTSA Administrator Joan Claybrook is a former 'public interest" lawyer with little regard for the supposed influence of Clifford and other high-priced attorneys

When Clifford sought a private appointment with Claybrook to discuss the matter, she rebuffed him, referring him instead to a middle-level NHTSA employee. And when Claybrook was ready for high-level negotiations, she summoned Firestone Chairman Richard A Riley from the firm's headquarters in Akron, Ohio

Clifford participated in that meeting, but back in the old days he would have been able to save Riley the trip to Washington — and the embarrassment of having to recall 7 5 million to 10 million tires.

Big bang

Most scientists today believe our entire universe (or time as we know it) "began" with what is commonly referred to as a "big bang "

Now the two Bell Laboratory scientists who discovered the seemingly conclusive evidence — quite by accident, of course — have just gained significant recognition for their work the Nobel Prize for physics.

Recipients of the $165,000 award were Arno Penzias, 45, head of the radio physics division of Bell Laboratories in New Jersey, and HIS colleague Robert Wilson, 42, a member of the technical staff

(They share the 1978 honor with Soviet Physicist Piotr Leontevich Kapitsa, 82, the "Don Quixote" of Soviet science He risked his life by refusing on moral and personal grounds to work on the atomic bomb)

The discovery in 1964 by Penzias and Wilson of cosmic microwave radiation — a faint signal pervading all space — is said to confirm the theory that an explosion created the universe more than 18 billion years ago

Penzias and Wilson had been using a sensitive antenna for research in radio astronomy and satellite communications when they made the surprising discovery Before that the "big bang" theory had been well-known, but they were the first to verify that there was radiation left from the suspected explosion

Notes Wilson "The next question is will the whole thing (the universe) stop and collapse or does it keep expanding?"

For some, the question goes even deeper than mere science

Penzias said the "big bang" explanation was not incompatible with the religious view (for instance "Let there be light") that the beginning of the universe occurred at a definite time And that it was a specific event

The scientist admits "Western religion deals with progress, and progress to some extent is purpose The theologians seem to have won this time "

BEAT THE BUREAUCRACY

Howard K. Ottenstein

IRS can save you money

Most of us figure the IRS is out to separate us from our last penny That's not necessarily so. By taking advantage of IRS services, you may well learn how to cut your income taxes

At any rate, the IRS may save you the dollar or two you shell out at the bookstore each year for a glossy publication explaining how to fill out your 1040 Many such books are no more than reprints of "Your Federal Income Tax," a 194-page publication you can get free from the IRS

IRS also offers a whole series of guides on specialized tax issues: "Tax Information on Selling or Purchasing Your Home," "Tax Information for Divorced or Separated Individuals," "Tax Information on Moving Expenses," "Your Exemptions and Exemptions for Dependents," "Tax Guide for Small Business," "Medical Expenses, Child Care and Disabled Dependent Care" and "Tax Credit for the Elderly."

For a complete listing of all IRS tax publications, order "Recordkeeping Requirements and a Guide to Tax Publications" or "Catalog and Quick Index to Taxpayer Information Publications "

You can obtain these booklets — as well as any special tax forms you might need — simply by filling out the order blank on the back of your federal income tax forms booklet. You can also get these materials from regional and district IRS offices, as well as from the Public Affairs Division, Internal Revenue Service, 1111 Constituttion Avenue N W , Washington D.C. 20224.

Incidentally, there's no charge for any of these publications.

What if you still have questions after studying the IRS booklets? Don't head for a commercial tax preparation service. At least, not yet.

Instead, get free tax advice from an IRS specialist.

You can probably obtain the information you need by phone without even incurring any long-distance charges. If there is no IRS office in your community, chances are your phone directory will list a toll-free number for IRS assistance. If it does not, check with the toll-free information operator at (800) 555-1212.

If you prefer, you can go to an IRS office in person, where a tax specialist will look over your financial records and help you prepare your forms.

Of course, you can also pose your questions in a letter to your district IRS office

If you are hard of hearing, you can obtain tax advice over any TV-phone teletypewriter equipment to which you have access. If you prefer to visit an IRS office, you will usually be assigned to a tax specialist trained in working with the deaf.

If you want still more information on taxes, you might consider enrolling in one of the free taxpayer education courses offered by the IRS. Such a class will probably be offered this year in at least one city in your state

Your club can sponsor its own mini-course in income taxes with a guest speaker from the IRS. If a "live" teacher isn't available, an up-to-date film can usually be supplied. One of the most popular films, "The American Way of Taxing," is available free from most IRS district offices.

Further information on classes, speakers and films can be obtained from your nearest IRS office or the previously mentioned Public Affairs Division in Washington.

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Today In History

By The Associated Press

Today is Sunday, Nov 19, the 323rd day of 1978 There are 42 days left in the year

Today's highlight in history

On this date in 1919, the U S Senate rejected the World War I Treaty of Versailles, signaling an era of American isolationism

On this date

In 1493, Christopher Columbus discovered the island of Puerto Rico.

In 1794, the United States and Britain signed the Jay Treaty, adjusting issues left over from the Revolutionary War

In 1831, the 20th American president, James Garfield, was born on a farm near Mentor, Ohio.

In 1863, President Abraham Lincoln delivered his Gettysburg Address

In 1935, the Chinese ordered military conscription to meet Japanese attacks on the China mainland

In 1969, the second manned landing on the moon was made by the U S. Apollo 12 astronauts, Charles Conrad and Alan Bean.

Ten years ago One of America's most prominent revolutionary leaders, President Keita of Mali, was overthrown by young army officers in a bloodless coup

Five years ago New York stock prices suffered their sharpest drop in 11 years as investors feared a recession due to cutbacks in Middle East oil supplies.

One year ago President Anwar Sadal of Egypt arrived in Israel on his first peace mission to the country and received a warm welcome from principal political leaders.

Today's birthdays Former Indian Prime Minister Indira Gandhi is 61. Television personality Dick Cavett is 42.

Thought for today: It is not true that I said actors are cattle I said they should be treated like cattle. — Director and producer Alfred Hitchcock, born 1899.



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Preacher shocked

He earned it —

The preacher saw a group of little boys sitting in a circle with a dog in the middle. He asked them what they were doing with the dog.

One little fellow said, "We ain't doing nuthin' to the dog, we're just telling lies and the one that tells the biggest one gets the dog."

The preacher said he was shocked by what they were doing and told them when he was a little boy he would never have thought of telling a lie

The little boy turned to his friends and said "Give him the dog "

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The Orange Bowl —

The airlines companies said there wouldn't be much room for any extra passengers during the New Year busy season That would seem to indicate football fans had better not consider flying to Miami for the Orange Bowl

Wanna bet?

This is Nebraska and despite what Sen Ernie Chambers says, Nebraskans are quite proud of their state and their football team And you can bet your best pair of boots the airlines companies, will come up with hundreds of extra seats to accommodate those paying customers

Either that or I sure don't know anything about economics

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Congratulations —

to Stan Johnson, Peru, on his selection as an Outstanding Young Farmer in area competition for the Jaycees He will compete in January for the state title

Harold Lowrey, who farms west of Peru was the last local man to win the state award We had a good time with that program and with the festivities that followed

Jim Johnson, Union, received recognition during the week when he was awarded the American Farmer Degree at the FFA national convention in Kansas City He is the son of Mr and Mrs Harold Johnson, Union He also received a gold key

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The pulpit —

Didya hear the one about the church worker who was having difficulty trying to sell tickets to a benefit to a member known for his tightfistedness.

"I have something else to do that night," he said, "but I'll be with you in spirit "

"That's fine,' said the solicitor "Would your spirit prefer a seat in the $5 or $10 section?"

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General Welch —

The newspaper story told about the death of the former National Guard chief Maj Gen Lyle Welch It failed to tell about the man who loved the guard, the men in it and they loved him in return

General Welch was a frequent visitor to Company A in Nebraska City He was a guard history buff and could recite the beginning of the unit in Nebraska City its structure and current status

A lifelong Milford resident, he was a high school bandmaster and a guardsmen and was called into active duty during WWII beginning a career that lasted until his retirement five years ago

Among the last visits to Nebraska City was an appearance before Nebraska City's famous WWI Company B He talked the language of those guardsmen

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Wrong overshoes —

This is a favorite, first heard from Vern Livingston at a Toastmasters meeting (He tells it better than we can write it)

After school on a rainy day, the teacher pushed and pulled in helping Jimmy on with his overshoes

He thanked her and then said "These aren't mine" — firmly took a foot and proceeded to get them off She asked, 'Who do they belong to?"

Jimmy replied, "They're my brother's but my mom makes me wear them '

Have a Happy Thanksgiving



HEALTH

Lawrence E Lamb, M.D

Start your day right

DEAR DR LAMB — A friend of mine who was concerned about my continued use of enemas gave me one of your columns about constipation It was with a great deal of interest and relief that I read it I have suffered from irregularity for many years now, and I have done everything possible to have normal elimination Would you be kind enough to send me The Health Letter you mentioned in your column?

I am quite a nervous individual and work very hard at the office My day begins early at 6 30 a m and I don't get home until 7 00 p m Aside from my office responsibilities, I have to take care of my aged mother and my husband who is ailing I would really appreciate any help you can give me

DEAR READER — I am sending you The Health Letter number 2-1, Spastic or Irritable Colon and Constipation It will discuss in more detail than I can here what you need to do to develop better bowel function

Briefly, I can say it depends on including enough bulk in your diet, and that usually means cereal fiber, drinking enough liquids, including water, and taking advantage of normal reflex patterns that help you to establish regular elimination.

I should add to that, chemical laxatives on a regular basis should be a real "no-no " They usually make matters worse rather than helping them

Your best opportunity to train relexes is immediately after the breakfast meal, and you may have to take that into consideration in planning your day's schedule A lot of people develop poor bowel habits because they rush to the office before they have had time for their day to really get going, and their body to be functioning in a normal way

Other readers who want to learn about training reflexes and other matters related to irritable or spastic colon can send 50 cents with a long, stamped, self-addressed envelope for this issue Address your request to me in care of this newspaper, P O Box 1551 Radio City Station, New York, NY 10019

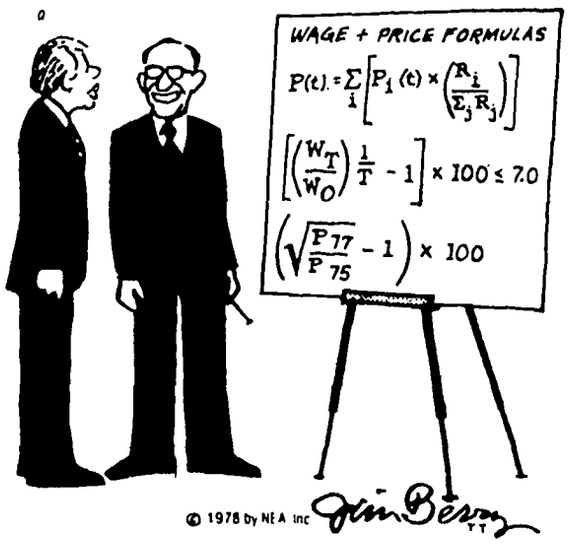
DEAR DR LAMB — My nails are splitting and breaking My doctor has me on calcium tablets, but they are not helping Please suggest what I might be lacking I am 48 years of age

DEAR READER - It may not be what you are lacking, but what you are doing. A common cause for difficulty with fingernails is the use of fingernail polish and the use of fingernail polish remover You might try doing nothing to your nails for a change and see if that doesn t help, in case you are using either nail polish or nail polish remover

Beyond that another cause for splitting and breaking of nails is the dryness that develops To help combat excessive drying, you can oil your nails each time after you have finished washing your hands, or used your hands for washing dishes, laundry or anything else that would soak the oil out of them You can use common baby oil or even any of the cooking oils you want just to oil up the nails so that they will retain moisture

As far as diet is concerned, you must have an adequate intake of good quality protein and an adequate amount of calcium If you use enough milk, either as a beverage or in food preparation, the calcium problem would be resolved And you need to be sure that you are getting enough iron in your diet You can solve this problem usually by taking one all-purpose vitamin tablet each day that contains iron

Berry's World



"In keeping with your stress on the importance of simplicity, we have here ..."