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VIEWPOINT

WHEAT STRAW FOR FUEL

A study by a team of scientists from Kansas State University released some optimism about using wheat straw for energy and at the same time providing farmers with a cash crop.

Dr N Dean Eckhoff head of the K-State department of nuclear engineering told Farmland News he was optimistic on both counts He offered the results from a study of agricultural residues for a municipal power plant at Pratt, Kansas

Pratt has experienced nagging interruptions of gas service and its back up fuel supply — oil — not only is expensive, but also likely to be in short supply in the near future

On the basis of actual field tests, Eckhoff's team tapped wheat straw over sewage sludge, solar energy, wind energy and animal manure as the most promising alternative

One of the keys of the study is the potential of producing wheat with not only a good grain yield, but also with a larger straw yield

On the basis of the study Eckhoff's team recommended the town of Pratt burn coal in its power plant system and supplement it with 20% wheat straw The environmental impact of straw is minimal and emissions and sulfur and nitrogen oxides would be insignificant

His proposal also provides for leaving a certain amount of the straw in the fields to protect against soil erosion The straw could be collected after harvest and stored on fields

In the future, Eckhoff sees furnace-boiler systems fueled not only with wheat straw but also with grain sorghum stover which can run to 17 tons an acre, and with cottonwood trees.

The latter suggestion will stir Sen Calvin "Cottonwood Cal" Carsten Avoca It was his bill in the legislature that got the cottonwood established as the state tree for Nebraska

AS TIME GOES BY

Thousands pass

FORTY YEARS AGO
—1937—

"Thousands of cars went by our corner," Virgil Pitstick, Jr and Jack Porter, Boy Scouts who served as guides for Apple Apple Blossom Day, said .Sen George Nye (R-N D) alleged that a spy ring with agents in Cuba, Mexico, France and Spain, was operating out of a fashinable New York hostel George Thayer, Jr , 13, was ready to test a model glider he had built for, but was unable to enter, in the Peru State College manual arts contests Mark Kerns, Otoe county WPA supervisor, said anyone refusing to accept private employment faced removal from lists for WPA employment

TWENTY FIVE YEARS AGO
—1952—

The new American Meter factory building announced for Nebraska City was estimated to cost $300,000 Morton Steinhart said work on the new plant would probably begin in less than two weeks .An atomic bomb was detonated at Yucca Flats .Jere McGarrey took Senior High 1952 golf honors by beating Tom Hebard, four and three, on the Steinhart Park links .Harold Keithley pace Nemaha High to victory in the Nemaha Valley Conference track meet Tony Edmondson, 64, well known City druggist, died

TEN YEARS AGO
—1967—

Staff Sergeant Larry Morris, son of Mrs Dora Morris, Brock, received the U S Air Force Commendation Medal at Seymour Johnson AFB, N C The Nebraska City School board named Dr A O Gigstad president of the board for the coming year and Dr A H Bonebrake was elected vice-president Fifty area Nebraska City area residents were queried by a nine member team of experts as part of a community survey sponsored by locak civic organizations City Finance Commissioner Robert L McKissick complained of neck injuries after his car and another car collided at Eighth Street and First Corsoe

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News in Brief

LOS ANGELES (AP) — John Ehrlichman says former President Richard M Nixon's version of the Watergate cover-up in his interview with David Frost was a "rationalization that will be tested and found false "

Nixon's former domestic affairs adviser also said in a magazine article he wrote following the Nixon-Frost interview Wednesday night that Nixon was "overcome with self-pity" when he fired him and that Nixon "offered me a huge sum of money I declined it "

PITTSBURGH (AP) — The nation's steel industry is waiting to see whether other major steelmakers follow the lead of two companies that raised prices on steel used in a variety of consumer goods

The nation's fourth largest producer, Republic, and Youngstown Sheet and Tube Co , a division of eighth-ranked Lykes, announced the price increases Friday

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The Prayer For Today From

The Upper Room

"Seek first his kingdom and his righteousness, and all these things shall be yours as well " (Matthew 6:33 (RSV)

PRAYER· Lead us, Lord, to see things clearly and in their right order Help us to place You and Your kingdom first. Amen





Don Oakley

COMMENTARY

Challenge and response

Someone has remarked that if Americans had reacted to Pearl Harbor the way they have to the energy problem, we would all be speaking Japanese today

The analogy is a vivid one, but not really very helpful The attack on Pearl Harbor was a direct and unmistakable challenge to the nation's security There was no question about how to respond to it. Things are quite a bit less certain when it comes to the energy crisis

War was declared on Japan the day after Pearl Harbor and young men flocked to join the armed services It will take weeks and months for congress to debate the various aspects of President Carter's energy program In the meantime, where does the average citizen go to enlist?

We don't even know who the enemy is today Is it ourselves, and our profligate waste of energy and other resources, or are the Arabs and the oil companies the culprits? Will a little conservation here and there be enough to solve the problem, or must we gird ourselves to accept the fact that our constantly improving standard of living is a thing of the past — that we face a permanent situation of scarce and high-cost energy with no "VJ Day" in sight?

On the one hand, a study by the CIA warns that the world's reserves of petroleum are actually far less than previously estimated Then along comes another report by geologists and other specialists at a United Nations Conference who say that the world probably has enough gas and oil to last another hundred uears

Imagine the confusion if, on Dec. 7, 1941, Americans had heard conflicting reports that maybe there was and maybe there wasn't some kind of attack on Hawaii, and had seen the Congress and the President and all the experts disagreeing about the seriousness of the situation and what should be done about it

Already, nearly every proposal outlined by President Carter has encountered a host of ifs, ands and buts Such a seemingly simple matter as insulating houses becomes immensely complicated when we get down to implementing it

The President has called for insulating or re-insulating 90 per cent of America's 53 million homes by 1985, but the insulation industry says it is presently producing at peak capacity and doubts that the goal can be reached

The President has also suggested a tax credit for homeowners of 25 per cent of the first $1,800 and 15 per cent of the next $1,400 they spend on insulation, but costs are rising so fast that by the time the program is enacted the tax credit may not be enough

If the problem of conserving the energy we have is a difficult and controversial one, the problem of generating new sources of energy is a ball game all to itself

Both the cost and practicality of widespread use of solar energy have been questioned An increased use of coal will have serious environmental consequences As for nuclear energy, the President has ruled out the once-promising fast-breeder reactor process using dangerous plutonium, and a recent court ruling has clouded the future of the entire industry by declaring unconstitutional the law limiting the accident liability of nuclear power companies

No, this is not Pearl Harbor But at least the President has, for the first time, confronted the nation with the dimensions of the energy challenge and made a beginning toward a comprehensive, long-term national policy

All that Americans need is to be shown the way, and they will respond as they have to every other crisis in their history

'We do not want to look young'

Age has a very special beauty

By Lou Cottin

We have news for young people This may come as a surprise You are not the only beautiful people around We oldsters have a beauty of our own

It s a left-handed compliment when you tell one of us, You don t look your age " It's no compliment at all when you turn liar and declare, "Over 60? My, you look so young' Not a day over 40 " That's sheer arrogance It assumes that the most desirable look is the 'young' look Often your non-compliment is followed by, "I'd never believe it Well, start believing it You will learn in time that comeliness is not inevitably tied to any specific age You will discover that there is a special kind of elegance among the elderly Some of us are handsome Others are attractive because we have style

Our appearance is not to be judged by young people's standards The bloom of youth has its own refinement The charm of old age has its own glory Yes, when we were young we made the same mistake the young are making now

How often we left weddings and engagement parties asking, "What does he (she) see in him (her?)" We couldn't understand the marriage We had accepted the movie star as our base for judgment. The men and women pictured on the front covers of the Saturday Evening Post were our ideals of good looks Of women, men said, "She's the cat's pajamas " Of men, women said, "He's a wow!"

In time, of course, we began to look at faces not as an arrangement of eyes, ears, nose, mouth and chin We did not judge body structure in accordance with the figure of the reigning idols of our day We saw people in their humanity We sensed their hearts We delighted in their minds, their wit, their kindliness, their ability to bring joy into our lives

Except in rare cases each of us when we were children believed our mothers to be the most beautiful woman in the world Most of us thought of our fathers as handsome men Aunt Bessie might be the very image of our mother But she didn't rank high on our beauty scale Uncle Jose, who looked like our father, never seemed particularly attractive We couldn't understand why our cousins admired their parents so unreservedly

Thinking back on this now that we're old we seniors realize that beauty is not in the eye of the beholder It is in the heart of the beholder It turns out that beauty is not skin deep It is soul deep

This understanding of our own beauty as older Americans is more important than the aesthetics of our appearance Looking our age is just fine The marks of what we ve been through are chevrons of honor

We are proud of the part we played in bringing up our children We judge the lines in our face by the struggles which have engaged us The brown spots on our hands become lovely if they are seen in the light of what those hands have done

What we have given of ourselves these many years reflects the depth of our dedication to our children to our communities, to our friends

We walk among our contemporaries proudly Where seniors gather, each of the outward signs of age tells a different story There was war and we fought through it There was sorrow We bore our struggles with courage and understanding Yet there was always enough sensitivity to share with others There was sickness, too For that, as we knew, one effective medication was tenderness and love

Therefore, we turn away from the phrase, "You look young "

We don t even want to look young We bear with pride our success in living and sharing and sacrificing these many decades Anyone who chooses to look can see what we have built

The expression runs Beauty is as beauty does True enough But it is also that Beauty is as beauty did

Our society today is spoken of as youth-oriented From our economic standpoint the orientation is not to be denied Its persistence and acceptance without debate has hurt the elderly in many ways It is the excuse for the mandated retirement based on chronological reasons alone It is the reason for pushing us out of the mainstream of life It takes away from us the position of leadership that we had in so many areas for so many years

The situation must be turned around The young should stop expecting the aged to be ashamed of looking old We ourselves should deny hotly that age has made us in any way unattractive

We need to remind ourselves that we have done gracious thoughtful, kindly and generous things throughout our lives Let Shakespeare talk about crabbed age We can look into our mirrors and trust our hearts Life has made us beautiful

GROWING OLDER



Lou Cottin

(NEWSPAPER ENTERPRISE ASSN)



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Thanks to founders

Congratulations—

.....to St. Mary's hospital on the 50th anniversary. It is interesting to read how so many people in Nebraska City banded with the Sisters of St. Francis and hit the streets asking for donations to build the hospital.

We say thanks to those many people who started the project and worked to its fulfillment.

The celebration of the hospital will begin Sunday at 2 p.m., with a mass by Bishop Flavin. Hospital Administrator Phil Fisher said there will not be an open house, but everyone is welcome to attend the mass and reception for the bishop.

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We told you so —

The number of high schoolers receiving awards has swelled with almost every issue this past week Honors convocations have been or will be held at schools in the coming weeks

You're invited to attend one of the programs and enjoy the enthusiasm of the students We had one of those pleasures the other night at the Distributive Education banquet

The DE students "ran" their own program, calling on adviser Robert Rathe for remarks at the close He awarded Dave Stukenholtz and Le Anne Ehlers for winning at the state DE contest and singled out Le Anne who had returned the same day from the national contest at Anaheim, California. She was pretty excited about her trip and gave an enthusiastic report

The News-Press has had DECA students for many years. Greg LaMasters is our DECA employe this year and we were his guests at the dinner

Greg works in the mail room at the News-Press with Jerry Keran The two boys put the names and addresses on the papers for the mail, put up the carrier bundles and operate a small post office preparing the News-Press for delivery

We appreciate DECA The work is rewarding for the boys and for us The only sad part is the "turnover " Somehow, they seem to grow up and every year or two, we get a new "crop."

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The Jaycee awards —

The Jaycees appropriately recognized a number of energetic people at the banquet the other night, but it was the women's organization that caught our attention

The Jaynes selected Cindy Hall as the Outstanding Young Woman The Jaynes are to be complimented for their selection Cindy not only was a good student and athlete at NCHS, she got "involved" in politics and is a member of the Board of Education

Congratulations, Cindy

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A party for Alta —

There's gonna be a party July 17 at the Wayside park in Unadilla to honor Alta Rhoten, a former Otoe county teacher who is retiring after 33 years

Mrs Frank (Joyce) Schulze, Unadilla, telephoned the other night to tell us of the plans to honor the former teacher Miss Rhoten taught at Orchard Hill District 102 from 1944 to 1955 (she had 18 pupils) and then at District 12 northwest of Nebraska City from 1955 to 1963. She then moved to Omaha where she taught in the schools there.

A basket dinner will be held at 12:30 p.m. at the park.

The Sunday noon party promises to be a special event to honor a very fine person. We expect there will be a lot a stories about the old days in the country school and the renewing of a lot of friendships.

If you want to help on this, give Mrs Schulze a call

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Thanks, Sara Jane —

The interesting "Roots" story about the Ned Abbott family was taken from the Los Angeles Times and was written by Annabel Wilson, youngest daughter of the Abbotts.

The newspaper story was brought to our attention by one of our favorite news sources, Miss Sara Jane Whitten

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The county jail —

Sheriff Russ Seals jolted the Optimists the other day when he said the closing of the Otoe county jail may be closer than most people think.

The sheriff said the rules and standards of jails today outdate the county jail. He suggested that the county remodel the jail because it will cost less in the long run than driving prisoners back and forth to Beatrice or some other town.

You don't toss prisoners in jail and toss away the key Today they must have exercise rooms and sunlight. The sheriff refers to the county jail as like a dungeon.

None of us cares to spend the night to find out so we'll have to rely on the advice of others

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The graduates —

There are a number of "early" graduations in the area and for that reason the News-Press will publish its special section on high school graduations earlier this year

The biggest job we have with the graduation edition each year is getting the pictures of the seniors. We thank the superintendents, principals and the Moms and Dads for their help



HEALTH

Lawrence E. Lamb, M.D.

Watch pound of fat

By Lawrence E. Lamb, M.D

DEAR DR LAMB — I am a 29 year old, 5 feet 5, female, weighing 120 pounds Last year I went on a diet and lost 35 pounds in four months All my life I have been overweight and this is the first time I have been successful with a diet

Since then I can't eat over 900 calories without gaining weight. I try to balance my diet as much as possible but I have no caloric room for bread and other starches or fats My diet consists of vegetables, cottage cheese, fish, meat and skim milk Everything I eat is weighed or measured and all calories counted I average 32 grams of protein a day

I started an exercise program of running a half mile plus doing setups and pushups 10 minutes each morning Since then I have gained three pounds without eating more Something seems to be wrong with my metabolism Can you give me some suggestions?

I have increased my smoking and consume large amounts of coffee to hold back the hunger and I am so hungry for more good nutritious food I am becoming very frustrated

DEAR READER — You are paying too much attention to the scales What you need is to prevent pounds of fat not pounds of just anything from accumulating

You probably gained three pounds after exercising because you regained the normal water content of your body Strict dieting is associated with an abnormal elimination of body water which makes the weight loss look impressive on the scales Those pounds of water loss are quickly regained with normal sensible living habits

I strongly disapprove of using cigarettes and coffee in large amounts for your weight control program That can cause you to be a nervous wreck and develop habits that are really harmful to your health

You need to develop some patience I am sending you The Health Letter number 4-7 Weight Losing Diet and you can use this as a pattern for a normal diet for you It contains 1200 calories — not just 900 Others who want this information can send 50 cents with a long, stamped self-addressed envelope for it Note the comments there about exercise You need to develop and maintain a sensible exercise program It will help a lot in enabling you to avoid obesity Your protein intake is a little low but you will get enough on the diet I am sending you

Remember there is an equation for weight control a balance between what you consume and what you use You can affect your body fat by either limiting what you eat with a diet or by increasing your energy utilization. A combination of the two is usually the most successful It should then be a lifestyle thereafter Walking is one of the best exercises because so many people can walk long distances without overdoing it Try to program an hour s walk into your day s program — even in divided amounts if necessary You will use an extra 52 calories a mile and if you are able to walk three miles a day you will use an extra 150 calories a day In a year s time that is equivalent to more than 15 pounds of fat I'd rather see you walk than starve or smoke or swill down large amounts of coffee

Because of the volume of mail Dr Lamb cannot answer your letters personally but he will answer representative letters of general interest in his column Write to him in care of this newspaper P O Box 1551 Radio City Station New York NY 1019

(NEWSPAPER ENTERPRISE ASSN

Today In History

By The Associated Press

Today is Sunday, May 8, the 128th day of 1977 There are 237 days left in the year

Today's highlight in history.

On this date in 1541, the Spanish explorer, Hernando de Soto, discovered the Mississippi River at a point near the present city of Memphis, Tenn.

In 1846, the first battle of the Mexican War was fought at Palo Alto, Tex

In 1884, the 33rd American president, Harry S Truman, was born on a farm near Lamar, Mo

In 1942, the Pacific War Battle of the Coral Sea ended in a victory for the Allied nations.

In 1945, President Harry S. Truman announced in a broadcast that World War II was over in Europe.

In 1958, anti-American demonstrators were abusive to Vice President and Mrs. Richard Nixon during a visit to Lima, Peru.

Five years ago: President Richard Nixon ordered the placing of mines in North Vietnamese port areas.

Today's birthdays· Italian movie director Robert Rosselini is 71 years old. Writer Theodore Sorenson is 49.

Thought for today: "We know our friends by their defects rather than by their merits" — W. Somerset Maugham, English writer, 1874-1965.

Berry's World



"If President Carter and Hamilton Jordan can take time out to play tennis during the day — so can we!"