A cheap shot

Some misguided members of the House of Representatives took what appears to be a cheap shot the other day at Vietnam veterans whose less-than-honorable discharges are being reconsidered by presidential decree

By a margin of 2 to 1 (273 to 136) the House approved a motion by Rep Robin L Beard R-Tenn to withhold all GI benefits from the thousands of veterans whose undesirable discharges are being upgraded on a case-by-case basis

The move to deny benefits is attached to a bill dealing primarily with housing and therefore has a good chance of being dropped from the final legislation Some of those who voted for it probably did so knowing this would happen

But that doesn t make the action any more acceptable To begin with the upgrading of discharge papers after wars is not an unusual practice Men who received bad conduct or dishonorable discharges or committed crimes of violence in the service are not being considered

The presidential order gives special preference in fact to men who were wounded in action, decorated for valor or served honorably in Vietnam before getting into trouble with drugs or drinking or some other personal or family problem

One of the House members who had the political courage to defend these veterans was Rep John P Murtha D-Pa who was twice wounded in Vietnam as a Marine major 10 years ago

I think if we pass the amendment said Murtha we are slapping the man in the face who has served in combat been wounded in combat and is going to have his discharge upgraded

I do not know that there is one other person in this House that has served with the ground forces in Vietnam and saw the tragedy and suffering these young fellows went through while everybody back here in this Congress were in their air conditioned offices telling these soldiers what to do

Zeroing in on aliens

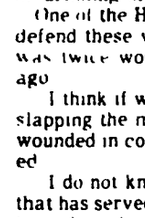
The latest warning against illegal aliens comes from Zero Population Growth, a group that hopes to end population growth in this country by the year 2008

ZPG points out that unless something is done there will be an additional 25 million illegal aliens in the United States by the year 2000 and additional 55 million by the year 2025

There are differences of opinion of course on whether ZPG s no-growth goals are realistic or even desirable But there's not much doubt that illegal immigration is a serious social and economic problem

It s a problem that wont be resolved until Congress and the Carter administration find some way to prevent illegal aliens — many of them Mexicans — from crossing the border and going to work for American companies without challenge or restrictions of any kind





It's Possible!

Relax, release

By Robert Schuller

"Relax Dr Schuller, just relax, my golf teacher told me "Why I'm relaxed," I assured him as I gripped my club fiercely as if it were a sword

'Feel the muscles in the back of your legs See how tight they are?' my instructor continued 'Now feel the muscles in your feet I dare say they are stiff too So are the muscles in your shoulders arms, wrists and hands — I can see the tension' Even the muscles in your face are tight'

'Dr Schuller you must learn to relax ' he continued as he took a deep breath and exhaled ' Mentally unwind' Loosen up the muscles in your eyelids your lips and your entire face' Okay now your face is relaxing Start relaxing the muscles in your shoulders — feel the soothing, balmy unrestrained feeling flow like warm water out of a shower over every muscle in your body Now breathe deeply and exhale slowly Take two more deep breaths and each time exhale slowly he said

He sounded silly as he repeated this process but I did what he was telling me to do And guess what happened? It really worked' The golf club fell right out of my hands'

'I said relax not collapse," my instructor shouted as he picked up my five iron

Well, I never learned to play golf very well but those lessons did make me aware of some tension within my body that I never knew existed' And only as we become sensitive to the presence of tension will we be able to begin to do something positive about these negative emotions and forces

Here is a fundamental principle Creativity does not occur in a tense environment Tranquility is the mental climate that releases your ability to be creative

Reverend Schuller pastor of the Garden Grove Calif Community Church can be seen weekly on his nationally syndicated TV program Hour of Power



Martha Angle and Robert Walters

IN WASHINGTON

Silly season in the House

WASHINGTON (NEA) — There are seasons in the affairs of state — and this is certainly one of them — when the founding fathers deserve a fervent vote of thanks for their genius in devising a system of government based upon checks and balances

The House of Representatives, always the most rambunctious arm of the government, seems to have fallen prey this summer to a peculiar onslaught of temporary insanity

Normally sensible members are stampeding this way and that with each passing breeze of public opinion or lobbying pressure, wrecking havoc upon nearly every piece of legislation that reaches the House floor

Explosive and divisive issues ranging from abortion to the safety of saccharin are being attacked willy-nilly on the floor, without study or analysis by House committees

Amendments dealing with all sorts of political hot potatoes are being offered and adopted so fast that even their sponsors sometimes do not understand what the House has wrought

Speaker Tip O'Neill and other House leaders are fighting a losing battle to impose a modicum of order on the proceedings, while Carter administration officials shudder at the chaos

"Thank God for the Senate," said one exasperated House leader. "They're going to save us from ourselves "

A variety of factors have contributed to the outbreak of silliness in the House this year, but the single most significant element is the makeup of the body itself

Seventy per cent of all House members have served less than a decade, just under half have been elected since 1972. They are inexperienced in the complexities of legislation, insecure in their grip on their seats

They are acutely conscious that Congress is held in low esteem by their constituents, and are therefore reluctant to give offense by taking potentially unpopular stands

The result was predicted nearly 200 years ago by the shapers of the Constitution, who observed in the Federalist Papers that

"The greater the proportion of new members, and the less the information of the bulk of the members, the more apt will they be to fall into the snares that may be laid for them "

The Senate, with its longer term of office and more stable membership, "may sometimes be necessary as a defense to the people against their own temporary errors and delusions," the authors — thought to be Madison or Hamilton — observed in the Federalist No 63

Many internal House reforms of the past few years have also contributed to the volatility of the institution The huge influx of new members led to a sweeping overhaul of the seniority system and sapped the power of committee chairmen.

Newer, younger House members no longer hesitate to challenge a committee's recommendations on the floor, even when a complicated bill is under consideration

House Majority Leader Jim Wright has been pleading with his junior colleagues to give the benefit of the doubt to a committee recommendation, on grounds that the views of members who have spent weeks or months working on a particular bill deserve added weight

But so far, the urgings of the leadership have had little impact on the majority of the House members

The mood of the House is so unpredictable that O'Neill and Wright have refused to schedule certain controversial bills — including President Carter's proposal for election-day voter registration — for floor action, fearing they cannot adequately anticipate the mischief which might be perpetrated

"Right now, a lot of these guys are pandering to the worst impulses of their constituents. We're just going to have to see whether they settle down a bit as the year wears on," said one leadership source



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Gary's cousin had help

Help from others —

Officer Tom Guthery of the Bloomington, Minn , police department, a cousin of NC policeman Gary White who was killed last week, received help from several law enforcement agencies to return home for the funeral.

Officer Guthery told the story at the memorial service in Nebraska City for the policeman. He was attending another funeral in California when word came of Officer White's death

He called the local law enforcement office and was shuttled by patrol car from a desert community, across the state line and to the Phoenix airport where he boarded a plane for St Joseph

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He knew that if he called for help he could get it "They didn't know me from Adam, but they understood and helped "

He said also that the handcuffs carried by Officer White have been given to him and he will wear them on his police rounds He is the same officer who placed his off duty badge in the casket of the young policeman. "Gary is off duty now "

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Names make news —

Hi .Chick .Bub .Moon .Poke

Recognize any of those nicknames? Well, we're told they are names of some of Nebraska City's "oldtimers."

And thanks to Charles "Chick" Chandler for bringing them to our attention

Frank "Buff" Golden
Carl "Punk" Gaskill
Ray "Farmer" Hodgens
Ed "Sap" Lyons
Wilfred "Scrubby" Poling
Joe "Donkey" Blumel
Raymond "Popeye" Bossung
Loyd "Poke" Hoffman
Chester "Rat" Hardick
Ralph "Dappy" Dillman
Earl "Coyote" Blevins
Melvin "Hap" Stansbury
Carl "Goochie" Roush
Clyde "Sammy" Rakes
Ray "Juggy" Fritz
Clifton "Irish" Rawlings
C. A. "Bud" Bruce
Owen "Moon" Mullen
Garvin "Bub" Conley
Eugene "Friday" Schreiner
Ernest "Fuzz" Overton
Harold "Beetle" McCarty
Bryan "Pappy" Farson
Walter "Shorty" Sharp

The Shrine Bowl —

The Scimitar Shrine Club in Nebraska City hopes to take a lot of high school boys and girls to the August 6 Shrine Bowl in Lincoln

Randy Landwehr of NCHS and Steve Cole of Auburn will play on the South squad and Auburn Coach Richard Birdsley will be an assistant on the South squad

Pat Ramp, director of the Auburn band, called the other day to decline an invitation for the Auburn band. Mr Ramp said the school is all scheduled for the season and will not be able to attend

Cindy Geschke, the new director of the NC Lourdes band, said her group will meet soon and decide on whether to go. William Harshbarger, the new director of the NCHS band, said he is hopeful the Nebraska City band will go. "We want to get into as many things as we can," he said. Mr Harshbarger was with the York band when it was the honor band at the Shrine Bowl

The Scimitar club has also offered to take the varsity football players and head coaches to the game

Receipts from the bowl go to the Shrine crippled children's and burns hospitals Harold Rowe is president of the local Shrine club

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Press meeting —

Newspapermen from central and southeast Nebraska will be meeting July 23 in Nebraska City for the Southeast Nebraska Press Association.

The session will start at 11 a m , with registration and close after the evening banquet. We've had a particularly helpful response from everyone to organize the program and we are grateful.

Mayor Edith Fenstermacher and Chamber President Garry Ailes will welcome the group, and main speakers will be Ed Nicholls of the AP and Dave Haberman of Creighton University

The news and advertising panels include newspapermen and women who are experienced "sales" people One of our favorites is on the panel, Deanna Sands, a former N-P employe who now is on the copy desk at the World-Herald. Deanna was our summer helper and our "county fair reporter "

And we can't complain anymore that newspapers don't get any help from the trade schools because Gil Brauer of the Tech college at Milford, will offer a display of advertising-commercial art work

.now if everyone just shows up



HEALTH

Lawrence E. Lamb, M.D.

Diabetic asks for advice.

By Lawrence E. Lamb, M.D

DEAR DR LAMB — I have diabetes mellitus and I have lost my job because of a gradual deterioration physically Every time I tried to put in a good day's work I had a reaction from either low blood sugar or insulin I had taken The amount of insulin was decided that morning on the basis of a Clinitest tablet and urine sample

Because of the loss of weight and a general weakened condition I have increased my diet and insulin intake which seems to work if I have complete freedom to adjust physical activity according to each day's needs

I have no other choice but to accept the fact that this is not going to change, which is difficult. The fact that I have always expected to work for a living has served as a mental block to reality I am only 48 years old The financial situation will not let me forget that either

Why isn't diabetes mellitus given a different distinction from more manageable diabetes and why aren't people more informed?

I would also like to know more about a possible improvement in blood sugar monitoring I think it is referred to as continuous monitoring

DEAR READER — Diabetes mellitus is diabetes mellitus whether it is mild or severe Diabetes mellitus may occur early in life in some people and much later in others as the natural course of disease in different people That is one reason why it is hard to determine the hereditary pattern of diabetes

I am sending you two issues of The Health Letter, numbers 3-10, (Diabetes The Sweet Sickness) and 3-11 (Diabetes Diagnosis Prevention and Management.) It will help you with some of your questions Others who want these two issues can send 50 cents for each with a long, stamped, self-addressed envelope for mailing to P O Box 1551, Radio City Station, New York, NY 10019

The natural production of insulin by a normal person is such that more insulin is released when the blood sugar gets too high and less when it falls There is no way you can really duplicate this with insulin medications That is why the diet and also the physical activity has to be regulated When physical activity is expected to increase it is usually necessary to decrease the insulin

I would suggest that you avoid any of the foods that release glucose rapidly, specifically all concentrated sweets You should try to increase the uncooked vegetables in your diet There is evidence that uncooked foods are better for diabetics since they decrease the insulin needs and smooth out the peaks and valleys of blood sugar Be sure to have plenty of bulk in your meals

There are studies in progress on using continuously monitored or sensed blood sugar levels and releasing insulin in relation to the level at that moment This should be an important advance when it is available By providing more constant control of the blood glucose levels it may prevent diabetic neuropathy and eye changes

Also there is hope that transplanted islets of Langerhans where insulin is produced will soon be possible When that technique — now used experimentally in dogs — is perfected for human use it would provide a means of curing diabetes entirely

Dr Lamb will answer representative letters of general interest in his column

NEWSPAPER ENTERPRISE ASSN

AS TIME GOES BY

Purchase okayed

FORTY YEARS AGO

— 1937 —

The Interstate Commerce Commission approved the purchase of three additional truck lines by Watson Brothers Transportation Company .Nearly three inches of rain accompanied a hail and wind storm that hit Falls City, giving the city a total of eight inches of rain in one week The Nebraska City Planning Board recommended that the city commission take action on the garbage disposal situation An expedition, sponsored by the Nebraska Historical Society, discovered an Indian grave believed to be 500 years old, in the bluffs northwest of Peru

TWENTY FIVE YEARS AGO

— 1952 —

Dr Edith S Greer resigned as dean of instruction and head of the education division at Peru State College Mrs Charles Dickman, president of the Associated Women of the Otoe County Farm Bureau, was putting up posters in connection with her organization's "Clean Roadside" program 144 pints of blood were received from the 165 persons who visited the Red Cross blood center in Syracuse Grant DeVore said he planned to open an upholstery shop at 614 Central Avenue

TEN YEARS AGO

— 1967 —

The community, parishioners of the Bethel United Church of Christ and friends from other congregations turned out to offer congratulations to the Rev A F Rinne on the 40th anniversary of his ordination Winston Rashleigh, manager of the local Consolidated Blenders, Inc river shipping terminal was appointed office manager of the home office in Fremont Harold Bliss succeeded Rashleigh as manager of the Nebraska City facility The Nebraska City Board of Education adopted a budget for the 1967-68 school year totaling nearly a million dollars.

HOW TO CONTACT YOUR LEGISLATOR

Senator Edward Zorinsky
1407 Dirksen Office Building
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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
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Representative Virginia Smith
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Office Phone: 471-2613

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

FCC no fun

Will CBers 'skip' the rules?

By Ink Dipper

(EDITOR'S NOTE.- Ink Dipper (KYZ-3916) is the handle of the editor of The CB Times-Journal.)

Something that has confused a lot of us is the 150-mile rule in the FCC's section 95 of the Rules and Regulations governing Citizens Band Radio Who says they can do this to us? And, more important, if you enjoy working skip stations which will be a big pastime as the sunspot dilemma develops, we ll all be breaking the law

Having been a CBer and ham for many years, I have never understood the FCC s right to limit where I could talk or to whom Your favorite radio station isn't limited to the city limits of the city of its license Why should CBers be limited?

Next point How are they going to police it anyhow They'd need a force in size of the Chinese militia to have enough policemen to cover the "skip front" This will be particularly true for those who have developed an interest and acquired a single sideband rig

We're headed into another solar peak and AM transmission is going to get clobbered For many reasons the sidebanders will get the thrill of their lives as the action begins According to Don Stoner a genuine expert who has authored a book entitled The CB Sideband Handbook the band will come alive around sunrise and European countries will come roaring into the East Coast like crazy Then as the sun starts warming up the ionosphere if you turn your beam the South American countries will be pouring in

At nightfall in the East, the skip will move toward the Pacific Setting your beam properly you'll get bootleg Japanese stations as well as New Zealand and Australia

This is pretty exciting action, no question But, you've got to realize that it is also illegal because it exceeds the 150 mile limit of Section 95 So you're taking a chance

Talking with other operators about what they heard and who they reached is really great stuff Probably the kind of stuff that clubs are formed over awards given etc The sidebanders will have the lead in this because they can get more juice in their unit than the straight CB rig Also they can avoid a lot of noise by using a 'slider which scoots their signal through the quiet valleys ("Slider" is a variable frequency oscillator, which is also illegal

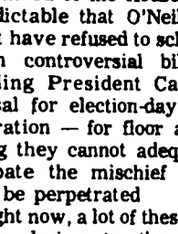
The FCC is slow to get the word that CBing is a hobby for most operators and that limitations like 150 miles what you are allowed to say how long you can take to say it, is the job of all CBers who can and will eventually preserve a discipline of their own making It happened in ham radio, and it will happen in CB radio too

As the sun spot dilemma becomes increasingly prevalent, the skip problem (or fun) will reach a fulcrum. And the sound and fury that will emanate from the chaos will be deafening

Several things can be assumed from all this First, the FCC should drop some of the ridiculous parts (i e 150-miles) of Section 95 Secondly, they should reexamine their position on AM versus FM for channel allocation for CBing Third this should be done before the World Administrative Radio Conference to be held in Geneva Switzerland in 1979, the first in 20 years

Next week we ll tell you more about this as well as CBing outside the United States

CB CONVAC



'Ink Dipper'

News in Brief

WASHINGTON (AP) — Three more congressmen, including former Democratic presidential contender Morris Udall of Arizona, admit they received campaign contributions from South Korean businessman Tongsun Park But Udall and Reps. Melvin Price, D-Ill , and Thomas S Foley, D-Wash , say they received the money in 1970, when campaign contributions from a foreign businessmen were legal.

Today In History

By The Associated Press

Today is Sunday, July 17th, the 198th day of 1977 There are 167 days left in the year

Today's highlight in history

On this date in 1936, the Spanish Civil War began as Gen Francisco Franco led army forces in a revolt against Spain's government

On this date —

In 1821, Spain ceded Florida to the United States

In 1898, during the Spanish-American War, the Spaniards surrendered to the Americans at Santiago, Cuba

In 1917, during World War I, the British royal family changed its name from Hanover to Windsor

In 1955, Arco, Idaho, became the first community in the world to receive all its light and power from atomic energy

In 1958, British paratroopers landed in Jordan at the request of King Hussein as he attempted to keep order

In 1970, the Norwegian cruise ship Fulvia was swept by fire halfway between the Canary Islands and Madeira, and a French liner rescued all 719 people aboard

Ten years ago U N observers began supervising a cease-fire between Israel and Egypt after the Six-Day War, taking up positions on both banks of the Suez Canal

Five years ago A Japanese radical was sentenced to life imprisonment in Israel for his role in an airport massacre in that country.

One year ago: Britain's Queen Elizabeth II opened the Olympic Games in Montreal

Today's birthday Actor James Cagney is 73 years old

Thought for today Nothing can be honorable where justice is absent. — Cicero, Roman statesman and philosopher, 106-43 BC.

Berry's World



"Robert, I have come to rescue you from this ridiculous cult of yours!"