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Prepaid health care

Let's hope the Carter administration has more success than its predecessors in trying to stimulate the growth of prepaid health care in the United States

At one time, prepaid medicine — patterned after the Kaiser Plan in California — was thought to be the wave of the future Families would pay a fixed monthly fee for all their health care, ranging from routine checkups to expensive surgery Doctors, druggists and hospitals would band together to provide that care at the lowest possible cost

President Nixon predicted in 1971 that federal seed money would enable as many as 40 million Americans to enroll in these so-called health maintenance organizations (HMOS) by 1976

As it turned out, this didn't happen Only 6.5 million are enrolled in HMOs, and the federal aid program is bogged down in bureaucratic red tape

Carter's health planners, aided by some 1976 changes in the law, now say they're determined to get the HMO program back on the track Which is good news if they can do it

For it seems that prepaid medicine tends to hold down health care costs in the long run. Because doctors get their money in a salary instead of a fee for each service, there is just as much emphasis on keeping patients healthy as on treating them when they're sick

One study found, for example, that federal workers enrolled in regular health insurance plans spent nearly twice as many days in hospitals as federal workers in HMO plans whose medical fees had been paid in advance

Fair weather felons

The F BI reports the crime rate in the United States dropped by nine per cent in the first three months of this year compared with the same period in 1976

It was the biggest quarterly drop since the F BI began issuing reports 19 years ago

Not coincidentally it also was the coldest quarter in more than 19 years

Noting that the sharpest drops in crimes occurred in January and in regions hardest hit by the winter the bureau theorizes cold weather could have discouraged criminals from venturing out to burglarize mug steal murder etc

Are we becoming a nation of softies?

AS TIME GOES BY

Rain, winds hit

FORTY YEARS AGO
—1937—

Two wrecking crews and more than a score of extra section hands gathered up from Auburn to Plattsmouth to clear the wreckage of a derailment which occurred on the Missouri Pacific main line near Mynard Rain and high winds struck Otoe county and most of eastern Nebraska, adding to moisture supplies but also damaging crops. More than 100 4-H club members attended the second annual 4-H camp held at Peru under the direction of Fred E. Slefer, Nemaha county agent

The James Poultry Company said it would begin buying poultry again soon after being out of the poultry business for eight months

TWENTY-FIVE YEARS AGO
—1952—

The Nebraska City Jaycees decided to build a rock drinking fountain at Steinhart Park near the golf shop, Jaycee President Lloyd Wymore announced Walter R Lunsted of Salina, Kansas, was elected superintendent of schools at Burr Nebraska City's newest industry was a chinchilla ranch owned by Mr and Mrs Ernest Krebs at 1216 Sixth Avenue Nebraska Citians voted 96 per cent for repair of their sewer system at a special $120,000 bond election The vote was 860-32

TEN YEARS AGO
—1967—

Gary Teel, Nebraska City varsity golfer, finished second in the championship flight of the Sabetha, Kansas, Junior Golf tourney Army Private Ronald Gansemer, 26, son of Mr and Mrs Cecil Gansemer, Nehawka, completed nine weeks of advanced infantry training at Fort Polk, La Nebraska City Eagles praised the Nebraska City Senior High Pride of the Pioneers band for its performance in the National Eagles convention parade in Kansas City, Mo Mrs Harriet Gilliland and Mrs Gertrude Scudder attended a midwest regional joint board summer school at Regis Hall in Wadsworth, Illinois, conducted by the Amalgamated Clothing Workers of America

Today In History

By The Associated Press

Today is Sunday, July 31, the 212th day of 1977 There are 153 days left in the year

Today's highlight in history

On this date in 1777, the Marquis de Lafayette offered his services to the rebelling American colonies and was commissioned a major general in the Continental Army

On this date

In 1498, Christopher Columbus discovered the island of Trinidad

In 1790 the U S government issued its first patent — to Samuel Hopkins of Vermont for a process in making potash

In 1877 Thomas Edison took out an early patent leading to his development of the phonograph

Today's birthday Former big league baseball manager Hank Bauer is 55 years old

Thought for today Behind every agrument is someone's ignorance Louis Brandeis, U-S Supreme Court Justice, 1856-1941

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The Prayer For Today From

The Upper Room

"And after the fire, there was the sound of a gentle whisper " (1 Kings 19 12 TLB)

PRAYER Amid the darkness of doubt and difficulty, O God, assure us of light and contentment ahead Through the wilderness of our struggles and setbacks, keep us confident of every divine promise Amid the noise and confusion of our world, may we hear and heed the sounds of a gentle stillness and find the treasure of our hope Through Jesus Christ our Lord. Amen



"My plans? First I'll write a book, then I'll lecture, then I'll contact David Frost, then . . ."



Martha Angle and Robert Walters

IN WASHINGTON

The gun bureaucracy

WASHINGTON (NEA) — Tom Gibson is a middle-aged, middle-income small businessman from Southern California whose recent experience with the federal bureaucracy vividly demonstrates why so many citizens have come to distrust their national government

A 52-year-old veteran of World War II, Gibson operates a shoe repair and retail shoe store in National City, Calif , just south of San Diego "I've never been arrested and never been cited for anything more serious than a parking violation," he says

Several years ago, Gibson was given a "handy gun," a long-barrelled pistol which fires a single shotgun shell "This gun was a keepsake, given to me by the family of a very dear friend — a man who was like a father to me," Gibson explains

To determine if the weapon had to be registered, Gibson early this year telephoned the San Diego office of the Bureau of Alcohol, Tobacco and Firearms (ATF), the Treasury Department agency in charge of implementing federal gun laws

At the request of the ATF, Gibson carried the gun to the nearby field office, where an ATF agent checked registration records, "then advised me that the gun had not been registered and told me I could not have it back "

Recalling that unexpected confiscation of his property, Gibson says "I feel very deeply that I have been wronged I respect the government and its laws but feel that the firearms official obtained this keepsake, which I treasured, by a ruse "

Gibson ran afoul of the Gun Control Act of 1968, a meritorious statute designed to strictly control traffic in machine guns, automatic rifles, silencers, sawed-off shotguns, explosives and sundry other lethal weapons

The purchase or possession of those items is not prohibited, except on the part of convicted criminals, but weapons manufactured after passage of the law must be serially numbered and registered as they move from the manufacturer onto the marketplace and eventually to purchasers

For weapons produced prior to enactment of the law, there was a one-month "amnesty period" in late 1968 during which gun owners could register their weapons and make possession legal

The law also authorized ATF to designate other "amnesty periods" of up to 90 days, but in the ensuing nine years there have been none and there are no plans for any in the future because of what an agency official describes only as "administrative considerations "

In other words, a law-abiding citizen who wants to keep as a memento or souvenir an unregistered, pre-1968 weapon has only two, equally unpalatable choices Hide it and risk criminal conviction or allow ATF to confiscate it

"For the first time in my life, I am asking for help," Gibson said in a letter to Sen Alan Cranston, D-Calif Cranston then elicited from ATF Director Rex D Davis the admission that "there are numerous instances similar to Mr Gibson's "

An ATF spokesman also acknowledges that "it happens quite frequently " But when asked if the agency has ever sought the slight modification in the law which would prevent future incidents, an ATF lawyer admits "I don't believe we have addressed the problem "

The law is supposed to restrict traffic in "what we like to refer to as 'gangster-type weapons,' " says the ATF spokesman — although he promptly admits that Gibson's gun "is a collector's item more than anything else "

The helpful ATF attorney suggests that if Gibson really wants a "handy gun," he can purchase an already-registered replacement by "filling out Form 4 and taking it to a Class 3 gun dealer who has a Title I license and handles Title II weapons "

Gibson, who speaks English, says "I don't think this is fair and it should not be the way the government acts " He's right, and his experience is all too common But in official Washington, narrow interpretations of "the law" and "the regulations" invariably supersede any notion of dealing justly, fairly and reasonably with the citizenry

U.S. economy is going strong

WASHINGTON — (LENS) — The slide of the dollar on the foreign exchanges continues

But the fall has not particularly perturbed the Carter administration floating rates are devised exactly for such adjustments and this is no precursor of a summer dollar crisis

The dollar s fall is a reflection of the United States trade deficit estimated to be a record $25 billion this year This is in large part due to the surprisingly healthy performance of the domestic economy while the rest of the world stagnates

Although the growth in the country s GNP for the second quarter of the year has not yet been released it is expected to match the 6 9 per cent annual growth rate clocked up in the first quarter This is considerably faster than had been thought possible six months ago Conventional opinion still has it that m the second half of the year the growth rate will slacken off markedly

There is little sign of that happening yet In June the level of industrial output rose by 0 7 per cent which was more than expected and although much of this was the result of swelling inventories the fact that there was substantial growth in such basic industries as cars iron and steel suggests that the slow down which undoubtedly will come is still some way off

Apart from a persistent lack of confidence springing in part from the fear that the rest of the industrialized world will be unable to match up to America's performance and may therefore drag it back, there are few immediate bottlenecks in the domestic economy Although retail sales and consumer credit have recently slackened off they are still running ahead of the rate of inflation

The country's manufacturers are now operating at 83 5 per cent of their capacity well up on the levels during the recession two years ago yet still with plenty of room for growth before reaching the 88 per cent utilization which was the peak attained in 1973 and which proved a point where bottlenecks began to plague industry

Much the same situation exists in the labor market even with 90 6 million people now at work a figure that has been on the rise for eight months there is still an ample indeed excessive, amount of labor available, with unemployment nudging up marginally in June to 7 1 per cent

Nor is the old nagging fear of renewed inflation haunting the economy as much as before Wholesale prices in June dropped sharply as it became clearer that the huge farm crop now ripening must inevitably mean lower food prices

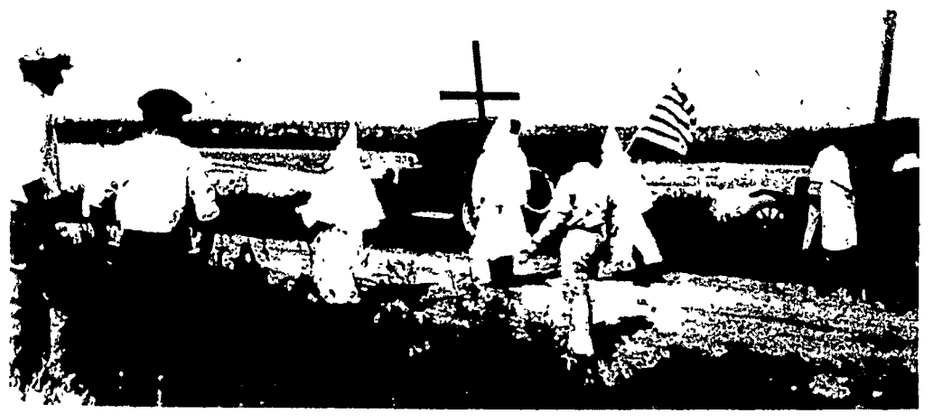
But it is not only food that is coming down, an index compiling the prices of 27 commodity futures is now at its lowest point for eight months With figures like these, the Department of the Treasury may reasonably argue, what is a few points off the exchange rate?



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Do you remember the Klan?



This may prompt the memories of a lot of Nebraska City residents It is a parade or march or something by people dressed in KKK costumes.

Jim King who took the picture said it was a march on what is now the Riverview Park road about 1924. He doesn't recall the purpose of the march, but as the picture shows, there were a few spectators That's the Missouri river in the background

Miss Nebraska City --

Mrs Dorothy Higgins of Westminster, Calif , asked us a question and we'd like our readers to give us some answers

Who were the "Miss Nebraska City" girls? Anyone know the names, years, where they are now? You can send the information to The Buck or to Mrs Higgins at 6541 Tillamook Avenue, Westminster, Calif , 92683

+ + +

The Jack-Answer --

Last week we asked for some "oldtimer" to answer a couple of questions -- What is a mule? What is a Jenny?

We got an answer .from Ken Wiles

"The first thing that comes to my mind is, to what are you referring to .a wren or an ass? According to Webster, old Noah says that it is a machine for spinning, or in composition for female

"I presume you had asses in mind as there are more asses in the country than there are wrens

"Jenny mules are the Old Maids of the Equine Family, to wit No hits, no runs, no heirs "

+ + +

Rescue duty --

Five members of the Nebraska City Rescue Squad have been put to work on eight-hour shifts at the OPPD construction site southeast of Nebraska City

A requirement of an emergency attendant on duty during the 4 p m , to midnight shift was sent to the squad and five of the men responded

The five regulars are Chief Don Chapin, Ron Badberg, Frank Bataillon, Shawn Nutter and Lynn Viox

The squad also has crews going to OPPD once or twice each month for training sessions and in addition, the squad conducts emergency first aid classes for site employes

Why all the emphasis on OPPD?

Well, all of the sudden we've got a community popping up on the river bottomland Marv Workman, safety chief on the site, said there are over 1,100 people working on the job each day

On one of his "rescue tours" at the site the other day, Mr Workman pointed out the complexity of the safety problems, for each day. With so much construction going on in so many different areas, safety is practiced heavily Marv may not win any popularity contests with his rules, but he has the safety of each person at heart

+ + +

Nicknames --

Henry "Chick" Chandler offers another list of nicknames of Nebraska City people

Harold "Shrimp" Groves
Elwood "Dag" Starner
Ivan "Bud" Cooper
Charles "Chick" Connell
Bernard "Tiny" Schmitz
Clem "Whoopie" Landis, Jr
Kenneth "Tub" Larson
Paul "Cousin" Knoll
Earl "Rass" Stoner
Ray "Hoss" Hoskins
Norris "Sunny" Hill
Walter "Bud" Wright
Lloyd "Buzz" Wymore
W W "Chief" Sweeney
Larry "Butch" Rains
Vilas "Curly" Howell
Elwood "Woody" Kreifels
Kenneth "Jack" Scharp
Marvin "Zipp" Zimmerman
Regis "Fritz" Wichman
Chris "Butch" Wurtele
Everet "Jack" Frost
A E "Slim" Ewing
Henry "Hank" Stoewe
William "Art" Mead
Floyd "Buck" Kreifels
Claude "Hillbilly" Thorne
Laurel "Tommy" Thomas
Willie J "Bill" Massey
Alba E "Dick" Malloy
Emmet J "Skelly" Wier

+ + +

The Texas Report --

Earl Chappell who visited in Sugar Land, Tex , sent along a clipping about a new can development by the Budweiser people It's a wooden beer can

The prototypes use a pressed-wood material that's coated with a very thin, transparent aluminum film and looks like an ordinary metal can The company believes the cost will be lower and the wooden cans easier to dispose of than the current cans

The wooden can is called "the can of the 1980's "



HEALTH

Lawrence E. Lamb, M.D.

Test milk tolerance

By Lawrence E Lamb, M D

DEAR DR LAMB — I am writing to inquire about the intolerance to milk and milk products Are there any tests that can confirm the intolerance?

I have tried checking with the pharmacies around here but with no results I also tried to get through to the doctor I go to but couldn t get past the receptionist She suggested I eliminate milk from my diet She also asked if I had a blood test to prove it

I had come to the conclusion that was what was bothering me by the process of elimination but I didn't know what the terminology was until I read one of your columns Unwisely I had not saved the column with the address for Lact-Aid Could you send me some information as I don t want to go through the rest of my life avoiding milk products or putting up with these symptoms when I break down and use some

DEAR READER — Yes there are tests to confirm lactose intolerance One of these is related to ingesting lactose and testing the blood at intervals as you do with a glucose tolerance test to evaluate diabetes Another is by means of measuring the hydrogen in the breath I agree that you should avoid milk and all milk products to test your response It is a simple practical solution The receptionist was unrealistic in asking if you had had a blood test to prove it

I presume you are having the usual gas cramps and possibly diarrhea that so many adults who have lactose intolerance experience when they use appreciable amounts of milk You may be able to get some relief from this by treating your milk with Lact-Aid (you can get it from SugarLo Co , 3540 Atlantic Avenue, Atlantic City, NY 08404) To give you a more complete picture of the lactose intolerance problem I am sending you The Health Letter number 7-2 Milk Products Good and Bad Others who want this issue can send 50 cents with a long, stamped, self-addressed envelope for it to P O Box 1551, Radio City Station New York NY 10019

You can also use some of the soybean milk substitutes often used for children who cannot tolerate milk products Recently I received a letter from a gastroenterologist to tell me that these products also contain lactose I checked and found out this was not true at least with the ones I am familiar with and usually recommend A common one of these is ProSobee made by Mead Johnson According to the Mead Johnson company there is no lactose at all in ProSobee

The sugar used in it is sucrose (ordinary table sugar from cane or beet sources) and corn syrup Both are rather far removed from lactose sugar produced from animals You can find this product in many grocery stores in the infant food section It is useful as a milk substitute and can be used on cereals

Some milk intolerant people can use home made butter milk and cottage cheese, and yogurt The souring process breaks down some of the lactose so the amount is decreased Unfortunately many of the commercial products still contain lots of lactose and some commercial yogurt has added dry milk powder as a thickener which results in a high lactose product You can expect trouble from using these

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

Berry's World



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"Which is the Capitol s crumbling west front? I want to get a snapshot before it collapses!"