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The more the messier

Caution Playing football can be hazardous to your health So can baseball; swimming and basketball. But none of them is as risky as bicycle riding.

That's what the National Injury Information Clearinghouse says Every year this government agency compiles a list of how Americans are banging their knees and knocking their heads and turns it over to the Consumer Product Safety Commission, which then presumably thinks about regulations it can promulgate to minimize the knee-banging and head-knocking

Using a complicated system in which sports and recreational activities are weighted according to how popular they are and the frequency and severity of injuries, the clearinghouse finds again that bicycling outranks everything else, with a "danger index" three times as high as the next most dangerous sport, football

Interestingly, the least dangerous sport of all is unicycling, mainly because few people outside of professional circus or carnival performers mess around with the tricky one-wheeled things.

Which leads us to question the value of elaborate investigations into matters about which ordinary common sense could have enlightened us at the beginning; vis., the more people who participate in a particular sport or activity, naturally the more people who are likely to be injured in that sport or activity.



"There still seems to be a gap."

AS TIME GOES BY

School dedicated

FORTY YEARS AGO
—1937—

Governor Roy Cochran complimented the people of Douglas at the dedication of the town's new school building . . . . .Snow flurries fell in Otoe county and southeast Nebraska, giving the area its first taste of winter although the snow melted as fast as it fell.....A committee of 21 of the nation's richest men were on record as approving President Roosevelt's fight to stamp out infantile paralysis in the United States.....The Hamburg (Iowa) Reporter was awarded first place in business promotion and community service among Iowa towns with population between 1,500 and 2,000.

TWENTY-FIVE YEARS AGO
—1952—

Homecoming Queen candidates at Peru State College were Kay Hardy of Endicott, Ruth Johnson of Auburn and Joan Reimers of Julian.....News-Press carrier Dale Dixon was one of the carrier boys entertained by Governor Val Peterson at his annual luncheon for newsboys.....Mrs Beulah Dickman of Nehawka was elected grand high priestess of the Ladies Encampment Auxiliary of the Odd Fellows at North Platte.

TEN YEARS AGO
—1967—

Pioneer footballers who were a big thorn to the Beatrice Orangemen were Terry Criger, Gary Criger and Ray Bohl.....Optimist President John Ellers presented Marv Roth and Bus Wymore with life membership certificates at a banquet at Hotel Grand.....Mrs Mary Saali, Julian, was awarded a $25 savings bond by Ivol Stever, manager of Hested's at the Nebraska City store's 56th anniversary sale.....The Otoe County board signed a contract with Dunbar and Dunn, architectural firm, Omaha, for the addition to Duff Memorial Nursing Home.

SAFETY VALVE

"...Otoe county is No. 1..."

EDITOR, News-Press: Yes Otoe county is No. 1, according to a news release by State Tax Commissioner Wm. Peters and it is backed up by a report from the State Dept. of Revenue which he heads.

The report shows that Otoe county has the distinction of having the valuation of property that is taxed higher percent-wise than any other county in the state.

Legally the value of property that is taxed in the state is supposed to be 35 per cent of the actual value. Butler County is listed at 7.3 per cent of the selling price, Boone county 9 per cent, Scotts Bluff county 17.9 per cent, Douglas County 23.6 per cent and Otoe county 39 per cent and the other counties in between.

It always gripes me when the person who prepares the budget and presents it to the governing body of the county-city-or school board and explains the raises requested and then says we won't have to raise the mill levy as we have enough valuation to cover these extra additional taxes.

Let's face the facts the reason we have enough valuation is because we are overvalued in Otoe county. The Statues in Nebraska set a limit on the mill value for certain funds that must be raised for the operation of certain agencys of our government.

Now the way to get around this is to keep a higher valuation of the property. The valuation of property should be in line with the other counties in Nebraska and the taxpayer is entitled to that kind of representation.

If the assessor's office won't take care of this problem then it is the responsibility of the county Board of Equalization to see that it is done. We in Otoe county are paying more than our share of taxes when we are in a taxing district that crosses a county line such as the Natural Resource District and others.

In my letter to the Safety Valve last week about the farm problem according to my copy of the letter some was omitted from the paper. My copy shows I wrote, The income from the farm should be reported separate and a loss from farming should not be deductible from the income from the professional income, if that income is larger than income from the farm.

BOB KREITELS

Today In History

By The Associated Press

Today is Sunday, Oct. 16, the 289th day of 1977. There are 76 days left in the year.

Today's highlight in history:

On this date in 1964, China announced it had tested its first nuclear bomb, making that country the world's fifth atomic power.

On this date:

In 1790, Congress established the District of Columbia as the permanent seat of the U.S. government.

In 1773, Queen Marie Antoinette of France was executed by guillotine.

In 1815, Napoleon Bonaparte landed as an exile on the island of St. Helena.

In 1940, the United States banned all shipments of steel and scrap iron to Japan.

In 1941, in World War II, the Germans captured the Soviet city of Odessa.

In 1970, Anwar Sadat became president of Egypt, succeeding the late Gamal Abdel Nasser.

Ten years ago: The Supreme Court agreed to step into the state-church controversy and to decide whether a taxpayer may sue to block federal aid to parochial schools.

Five years ago: Truckers were on strike against the government of Chile — and riot police used tear gas on demonstrators.

One year ago: Fighting in Lebanon stopped after Syrians and Palestinians agreed to a cease-fire request made by Saudi Arabia.

Today's birthday: Actress Angela Lansbury is 52 years old.

Thought for today: The answer for all our national problems — the answer for all the problems of the world — comes down to a single word. That word is "education" — President Lyndon Johnson.



Martha Angle and Robert Walters

IN WASHINGTON

Carter turns on the power

WASHINGTON (NEA) — President Carter has placed himself in opposition to a device which allows the nation's gas and electric companies to completely bypass state regulatory commissions while adding billions of dollars to their customer rates

Carter's recent pro-consumer stand went virtually unnoticed because it came during a hectic day-long campaign swing through Virginia on behalf of Henry Howell, the Democratic candidate in the Old Dominion's gubernatorial election this year.

The President sharply criticized the "fuel adjustment clause" (FAC), a scheme enthusiastically embraced by the utilities when the price of oil and other fuels began to skyrocket during the 1973-4 Arab oil embargo.

The industry successfully argued that it should be allowed to automatically pass along to the consumer all the increased costs incurred in buying fuel — vast amounts of oil to generate power in the case of the electric companies and gas purchased by the gas companies.

The utilities claimed that it no longer was economically feasible for them to seek revenue increases through the traditional, sometimes protracted rate-making proceedings conducted by the state regulatory agencies.

More than 40 of the 50 state commissions acquiesced to that scheme, and the results have been startling. Last year, for example, the state regulatory bodies granted the gas and electric companies $3.1 billion worth of rate increases after conducting formal proceedings.

But at the same time, the utilities picked up another $9.6 billion in additional — and automatic — rate increases by simply passing along to their customers the higher fuel costs.

Those figures were compiled by the Senate Governmental Affairs Committee, which reported an "astronomical" $27.6 billion worth of FAC increases from 1974 through 1976, a three-year period in which regulatory commissions authorized only $10.3 billion worth of rate hikes.

Moreover, the congressional committee found that in many states the utilities have gone far beyond the original concept and now are including not only fuel costs but also transportation charges, taxes, fees, handling costs and even salaries.

The FAC concept ought to be drastically limited, if not abolished, because it provides no incentive for the utilities to seek any economies in their fuel purchase as long as all those costs will be immediately passed along to their customers.

"It is hard to believe," the President told a Roanoke, Va. audience, "that every time energy costs go up, that utility companies automatically raise your rates and the regulatory agencies don't have a thing in the world to say about it. That ought to be changed."

In Norfolk, Va. a few hours later, Carter again criticized utility rate increases "passed on to you automatically. . .decided only by te power company."

But in both speeches, the President wrongly assumed that the practice was limited to Virginia. He said the situation was different in "neighboring states" when, in fact, FAC increases have been experienced during the past three years in every state bordering Virginia — Maryland, Tennessee, North Carolina and West Virginia — and more than 30 other states as well.

In Carter's own home state, the Georgia Power Co., Savannah Electric & Power Co. and Atlanta Gas Light Co. have extracted more than $954.8 million from their customers during the past three years through imposition of fuel adjustment costs.

Carter's staff reportedly is concerned about the problem but the Senate's emasculation of the administration's energy program has produced trepidation on the issue within the White House. If the President does indeed feel strongly about the issue — as he ought to — it's time to seek remedical federal legislation.

News in Brief

WASHINGTON (AP) — Citing a declining unemployment rate, a White House spokesman says the economy is recovering from a summer slump.

Presidential Press Secretary Jody Powell commented Friday after government figures showed the jobless rate declined from 7.1 to 6.9 per cent in September. Unemployment among blacks, which rose to 14.5 per cent in August, dropped to 13.1 per cent last month.



HEALTH

Lawrence E. Lamb, M.D.

Breathing rates vary

By Lawrence E. Lamb, M.D.

DEAR DR LAMB — My husband, age 73, was concerned that he breathes too rapidly He said he inhaled and exhaled at about twice the rate I do. I timed him and found that he inhaled and exhaled at a rate of 18 times a minute which I believe is normal.

Then I timed my breathing. I inhale and exhale only seven to eight times a minute I am 59 and am wondering if I should consciously increase my breathing rate. Can a person get sufficient oxygen breathing only seven or eight times a minute?

DEAR READER — I see your husband's concern about his breathing has ended up with you being worried about yours The rate for both of you may be entirely normal

The purpose of respiration is essentially what you may have learned in grade school — to get the bad air out and the good air in. It is the amount of air you move, not how fast you breathe that is usually important. Your husband probably doesn't move as much air with each breath as you do. The normal rate at rest has been measured between four and 24 breaths a minute

Your normal lungs will contain a lot of air at the end of each expiration unless you forcefully exhale it and even then there will still be old air in the lungs. The new air mixes with the old air A person who breathes deeply with each breath probably has a more efficient mixing mechanism so your slower rate may be more efficient but not necessarily any more healthy

I am sending you The Health Letter number 2-4, Keeping Your Lungs Fit so you can better appreciate how your lungs work and how good and bad air are exchanged by breathing. Others who want this information can send 50 cents with a long, stamped, self-addressed envelope for it to me in care of this newspaper, P.O Box 1551, Radio City Station, New York, NY 10019.

A newborn infant in the nursery has an average respiratory rate of 33 breaths per minutes but he only moves 15 milliliters with each breath — only about a pint (500 ml) of air a minute. An average 150 pound adult will have an average rate of 12 and move 500 ml of air with each breath or about 6,000 ml per minute In this illustration you can see the trade off in rate and volume breathed affecting how much air is actually moved a minute.

The range of respiratory rate is rather large. A rate of 75 breaths per minute has been reported while swimming the crawl stroke

The respiratory rate commonly goes up when the body needs more oxygen Thus, respiration increases during exercise. Swimming exaggerates it because many swimmers tend to breathe with each stroke. You may be surprised to know that it is not the lungs that limit how much exercise, such as running a healthy person can do, but how much blood the heart can pump The heart usually reaches its maximum capacity well before the maximum capacity of the lungs to ventilate is reached.

I approve of people doing some slow deep breaths each day. Moving the lungs and chest through the maximum range helps to maintain maximum capability. However, I would caution against breathing both deeply and rapidly. If you move too much air (hyperventilate) you will feel dizzy and may even faint. It blows off too much carbon dioxide and upsets the body's chemical balance. You should also avoid breath holding which may cause fainting.



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Fixture will be missed



B.A. Johnson

B.A.'s gonna quit —

A good man will leave the music department at Syracuse - Dunbar - Avoca at the close of the 1977-78 school year, but he leaves behind a highly successful program.

B.A. Johnson, bandmaster at Syracuse for 26 years, will retire. Mr Johnson has been a true "fixture" of the music program at the school and has guided his students through many performances which have won firsts a whole lot of times.

Dale Duensing took over as instrumental director of the high schoolers while Mr Johnson worked with the Junior High group in recent years.

Although he is retiring from daily music duties at the school, he won't be out of a job. His stature among the music professionals is well known and he is called upon many times as a judge. Betcha he really gets a busy schedule now.

He also has a piano and organ business and for many years has been tuning pianos. That business alone will keep him busy, so he actually isn't going to be very idle.

His basement recreation room is music-oriented and B.A. won't let your glass get empty while you're looking and reading.

We regret his retirement, but we wish him and wife, Sue, the very best. She has been "trucking" a school bus for 14 years, never had an accident, never been late and has never gotten stuck. (That's about the best woman driver I ever did know!)

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The Rotator —

On November 11, 1925, the first issue of the Rotator, Volume I, No. 1, was published by the Nebraska City Rotary Club. We came across the hardbound copy of the club's newsletters for the first couple of years and thought we'd share some of the news items:

The club had $1 in its treasury.

Under the heading "foreign news," the Rotator reported that Mark Kerns went to Dunbar and Fred Witt went to New Orleans. For the local news it was suggested that Rotarians read the News-Press, owned by J.H. Sweet (a Rotarian, of course).

Committee assignments were explained this way:

"From time to time it will be the policy of this paper to print suggestions and comments on the work of various committees and it rather seems to us (whew.....this musta been written by Dr. Stonecypher) that it behooves each Rotarian to read these because they will never know when they will have a committee job wished on them."

And then there was the conversation between Grove Porter and Dr. Charles Zimmerer.

"When he arrived Grove was pacing up and down the porch, apparently very anxious and nervous. Doc told him to control himself or take a walk through his orchard.

"But I'm scared to death," Grove said.

"You needn't be," replied Rotarian Zimmerer, "I've brought more than 2,000 babies into the world and I haven't yet lost a father."

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Well, hello there —

A belated welcome to new business goes to Mr and Mrs Eugene Hermann owners of Arbor Liquor at 615 Central Avenue.

Gene and his wife meet each other coming and going these days. He operates the Woerner Oil Co. north of town and she runs the Central Avenue business.

Although the service station business is enough to keep them busy, the energetic family wanted to stretch, "go into business for ourselves."

They're blessed with three children; Jody, 16; Julie 14 and Jill, 12. They are helped with the business operation by Mr and Mrs Dean Duncan who operated Dean's cafe for so many years.

We wish you much success.

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The Grand Champeen —

A number of years ago Bill Berger claimed his Black Walnut tree at 523 No. 16th St, was the largest tree in the state and anyone who claimed otherwise was "nuts."

Well, Bill ole' buddy-buddy, it seems you've been topped.

The Nebraska Tree Champion award went to a man in Glenville, Nebr., for the biggest Black Walnut in the state, measuring 14 feet, three inches in circumference, 77 feet tall and a 91 foot crown.

I argued in your defense, ole' hoss, charging that when we measured your tree, your three sons were little fellers, and they've grown two or three feet and surely the tree grew just as much in that short span of time.

No one ever pays attention to my suggestions.

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The Prayer For Today From Upper Room

"Go forth therefore and make all nations my disciples." (Matthew 28 19 NEB)

PRAYER: Gracious Lord, may Your love and mercy be in our hearts so that every one of us will be Your witness. Through Jesus we pray Amen.

WANTED



BOYS and GIRLS
Between
10 - 14
WHO WOULD LIKE TO
EARN SOME
MONEY

ROUTES OPEN

Route 18 — 9th Street to 15th Street and from Overpass on South 11th to Airplane Heights

Route 22 — South Half Kearney Hill and South Third Street Area.

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