# Nebraska City News-Press

PARK NEWSPAPERS OF NEBRASKA, INC
Publishers

Vol 124, No. 17 Sunday, December 4, 1977

Publication News and Business Office 123 South Eighth Street Nebraska City Otoe County Nebraska 68410

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## A new twist

We've heard all kinds of arguments against driver education courses in high schools, but here's one we hadn't thought of before

The Insurance Institute for Highway Safety reports that driver education increases the highway death toll by 2,000 a year because it enables teen-agers to qualify for licenses at an earlier age

We won't quarrel with the institute's conclusions, but that's a little like saying we'd have fewer plane crashes if we stopped teaching pilots to fly Or less six if we stopped teaching sex education

It may be true, as the report goes on to suggest, that the problem could be solved by raising the driving age to 18.

But we'd rather take our chances, in the meantime, on teen-agers who've been taught to drive by experts rather than those who've learned from Uncle Harry on Sunday afternoon

# *Safety Valve*

"...the farm story .."

EDITOR, News-Press I attended the meeting of the farmers and business men at Nebraska City, Wednesday, November 30 and was certainly pleased at the tremendous turnout of farmers and their families, and also the Voc Ag students.

Everyone knows that this year some sections of our country produced an enormous crop and other parts had a severe drought so overall I doubt whether we really produced a large surplus.

The trouble is the consumer wants a cheap food policy, so in order to achieve that goal our exports had to be curtailed and the imports expanded Well that has been going on for the last 10 years and finally is backfiring on the people that are raising a family and must work to support the family

And of course the problem keeps growing so it also hurts the elderly people who are on a set income such as Social Security And along with cheap farm products which dropped the buying power of the farmers we opened up the imports of cars, clothing, shoes, tractors, televisions and all kinds of electronic devises as computers, microwave ovens, etc

So the farmer along with the working man and woman started purchasing foreign goods because they were cheaper

There are many problems that must be solved in the near future When a bushel of wheat reached the selling price of over $5.50 a bushel the price of a loaf of bread immediately raised to 55 to 60 cents a loaf

When the price dropped to $2.00 a bushel the price of a loaf of bread remained constant. Then the cost of doing business jumped considerably by the rising cost of oil and gas which added to the cost of producing, transportation, storage, drying, processing and cost of living so wages were raised and sales of domestic manufactured goods went down and imports of steel etc went up causing more unemployment

So the increase in wages helped only a small per cent of the work force who were able to retain their jobs

I realize that the increase in wages did not increase the take home pay of many workers very much as withholding taxes also increased So we know many of the problems, what we need more than anything is the answers to these problems

Next week I will try to write about some more of the problems and tell you how history is repeating itself.

BOB KREIFELS

football contest. "

EDITOR, News Press As one of the winners in the football contest, I would like to thank the many merchants and the News-Press

I will be looking forward to the contest next year

LUCILLE DOUGLAS

*AS TIME GOES BY*

# Company not selling

FORTY YEARS AGO
—1937—

V M Johnson, president of the Central Power Company of Grand Island, which served Nebraska City and other towns said the company was not planning to sell any of its properties ..Arbor Lodge Park Superintendent Frank Williams said 37,875 persons visited the park between April 1 and December 1 .Fans were given a look at Nebraska City High School basketball prospects and new rules that would change the game drastically at a practice game Street Commissioner J.W Hoberg said Nebraska City paving work was closed down for the season

TWENTY-FIVE YEARS AGO
—1952—

Philadelphia Athletics star pitcher Bobby Shantz was named to be a guest of the Pioneers at the annual NC Athletic banquet The principal speaker was to be Husker Football Coach Bill Glassford .Lois Johanns scored eight points to boost the NC Pioneer volleyballers past Unadilla, 23-20 Nebraska City's Jim Lightbody potted 15 points for Nebraska Wesleyan as Wesleyan sank Dana, 87-54 Walter P Reuther won the presidency of the CIO .Mrs Paul Shigley was elected president of the Royal Neighbors of America, Otoe Camp No 3859

TEN YEARS AGO
—1967—

Well over 200 people braved zipping winds and chilly temperatures at the courthouse in Nebraska City to see the first of four prize giveaways by Nebraska City merchants .Mones Zach, exalted ruler of the Nebraska City Elks lodge, announced the formation of an annual scholarship in memory of Lt James R Poggemeyer, the first member of No 1049 to make the supreme sacrifice in Vietnam A former mayor of Nebraska City, George (Buck) Sterner said he could see no real advantage in an eight-man council over the present three-man commission


Second class postage paid at the Post Office in Nebraska City, Nebr No 375960 Published every evening (except Saturday) and on Sunday

MEMBER Nebraska Press Association, Inland Press Association National Editorial Association Audit Bureau of Circulation Leased Wire Service of the Associated Press and NEA Feature Service



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CIRCULATION RATES Single copy, 15 cents, by carrier, $3 a month in advance, by mail in Nebraska City trading area, $28.00, outside trading area $36 00 per year


## The Prayer For Today From

The Upper Room

Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who mistreat you " (Luke 6 27-28 TEV)

PRAYER Our Father, please guide me to love my enemies, and I pray especially for _____, who mistreated me With Your love within me, I believe I can do it. In Jesus' name Amen.




"Taking them as a gift? —— HAH!"



Martha Angle and Robert Walters

## IN WASHINGTON

# Monument to deception

LAGUNA NIGUEL, Calif — (NEA)— In the autumn of 1974, six months after the government took possession of a massive new federal building here, the official in charge of the facility confidently announced that "we expect the building to be fully occupied within one and a half years "

Three years now have passed, and almost three-fourths of the 750,000 square feet of occupiable space within the Laguna Niguel Federal Building remains vacant The structure, reminiscent of a Babylonian temple, stands today as a monument to government deception and incompetence

Time and time again, the General Services Administration (GSA), the federal agency in charge of public buildings, has been forced to amend its always - optimistic predictions for full use of the building — only to watch each successive deadline come and go without any indication that the promise will ever be fulfilled

During the past five years, GSA has publicly identified a half-dozen federal departments and agencies as the next major occupants of the facility — but few have actually moved in

Back in late 1972, when GSA was still negotiating to acquire the megastructure, the Bureau of Naval Personnel ostensibly was lined up to occupy 171,000 square feet and the Naval Communications Command was supposed to take another 82,000 square feet Both deals fell through

By mid-1973, Arthur F Sampson, then GSA administrator boldly proclaimed that "the principal occupant (will) be the Food and Drug Administration (FDA) laboratory of the Department of Health, Education and Welfare, which (will) occupy 207,500 square feet."

But long before Sampson's statement, the House Appropriations Committee had repeatedly refused to authorize funding for such a consolidation of FDA laboratories That plan also had to be scrapped

In late 1974, GSA announced that "we are presently installing shelving and constructing necessary firewalls in 250,000 square feet of space to be occupied" by the National Archives and Records Service "beginning in December of this year "

The National Archives is indeed a tenant today, but it requires only 160,000 square feet, most of it used for storage of old government records — a function GSA officials privately concede is not suitable for a structure designed as an office building

A year ago, GSA asked the Senate Public Works Committee to authorize $3 3 million for improvements and modifications to the building from 1977 to 1981 At that time, the revised plan called for filling the building at a rate of 110,000 to 120,000 square feet annually during the five-year period

In fact, during the past two years occupancy of the building has increased only from 193,000 square feet to 195,000 square feet At that rate, the building will finally be fully occupied in the year 2532

The National Archives — a component of GSA — currently is the only major occupant, utilizing 21.3 percent of the available space Small units of the Departments of Interior, Treasury, Defense and Agriculture take up a total of 35,000 additional square feet, or 4 7 per cent of the usable space.

Meanwhile, it costs $650,000 to $750,000 yearly to operate the near-vacant building, which Rockwell International unloaded on the taxpayers in trade for two government buildings in far more convenient locations.

The bizarre situation is perhaps best summarized by the Military Audit Project, a Washington-based public interest group that has filed a civil suit in federal court seeking to nullify the trade:

"The acquisition of the Laguna Niguel facility is an example of the gross corruption of the government process for the purpose of unjustly enriching a major defense contractor "

The House Government Operations Committee, chaired by Rep. Jack Brooks, D-Tex., examined the highly questionable transaction early last year, but not enough attention was paid to Rockwell's role. There's more than ample justification for another probe of the government's biggest "white elephant."



## HEALTH

Lawrence E. Lamb, M.D.

# Arthritis and food intake

By Lawrence Lamb, M D

DEAR DR LAMB — You have said several times that food intake has no effect on or relation to arthritis I have gout as well as osteoarthritis and osteoporosis, and know from 24 years of daily observation that foods high in purines, or only reasonably high in them, certainly cause me to ache, hurt, and feel quite miserable

If I eat one artichoke, after 10 years of abstinence, that is O K , but to eat a second one is ruinous. To eat some fresh crab is fine once, but again the next day or a big helping of clam chowder, and I am done for

I would appreciate your comments

DEAR READER — In the first place, you have taken my comments out of context My remarks about diet have been made in relation to columns about osteoarthritis and possibly rheumatoid arthritis — the latter often requires increased protein intake because of the protein wasting effects of inflammation The fact remains that these two common forms of arthritis are not cured by diet I have repeatedly pointed out, though, that if you are overweight you will have less problems with osteoarthritis if you correct obesity and stay slim

Gout may have a complication of a special form of arthritis. It is true that if you are not taking medicines to control the uric acid, that eating lots of purines may cause an attack We used to have to treat gout by diet, but we now know that most of the uric acid that causes gout is not from the food you eat, but a by-product of your own cells This is spin-off information from understanding DNA or the nucleic acids in cell nuclei

One really useful approach has been to chemically block the cells of the body from forming excess amounts of uric acid Other treatment methods include increasing the elimination of uric acid through the urine. I am sending you The Health Letter number 2-3, Gout, Uric Acid, to give you a better understanding of modern treatment of gout and prevention of gouty arthritis. 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.

The dietary treatment of gout is not very good and wholly inadequate. A diet completely devoid of purines will usually now lower the blood uric acid level enough. Milk contains no purine, yet a person on a strict milk diet with no purines will still have a lot of uric acid if his cells are inclined to produce an excess amount.

If you find you do better by avoiding foods that cause attacks, by all means avoid them, but rely on your doctor to use modern methods to keep your uric acid level at normal levels if you want to avoid the complications of gouty arthritis later

Now, about osteoporosis dissolving bones. That is often called arthritis by the public, but it is not arthritis at all — it is dissolving bones. I recommend taking plenty of calcium to help prevent this problem. Other than that dietary aid, there is little else you can gain from the diet. Women on a calcium deficient diet are five times as likely to develop dissolving bones as women who get the amount of calcium found in about one quart of milk a day (about one gram of calcium daily).



Ivan D.E. Beaumont

## THE BUCK ENDS HERE

# Christmas in Germany

**Christmas in Germany —**
Ron Crunk took the picture that appears with this column. It was a Christmas Festival in Nurnburg, Germany in 1969.

Ron's father was in the Army and was stationed in that area during that Christmas. Santa Claus carries a heavy religious meaning in that country. In this picture he is not pointing to his admirers, but is tossing candy to the crowd

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**The chairmen —**
We suggest that if the Chamber and other local clubs want to organize a large gathering they contact Loyal Shannon and Mrs Don Ramold.

They helped spearhead a farm meeting in Nebraska City last week that attracted nearly 1,400 people And except for a seventh inning stretch, it was a full evening of sitting and listening.

The most popular person during the evening was Charles Sharpe of LaBelle, Missouri. He was the third speaker of the evening and as he addressed the crowd, he suggested the stretch

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**The homefront —**
Mrs Merle Buell of Murdock is a mother who knows about raising a family in today's modern world, so it was a common conversation we had the other day when she stopped in the newspaper office

When I told her we don't have family meals, she understood "The kids today are so busy with so many things," she said The word is "cafe " Right?

Awright ...let's get down to the nitty-gritty How many families - with school age children – do you know that sit down to the table all at one time for a brief 10 minutes for a single meal? Think fast! Gotcha already

The kids are so active today that when they finally get home after basketball, volleyball, football and whatever-practice, they unleash such famous quips to the family conversation

For instance "what's for supper?" . "Y-u-k, we had that at hot lunch today " .."hurry up with the meal, I've gotta be back at school for play practice in 15 minutes."

(If there's any humor in this it'll come to you after your kids are grown)

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**Little bucks —**
Cleaned out a desk drawer the other day and threw away a map from the Cornhusker Motor club on the route to the Orange Bowl Three students from Peru State College were expelled because they broke into a vending machine The incident was handled by the student governing board and not in a court of law The Board of Student Affairs made the decision in a secret session, tch, tch. .Hess Dyas may walk the state again -- if he wins the Democratic primary in the congressional race

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**Arbor Day —**
The Tangier Shrine parade units will not appear at the 1978 Arbor Day celebration The Shriners said the date conflicts with the Shrine Circus in Omaha

The report was disappointing to Arbor Day backers The Shrine parade units have added much to the celebration in Nebraska City The local Scimitar club will be in the parade and it's likely that a few other parade units will fill in the gap as was done last year

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**And we thank you —**
One of the most satisfying music programs we've attended was the NCHS vocal and instrumental concert It attracted a capacity house

The printed program was lengthy, but the staging so well organized that when the curtain came down and the house lights went on, I looked at the school clock — one hour and 15 minutes for two vocal programs, one instrumental and an intermission

I think the Harshbarger Handle was put to use The music year looks peppy and fast-moving

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**Well, hello there —**
Thanks to you readers for answering a question last week about Faye Morton who taught at the early Arbor Training Center

Mrs Leonard (Faye) Vlasak now lives in Crete where she teaches special education She is continuing her dedication to help the handicapped and has been recognized for her efforts by being named Teacher of the Year

She also taught at Bellevue Thanks to Faye's mother, Mrs Grace Zorn of Nebraska City and our Union readers, Mr and Mrs Bill Whipple and Mrs Valda Strough



Santa in Germany, as photographed by Ron Crunk.

## *Today In History*

By The Associated Press

Today is Sunday, Dec 4 the 338th day of 1977 There are 27 days left in the year

On this date in 1851, a workers' rebellion broke out in Paris and was suppressed by Louis Napoleon The event is known in French history as the "December 4th Massacre."

In 1783, George Washington, quitting as commander in chief, had a farewell dinner with his officers at Fraunces Tavern in New York

In 1816, James Monroe was elected the fifth president of the United States

In 1945, Congress approved U.S participation in the United Nations

Today's birthdays Former movie star Deanne Durbin is 55 years old Nobel Prize biologist Alfred Hershey is 59

Thought for today As our government deteriorates, our humor increases — Will Rogers, American humorist, 1879-1935


# WANTED



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