# Nebraska City News-Press

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## Andrew Young, updated

A few months ago U S Ambassador to the United Nations Andrew Young caused diplomatic eyebrows to raise by calling Cuban troops in Africa "a force for stability " The other day, however, he urged Cuba and its patron, Russia, to stop fomenting trouble in Africa so that African solutions to African problems" can be found

Speaking of Angola, where a Cuban expeditionary force of 23,000 soldiers and advisers are propping up a Marxist regime facing a popular revolt, Young told the General Assembly

The presence in Africa of nearly a quarter of Cuba's armed forces and the interjection of Cuban military advisers in troubled areas throughout the continent can only lead to more deaths and suffering — both Cuban and African "

Young's latest statement makes more sense than his previous naive acceptance of Communist intervention in African affairs It sounds as if he is learning his job.

*AS TIME GOES BY*

## 350 see Jones

FORTY YEARS AGO
—1937—

There were 350 people from Otoe, Cass and Nemaha counties on hand to hear Nebraska Coach Biff Jones speak at the annual Chamber of Commerce football banquet The chapel at St Mary's Hospital was consecrated in ceremonies presided over by Bishop Louis V Kucera, Lincoln Postmaster Barstler said there would be two deliveries of mail Saturday due to the Christmas mail rush - County Treasurer Charles Kelly said each purchaser of a license plate in Otoe county would be asked to fill out a federal questionaire designed to find out more about American drivers

TWENTY FIVE YEARS AGO
—1952—

Governor-elect Robert Crosby pledged to reduce property taxes in Nebraska Nebraska City Lions staged a Christmas party as the State School for the Blind .Snow Queen candidates at Nebraska City Senior High were Doloris Smith, Shirley Fitzekam, Mary James, Norma Neeley and Patty Nixon The G.A.R Memorial Bridge across the Missouri River at Bellevue was opened Ray Mayfield of Nehawka was named a Lincoln Journal basketball star of the week

TEN YEARS AGO
—1967—

Lieutenant Commander Delbert Boerner, USN, of Nebraska City, was placed in command of the USS INDRA, the Navy s newest Landing craft repair ship "Gentle Giant" starring Dennis Weaver, Ralph Meeker, Vera Miles and Clint Howard was showing at the Pioneer Theater...Vernon Stukenholtz of Nebraska City was pictured in the News-Press with an egg which had two yolks and another egg inside of it with a hard shell Marcia Wolfe, the sophomore sensation of Malvern High, unleased a 69 point attack against Nishna Valley

### *Today In History*

By The Associated Press

Today is Sunday, Dec 18, the 352nd day of 1977 There are 13 days left in the year

Today's highlight in history

On this date in 1865, the 13th Amendment to the U.S Constitution was adopted, abolishing slavery

On this date

In 1777, George Washington's army went into winter quarters at Valley Forge in Pennsylvania

In 1799, George Washington was buried at Mount Vernon

In 1915, President Woodrow Wilson married a widow, Edith Bolling Galt, at the bride's Washington home

In 1970, a law permitting divorce went into effect in Italy despite opposition by the Roman Catholic Church

Today's birthday Former Attorney General Ramsey Clark is 50 years old

Thought for today Educate men without religion and you make them but clever devils — attributed to the British general, the Duke of Wellington, 1769-1852




"We only accept foreign exchange."

Five points for more orderly use

## Rx: usage code for CBers

By Ink Dipper

The FCC has created a monster it cannot be happy with So states Col Ronald Martin (ret ) of Napa, Calif He wrote a letter to CB CONVAC to state his feelings about the chaos of citizens band radio A recent column by the Ink Dipper which reflected on the growing maturity of CB operators' use of CB, prompted the letter

An active radio amateur for 60 years, and experienced in all phases of communications, Martin feels that CB is misused because the frequencies are jammed with idle gossip, chit-chat, and, in many (too many) instances filthy conversations

He sets out five very positive suggestions that he feels should govern CBing 1) Organize groups around an educational program for usage, 2) train all to abide by the FCC rules, 3) form monitoring teams 4) establish genuine and practical methods for cooperating with law enforcement agencies, and 5) initiate a code of good taste for all to follow

We can't find fault with any of the premises Col Martin sets down Think they re right His letter has a particular significance because he describes the chaos which can be created by over-zealous CBers who want to help but don't have a standard method of cooperation with local police

'It was learned that a Napa girl, Doreen Heskit, was missing some years ago," he writes 'CBers from all over California beamed in our relatively small community So many came, in fact, that the sheriff issued an edict to all CBers to get out of town or keep out of his way Clues were destroyed Search parties were delayed The CBers caused so much commotion that I couldn't carry on the necessary communications on amateur radio that the authorities had requested of me "

Last week our column reviewed its opinion that CB had many problems and that they circulate around better and more orderly use of the available channels and the congestion on Channel 9, the emergency channel We also expressed our continued interest in steps being taken by governmental agencies to make better use of CB, to help CBers give it form and structure

In Chicago, that Police Department decided that CB was so cluttered that officers could no longer have CBs in their patrol cars, even when they had purchased them out of their own pockets and powered them from the cigarette lighters Just days after the order had been passed down, 26-year old John Castiljeja, a truck driver, was shot to death near an expressway in downtown Chicago He had apparently stopped to ask directions His CB mike was covered with blood It was in his hand He seemed to have been calling for help There were police cars within blocks of him at the very moment the shooting occurred But they couldn't hear his call, even though two officers did hear the shots, but didn't know where to go

These are tragic instances wherein CB, properly organized, not just deserted as in Chicago, could work for the good of all Perhaps a man's life could have been saved Perhaps a girl could have been found before she was a body " These, and other situations like them, are not expressions of CB being bad They are instances of where CB was not properly in play

Last week we said that CB had some major problems. Col Martin has a deep understanding of these and has articulated them well The disciplines that will be meaningful for CBers and for all personal communications are those which will emerge from within the great group of people who believe in citizens band, participate in it, and want to see it develop the form of operation so necessary to its growth and well-being



**HEALTH**
Lawrence E. Lamb, M.D.

## Too many vitamins?

DEAR DR LAMB — My daughter, age 32, takes about 14 vitamin pills a day, including Vitamin E, 400 units, Vitamin C, 500 mg , carrot oil capsules, natural Vitamin D supplements, K liver and yeast with B-12, supreme 50 Super B complex, bone meal tablets, 10 grains, and cod liver oil capsules

She claims it gives her energy She works and takes care of a child and home. Recently she was very depressed She couldn't sleep well Could taking so many vitamins pep her up so that she couldn't sleep? Is it harmful to take so many?

DEAR READER — If she is eating a well-balanced diet, she shouldn't need any vitamins. In her age group, in the child-bearing years, she might need some extra iron, but that should be it. Interestingly, despite all these useless vitamins she is taking, I don't see iron on the list.

She might be getting too much Vitamin D, as she is getting it in cod liver oil and the natural vitamin D supplement, plus other foods she should have to make up a well-balanced diet Vitamin E in large doses has been reported to cause a sensation of extreme fatigue and depression by some people

I doubt the vitamin pills have caused your daughter to be depressed Rather, I would guess that her life situation causes her some anxiety which is why she wants to take something in the first place, and that the sleeplessness and taking vitamin pills as a crutch may both be a psychological response to her total life situation

If she is not eating a well-balanced diet, I would have no objection to her taking one economical all-purpose daily vitamin with iron I am sending you The Health Letter number 4-6, Balanced Diet, Recommended Daily Dietary Allowances (RDA), which will provide a table and information on what the daily requirements are and what foods contain them Others who want this information can send 50 cents with a long, stamped, self-addressed envelope to me for it in care of this newspaper, P O. Box 1551, Radio City Station, New York, NY 10019

DEAR DR. LAMB — Recently, I had a "strep throat." My doctor took a throat culture and it was positive He gave me penicillin and got a negative return. Then he asked the rest of my family to come in for throat cultures, and he said they could be carriers. Two have positive results and were treated.

He requested a urine sample from the three of us, once every week for a month, and once a month for five months as a follow-up. He said it could show up in later years if not treated now.

I simply want to know how necessary this is as we know others who had it and their doctors did no follow-up.

DEAR READER — A "strep throat" is caused by bacteria, and it is contagious. There is no harm, and a lot to be said for checking the other family members.

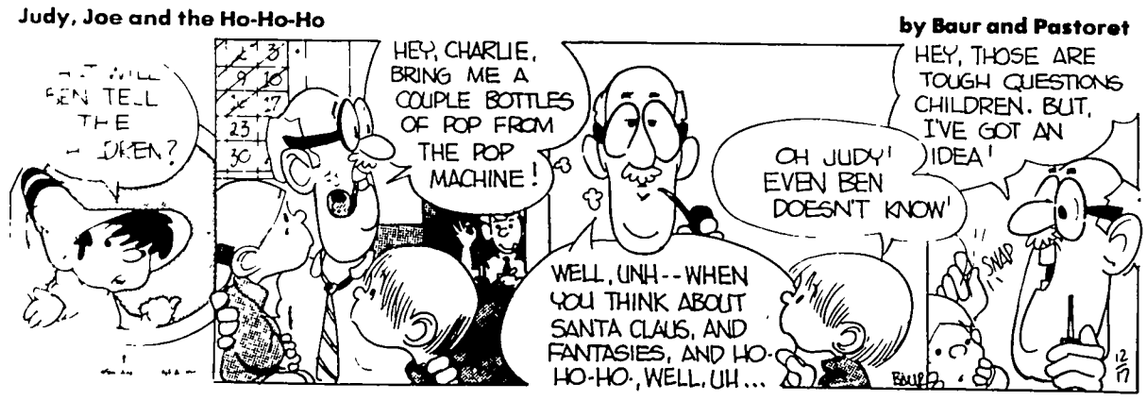
The person who harbors the dangerous kind of streptococci may in the course of time develop rheumatic heart disease, which shows up years later. A strep infection may result in nephritis Your doctor is simply doing a thorough job, and you should be pleased that he has taken that much interest in preventing you and your family from having serious problems at some later date

## Berry's World




*How about that! I wouldn't light any matches for a while if I were you "*

**Judy, Joe and the Ho-Ho-Ho** — by Baur and Pastoret






**Ivan D.E. Beaumont** — **THE BUCK ENDS HERE**

## Son of a . . . what?

**Minersville GOP—**

Mrs S. was introducing the new deacon to her very Republican husband.

"Henry," she said to her elderly mate, "this is Mr Wilson, the new deacon,"

Henry cupped a hand over an ear and returned:

"Hey? Did you say New Dealer?"

"No, no, dear, not New Dealer — new deacon. He is the son of a bishop."

Henry· "I know, I know They all are!"

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**Traveling—**

Our annual Christmas cards tell us much about our readers and where they are living. Mr and Mrs Lester Ehlers write from Grand Island that they will pull stakes this weekend for "winter quarters" at Harlingen, Texas

Les was Otoe county engineer-surveyor before taking the Hall county surveyor's job about 20 years ago. He still is the surveyor, but with a deputy he can take leave of absence

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**Congratulations—**

...to Rod Bliss, son of Mr and Mrs Harold Bliss, on receiving a $500 scholarship at the University Rod is a junior at NU majoring in business construction, but he's still got his eye in the sky. He's in the Air Force ROTC

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**The anonymous note—**

We don't print anonymous letters to the editor. Letters must be signed by the writer, but if he wishes we will not print his name.

We had an anonymous note recently from a reader who felt that the cheerleading squad at Syracuse--Dunbar-Avoca deserved some news attention We didn't print it, but we checked

Well, whoever you are. .thanks. The picture appeared on Page 1 of the December 14 paper. We've enjoyed watching and listening to the Rocket cheer squad and we've enjoyed the presence of Shane Pfeiffer in our living room and where else do kids congregate but in the kitchen

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**The party—**

We enjoy all parties, but there are two a year that we are particularly pleasant to attend — the Morton House Quarter Century club dinner and the City Utilities Christmas dinner.

At both of those events, we have an opportunity to see and visit with the "retired." Thanks to Ray Ott of Morton House and Bill Brockley of City Utilities for the invitations. We enjoy visiting with friends "Bub" Conley and Melvin Baker and others

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**The Farm Strike—**

A farmer who has been active in the Farm Strike, walked into the bank the other day to report he had Good News and Bad News

"Let's have the bad news first," the banker said

"I don't think I can make a payment on the principal this year," he said.

"Ummmmm. That's not good," the banker said.

"And what's more," the farmer said. "I don't think I can pay any interest this year either,"

"Ummmmm That's not good either," the banker said "What's the rest of it?"

"Well," said the farmer, "The good news is that I'm going to stick with your bank for another year."

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**Congratulations—**

to Mr and Mrs Jim Woodson, 1117 South Eleventh Street, on winning a trip to the Orange Bowl

The contest was co-sponsored by Jim Petro of Petro's Derby Service in Nebraska City The Woodsons were among six winners in a contest which ran from August 12 to November 27. Former Chicago Bear great Gayle Sayers selected the Woodsons from the list of 400,000 entries Gayle and his wife will accompany the winners to Miami

And that's what you call some Christmas present

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**Christmas rush—**

Ken Clark, manager of Penney's in Nebraska City, says this Christmas shopping season has got to be the busiest Mr Clark ran a special on jackets, 'jamas and jeans and the store was swamped.

The phone rang in the basement mail order department and a voice asked for a light blue jacket of a certain size. The clerk writing the order asked·

"To what name and address shall we send it?"

"Oh, don't send it," the caller said. "Just bring it to the front of the store. I'm calling from the phone upstairs "

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**Hot lunch at NCL—**

Thanks to Mrs Tom Bryant and her staff for the hot lunch the other day at St. Mary's Catholic Church hall. The meal included breaded chicken, mashed potatoes, gravy, peas and pears It was good.

We sat through a couple of "shifts" and watched energetic and orderly youngsters bubble all over the place.

Our table partners included Sister Mary, chemistry teacher, Msgr. Jerome Murray, superintendent, and the Rev. Tom Ozanne who at the moment was acting as sort of a lunch room supervisor over the students

Sister Mary, we learned, is the nun who has been taking Red Cross first aid courses and hopes to be accepted as a member of the Nebraska City Rescue Squad We wish her success.

Msgr. Murray, we learned, at one time drove a mortician's limousine He explained that it was a pretty handy vehicle because he was involved in the scouting program at York and the large vehicle accommodated a lot of youngsters on trips

And my friend, Father Tom well, you know he watches the weather reports, regretting that winter has kept him from motorcycling. An optimist always, soon as he can, he hopes to get a leather jacket Only leather can keep a winter cyclist comfortable ..dang it forgot to ask him about snow shoes (snicker-snicker)


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### The Prayer For Today From The Upper Room

To thee O God of my fathers, I give thanks and praise, for thou has given me wisdom and strength, and hast now made known to me what we asked of thee " (Daniel 2 23 RSV)

PRAYER Our heavenly Father we thank Thee that Thou art always ready to give us guidance when we ask for it Help us to say thank-you in words and deeds, and in lives devoted to doing Thy will This we ask in the name of Jesus Amen


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