Nebraska City News-Press
PARK NEWSPAPERS OF NEBRASKA, INC.
Roy H. Park, President

Vol 124 No. 89 Sunday, February 26, 1978

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

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Are heavyweights to blame?

Some of those cracks and chuckholes you're seeing on the highways may be the result of overweight trucks rather than icy winter weather.

At least that's the contention of federal highway officials, who've threatened to cut off road planning funds to 16 states unless they start enforcing truck-weight limits more effectively

The 16 states, ranging from Pennsylvania and Alabama to Wyoming and Oklahoma, have 45 days to show why federal funds should not be withheld. Eleven other states have been warned to improve their enforcement or face similar action

An assistant secretary of transportation, Chester Davenport, recommended the other day that states be given federal money to buy scales and other expensive equipment and set up more weighing stations.

A better idea would be to require states to make more diligent use of existing weighing stations — some of which appear to be closed 90 percent of the time

Lobbying lowdown

The "selling of the Pentagon," subject of a devastating CBS special some years ago, continues at the taxpayers' expense, much to the annoyance of Sen. William Proxmire, D-Wis.

The tight-fisted Proxmire has blasted the Navy and Air Force for spending at least $42,000 annually to haul some 3,500 local pols and community leaders around 31 military bases for free "orientation" trips.

The actual outlays, Proxmire says, were mugh higher since the official figures don't include airplane costs.

The Army, principal target of the old TV show, long ago cancelled its public relations tours for civilian community leaders, but the Navy and Air Force cling to the practice, even though no law authorizes the expenditure of public funds for such purposes.

Proxmire figures the Pentagon spends quite enough money — $25 to $45 million, depending on how you figure it — for authorized public relations activities without adding more to lobby local leaders on behalf of the military.

Doleful dealings

Sen. Robert Dole's effort to discredit the Panama Canal treaties with evidence of drug-dealing by top Panamanian officials may not come to much, but the administration sure hasn't helped its own cause in dealing with Dole's demands for information

It took the senator four months to get an answer to his "freedom of information" demand for government files on the alleged "Panama connection," and when he finally got the goods they consisted of newspaper clippings and tear sheets from the Congressional Record — including some of his own statements

AS TIME GOES BY

Citians win

FORTY YEARS AGO
—1938—

The Nebraska City High School basketballers defeated Pawnee City, 25-16, in the final regular season game for the Purple .Mary Ann Goff and Florence Guaghan, both of Nebraska City, placed first in the written and oral divisions respectively at the Otoe County Spelling Contest ..Farmers in the Nebraska City area said winter wheat had benefited tremendously from recent snowfall The five-room farm home of the Jim Smith family four miles north of Burr was destroyed in a fire

TWENTY-FIVE YEARS AGO
—1953—

NCHS Senior Jim Gilligan won top honors in extemporaneous speaking at the Midland College Invitational Forensic Tournament at Fremont .Falls City whipped Nebraska City, 52-43, behind the 22-point shooting of Doug Gibson Tommy Manville was ready to marry a 12th time Grube scored 32 points to carry Johnson past Bratton Union, 86-42. .Syracuse and Peru Prep moved into the Class C district basketball finals

TEN YEARS AGO
—1968—

Rennie Metcalf was selected as DeMolay sweetheart at the annual dance and party at Steinhart Lodge ..Edgar Ashton received his 50 year Masonic Lodge membership pin at the Dunbar Presbyterian Church with M.F Westcott of Omaha making the presentation .Airman Sherry Vaughn completed six weeks of basic training at Lackland Air Force Base in San Antonio, Texas The Palmyra FFA Chapter was given special recognition for producing corn yields of 156 1 bushels per acre Robert Earl Jordan, five months, son of Mr and Mrs Rick Jordan of Nebraska City was pictured in the News-Press

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

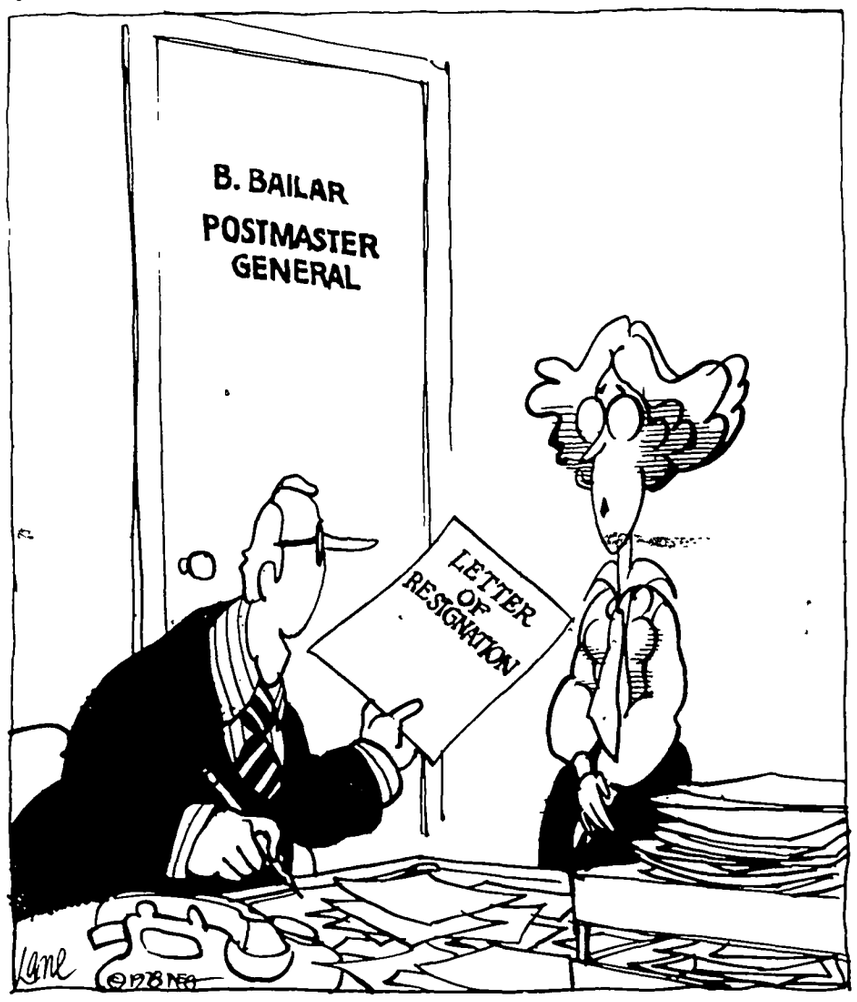
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The Prayer For Today From The Upper Room

PRAYER Lord Jesus, open our eyes to see the road Thou wouldst have us travel. Give us the faith and the courage to follow it We pray as Thou hast taught us, "Our Father, who art in heaven Amen."



"...and just to be sure it gets there, mail three copies separately."



Donald F. Graff

COMMENTARY

The smoking crusade

Clearly, this is not the year some 53 million among us are going to be permitted to go their complacent way unchallenged.

They are the smokers in the population. And they are now the target of two (count 'em, two) campaigns to curb their habit.

Almost no sooner did the administration's Mr Energetic, HEW Secretary Joseph A. Califano Jr , publicly make a federal case out of smoking than a real veteran of the anti-tobacco wars, the American Cancer Society, revved up its own long-run crusade.

The Califano program may have governmental cachet, but it has been criticized primarily as being too weak, relying on persuasion and publicity with all the probable effect of a tap on the wrist to the subsidized tobacco industry

By comparison, the plan formulated by the Cancer Society's National Commission on Smoking and Public Policy would be a right to the jaw if implemented.

It calls for federal regulation of tar and nicotine content of cigarettes, a graduated excise tax based on said content, regulation of cigarette advertising and phasing out of the $80 million a year subsidy of tobacco growing

The real bottom line, however, is the commission's observation that while "a major federal initiative" is necessary to deal with smoking as a health problem, carrying it to the extreme of a ban on cigarettes would be "neither enforceable nor desirable in a democratic society."

Or probably any other type of society for that matter In regulating public indulgence in such personalized vices as smoking and drinking, society is close to trespassing in an area of morals — it is difficult to legislate them without endangering the integrity of the law itself

Basic to any serious effort to deal with the problem must be a question Why?

Why do people smoke? Why do they continue to smoke, even those aware of and acknowledging the detrimental effects?

Most of us probably fall into the habit largely because we see the cigarette somewhat as the climber sees the mountain It is simply there, as integral to the modern rites of passage as access to an automobile or even puberty itself

Some later walk away with little or no difficulty But for most who stop smoking, or who want to do so but cannot, it requires an exercise in self-discipline and self-denial which can range from great to unbearable Again, why?

What expertise there is on the subject of smoking indicates that the habit is about 5 percent physical addiction. Nicotine as a substance is a poisonous alkaloid, a primary ingredient of insecticides. The human body does, however, acquire a tolerance for a limited amount, and once so initiated craves regular reinforcement.

The remaining 95 percent is pure habit, a product of individual and societal psychology.

The 5 percent is usually easiest to deal with. In 72 hours of abstention, the body flushes itself of nicotine The physical addiction is gone, but the psychological melody lingers on. And this is usually where the real struggle begins.

Psychological dependence, as the American Cancer Society analyzes it, can be for any one or combination of a number of positive or negative effects of smoking for the individual. The cigarette can be valued as a source of stimulation, for the pleasure derived in handling or as a means of accentuating a pleasurable situation — all positive effects Or it can be a consolation, a means of coping with disappointment and negative self feelings, a distraction from emotional or social discomfort — all negative

The emphasis in any case is on "individual." No prescription can be written for the public as a whole Information programs may contribute to greater public awareness, economic measures to a sounder public policy. But ultimately smoking as a public problem must be answered on an individual basis

Today In History

By The Associated Press

Today is Sunday, Feb. 26, the 57th day of 1978. There are 308 days left in the year

On this date in 1531, an earthquake in Portugal killed tens of thousands of people and flattened much of Lisbon and other cities

On this date·

In 1521, the Spanish governor of Puerto Rico; Ponce de Leon, sailed from San Juan on his second expedition to Florida

In 1802, one of the great figures of French literature, Victor Hugo; was born

In 1918, during World War I, German planes bombed Venice, Italy

In 1919, Congress established Grand Canyon National Park in Arizona

In 1971, there was heavy fighting between North Vietnamese and South Vietnamese forces inside Laos

Ten years ago: Israel's Foreign Minister Abba Eban announced that Israel had agreed to what he called "a form of negotiation" with the Arabs

Five years ago: The Supreme Court refused to consider its decision liberalizing abortion laws in most of the country

One-year ago: President Idi Amin said Uganda stood ready to meet any threat from a U.S. naval task force which stood off the east African coast.

Today's birthdays: Comedian Jackie Gleason is 62. Former movie star Betty Hutton is 57.

Thought for today: The crisis of yesterday is the joke of tomorrow — novelist H.G Wells, 1866-1946.

Berry's World



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"OK, so we WERE turned away from Studio 54! Don't let it get you down!"



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Postmaster stuck

Postmaster Howard Baltensperger who lives on a farm south of Nebraska City, was unable to keep an appointment with the Optimist club the other day because he was snowbound. The strong winds the previous night and the additional two inches of snow created drifts too large for tractor and man. Howard waited for the snowplow

Meanwhile, Norm Bruening was program chairman and at mid-morning he got the word that Howard couldn't make it Norm substituted his own program and it was appreciated by the business people It was the new employe indoctrination slide-TV presentation at American Meter Company where Norm is plant manager

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The wrestlers –

We had a particular interest in the state wrestling meet this year since this was "it" for senior son.. won't be long and that bedroom with all the "junk" in it will be empty.

We have followed Coach Paul Stevenson's wrestlers since he began coaching them back in the Jaycee youth wrestling program years

There were a lot of other wrestlers that we knew from the other towns in the conference and district, but there was one from Sidney, Nebr , that we also watched

Brian Balfour is 145 pounds of muscle and athletic prowess We first met him a few years ago when he was much lighter. He's added muscular strength to his weight

Brian has been to Nebraska City many times and has worked out with the other wrestlers. He is the grandson of Merlin Balfour and Mr and Mrs Elmer Conkling.

He eliminated a lot of fine wrestlers to enter the championship and although he lost, he certainly represented his school and himself well in athletic competition

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Sea story –

The admiral was a tough old bird and words spoken to him were usually offered with great care for fear of reprimand.

On a particular day he was standing on the bridge of his ship observing maneuvers through his field glasses. He searched the ocean in all directions and stated· "There are three carriers slated to be in this operation and I see only two: Where in the hell is the third one?"

Silence followed his question and pressure increased as the period of silence grew

Finally, Commander Bob Bethel (now retired and living at Table Rock) cautiously offered "Admiral, sir, you are standing on it."

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The visitor –

Mrs Bertha Tait of 705 North Sixth Street, writes that she had a "visitor" the other day after the snowstorm and she'd like to know the identity

For one thing, the person forced entry onto her porch, kicked off the snow from his shoes or overshoes, then left. Mrs Tait suggests a telephone call ahead of time so she can greet visitors .how about a broom to sweep and swat?

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Top of the Hill –

We hope you enjoy the new Sunday column "Top of the Hill". It's sort of an exclusive space – you've got to be retired and active to get your story printed.

The story is written by all members of the news staff and they say it is one of the most enjoyable assignments on the newspaper.

Last week you read about Mr and Mrs Melvin Baker, the retired City Utilities employe who "runs" an orchard We've been to the Baker place many times and have seen them working and enjoying it They are two people who seemingly have a smile for everything.

They truly are a fine example of reaching the top of the hill

Check today's story – it's Lew Hunt.

+ + +

Congratulations –

..to Cindy Hall of Nebraska City and Mrs Francis Moul of Syracuse on their runnersup selections in the Outstanding Young Woman contest sponsored by the Nebraska Jaycees.

They are deserving of the recognition. I just wouldn't want to be the judge

Nebraska City and Otoe county have received statewide recognition several times in past years on the caliber of young people they represent. Their nominations are a compliment to all of us.

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Music, music –

If you like music, you can look forward to a fine season of school plays And if you're not a music buff, then you'll enjoy the talents of the boys and girls on the stages

Nebraska City Lourdes will offer the musical "Bye, Bye Birdie" on March 17-19 Nebraska City Senior High will offer a musical and dinner theater with "Music Man" on April 28-29.

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Planting potatoes –

Bill Schwartzkopf of the Falls City Journal, says

"Incidentally, if you are thinking about planting potatoes in the near future, you'd better give it a little more thought We understand the ground is frozen to a depth of about 26 inches "

In another item in his column "Hanging out the wash," the editor quotes Larry Cook, superintendent of Indian Cave State Park, that hikers who stay on the 20 miles of trails needn't worry about rattlers They (the rattlers, silly) have moved south away from the public

In case someone does kill a timber rattler, Cook says he sould be contacted to dispose of it The venom remains in the rattlers head and is deadly for several weeks

To which the editor pines·

"Some people might stick around to do a rattler in if they jumped one, but most of us probably would become the world's fastest human instantaneously "

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From Texas –

Vern Livingston writes from winter quarters at McAllen, Texas, that he has been watching the weather in Nebraska City Winters in Texas are good for the young and old "Thirty or 40 years ago most of us--in our age bracket--would have been staying home finding fault with everything and getting in everybody's hair As it is we are down here having a good time and leaving the young folks alone to run things as they wish "

The Livingstons will return for Arbor Day



HEALTH

Lawrence E. Lamb, M.D.

Bad breath is a symptom

DEAR DR LAMB — I have a very embarrassing problem. It's my breath It's affecting my marriage, my friendships, and I'm turning into a "closed mouth" person, which I never was before My life has changed because of it. I'm pleading for some helpful information.

The problem has been going on now for five or six years. My breath smells like bowel gas. I don't know how to put it in other terms. I'm a Sunday shcool teacher and in a small room after talking and singing with the kids people walk in and say, "What a smell!"

I have asked medical doctors for a reason and they just say I have to live with it I have a constant nasal drip in the back of my throat and raise some phlegm every hour When I like down to rest mucous or what ever it is drips down my throat. I wonder if this is from some sort of infection that causes that awful smell

This past year I have turned to food instead of socializing and visiting people I've gained 40 pounds which doesn't help my self confidence much

Please doctor, any information as to what I can do will be greatly appreciated

DEAR READER — If your observation on other people's reactions is correct we can assume that you do have bad breath I mention this because some people with psychological problems, including a severe depressive reaction, may imagine they have bad breath as part of a self-deprecating characteristic

Bad breath is a symptom and sometimes it takes several examinations to find out the real cause A good place to start is the mouth — the teeth need to be checked by a dentist and he will need to be certain you do not have infected gingiva (gums) The tongue can also collect food particles and contribute to bad breath as can infected tonsils (rarely a cause)

An ear nose and throat specialist is in order, for you in particular Not only will he check the throat area but also the sinuses Infected sinuses can indeed be a source of bad breath The movement of air over any infected area can waft the unpleasant odors into the air about you. Even a lung abscess will cause such a reaction

If you do not have a dental or ear, nose and throat problem then you need to see a specialist in internal medicine Any odoriferous chemicals in the blood stream from any source can be released as gases in the lungs and give off their own odor That is why the alcoholic has an alcoholic breath — not because of the alcohol in his mouth but the alcohol vapor being emitted from the blood and exhaled into the air

Your odor is not from your bowel regardless of how it may smell to you The pyloric valve at the outlet of the stomach shuts off all the odors from the intestinal tract The only exception is when a hole (fistula) exists between the colon and the stomach, which is a rare medical disorder and can be detected with X rays

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