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VIEWPOINT

Briefly noted . . .

The fame in Plains isn't what it used to be.

A scant two years after the election to the presidency of one of the Carter boys transformed it into an instant tourist center, interest in the Georgia town is reported to have slackened noticeably. Curio shops that blossomed in the first flush of national attention have folded and commercial development projects have yet to get off the ground that was purchased

Plenty of outsiders continue to keep Plains on the beaten track, however State tourist officials, who keep electronic count on auto traffic in the area, estimate the flow at a quarter of a million a year. And Plains notices its changed status in other ways, such as petty crime.

For example, a dozen or so city boundary signs have been stolen in the last two years And they used to say that a souvenir hunters' enthusiasm knows no limits.

What wasn't in a name

Some Carter boys make it and some don't.

Jimmy may have the lease on the White House nailed down for at least another two years, but Billy's celebrity status appears to have gone flat A brewery is selling 8.8 million empty Billy Beer cans to a recycler for melting down.

As a publicity gimmick the personalized beer had plenty of gusto, but as a business it turned out to be a bust

Silent Viennese Night

The Vienna Boys Choir has been an Austrian institution for almost 500 years and their caroling in the chapel of the old imperial palace a special Christmas tradition.

Forget it this year A little-known law forbidding children under 15 to work during school holidays is being enforced for the first time in anyone's memory

And probably for the last, since the issue is being referred to parliament In a conflict between tradition and law in music-loving Vienna, there's no contest

AS TIME GOES BY

Businessman dies

FORTY YEARS AGO
—1938—

An unemployed worker broke a store window in hopes of escaping the winter wind by spending the winter in the city jail Nebraska City businessman Ernest Joseph Knoll, 47, died after an illness of three days A series of typing tests at the School for the Blind showed students typing as high as 50 words per minute A strong third period enabled Nebraska City to defeat Hamburg, Iowa, 35-17, for their first victory of the basketball season.

TWENTY-FIVE YEARS AGO
—1953—

Don Holtz, American Meter Co plant manager, and his family arrived in Nebraska City, taking up residence at 1201 Fifth Corso. Amanda Blake was "Miss Robin Crusoe" at the Pioneer Theatre June Hauptman was installed as honored queen of Job's Daughters Peter Christensen and Denins Folkerts each contributed 17 points as the Pioneers stopped Beatrice, 56-48 Ron Witt scored 36 points to lead Otoe past St Bernard Academy, 87-17

TEN YEARS AGO
—1968—

Pam Williams was named queen and Marc Copenhaver was named king at the Holiday Dance party at Steinhart Lodge Postmaster Howard Baltensperger said Christmas music would be heard in the post office lobby during the days preceding Christmas Gale Bottcher, son of Mr and Mrs Robert Bottcher of Nebraska City, was one of 160 December graduates of the Nebraska Vocational Technical School at Milford. Over 700 boys and girls were treated to a movie and candy at the Jaycee Christmas movie party at the Pioneer Theater.

Today In History

By The Associated Press

Today is Sunday, Dec 17, the 351st day of 1978 There are 14 days left in the year

Today's highlight in history

On this date in 1903, Orville and Wilbur Wright made the world's first successful airplane flight as they soared over sand dunes near Kitty Hawk, N C

On this date

In 1538, Pope Paul III excommunicated King Henry VIII of England.

In 1718, England declared war on Spain.

In 1843, the Charles Dickens classic, "A Christmas Carol," was published in England.

In 1914, Britain proclaimed a protectorate over Egypt

In 1939, during World War II, the crew of the German pocket battleship, Graf Spee, scuttled the ship off Uruguay rather than let it fall into the hands of the British

Ten years ago A United Nations resolution urged the United States and the Soviet Union to begin negotiations to reduce their arsenals of missiles

Today's birthdays Boston Pops conductor Arthur Fiedler is 84 Writer Erskine Caldwell is 75

Thought for today Education is that which remains when one has forgotten everything he learned in school — physicist Albert Einstein, 1879-1955.

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The Prayer For Today From The Upper Room

If any man thirst, let him come unto me, and drink. (John 7:37)

PRAYER: Our Father, thank You for Your grace so freely given when we respond in obedience to Your will. In Christ's name. Amen.





Donald F. Graff

COMMENTARY

Freedom squeaks through

What with First Amendment confrontations in the courts and various other problems at home, the American press would appear to have no need to look abroad for threats to freedom of communication

But there has been some understandable editorial concern over recent proceedings in Paris of the United Nations Educational, Scientific and Cultural Organization

A two-year debate between the democracies and a mass of Third World nations, manipulated as much as supported by the Soviet bloc, over a declaration on world news coverage has ended in a draw, to general relief but no one's real satisfaction

UNESCO's 20th general assembly adopted a compromise statement calling for "better balance of information" gathering and distribution throughout the world in the interests of "peace and understanding," but omitting proposed "obligations" which the West saw as endorsing government control of news media

The declaration was initially a proposal by the Soviet Union, but quickly taken up as a cause by underdeveloped nations resentful of western domination of worldwide news operations They pressed for enactment of a code of press conduct which would give governments the right to control the flow of information both into and out of countries.

One proposed article called for "action by the international community" to supervise news sources and the editorial content of journalists' reports Another required the media to "make known the versions of facts presented by states" — i e, serve as conduits for official propaganda

Where the Third World had been resentful at Western coverage of its affairs, the West was now alarmed at the prospect of an international sanctioning of the principle of a controlled press It would not be legally binding, but would provide an aura of respectability to the information-suppressing activities of many nations. What limitations world opinion places on the muzzling of the local press and harassment and censorship of foreign newsmen could be considerably weakened

The free countries, heavily outnumbered in the 146-nation organization, might have been steamrollered had not their adamant opposition to the effort to shackle the press on a world scale threatened a serious weakening of UNESCO if their interests were ignored. They are still not pleased with the compromise, the work of UNESCO Director-General Amadou-Mahtar M'Bow of Sehegal, but agreed to avoid continuing disagreement.

"It is a useless declaration," and Italian delegate noted "but we accept to go along because we do not want to be spoil sports

The debate is over for the time being, but it could well be renewed at the next UNESCO conference two years from now It is to be hoped not

The concept of restricting the press to promote peace is off base to start with as noted by Freedom House a nonpartisan U S based organization dedicated to strengthening free societies

'Wars are not started by mass media, but by governments," it pointed out in a statement on the controversy Government controlled media may provoke conflict and discrimination The independent press and radio are unlikely to do so and retain public support

The late French author Albert Camus also had something to say on the subject some years in advance of the UNESCO hassle

A free press can of course be good or bad he observed but most certainly without freedom it will never be anything but bad

Taxing influence

Never underestimate the influence of a prospective tax break on how the consumer dollar is spent

The tax credits for home insulation expenditures written into the new National Energy Act are generally being credited with spurring the current boom in insulating material sales Where the energy pinch itself did not move the homeowmng public to action, the prospect of bottom-line savings has.

To give you an idea, an estimated five million American attics will be reinsulated this year, compared with the average of some 2 7 million during each of the past several years Demand is also strong for caulking, storm doors and windows, weather stripping and the like, plus solar heating and other alternate-energy equipment for installation of which tax credits may also be claimed

The less-desirable aspect of the boom is that it has encouraged - greatly expanded production and attracted new companies into the field with the result that quality control may not be all it should be in some cases

To be sure they are getting full insulating value for their dollars homeowners are advised to check insulation material they purchase for the R-value the measurement of its effectiveness The higher the value — R-26 to R-38 for ceilings or attic floors is the U S Energy Department recemmendation-the more effective the insulation The colder the part of the country is, the higher the R-value should be

Mineral wool most commonly in the familiar glass fiber or rock wool form, accounts for 70 percent of the insulation market currently The remainder utilizes cellulose fiber, treated for fire resistance, and foamed plastics, pumped into structural cavities

For individual homeowners, the insulation investment should yield both savings on fuel bills and on next year's federal tax return The tax credit amounts to 15 percent up to a maximum of $300 for expenditures on home insulating materials, retroactive from April 20, 1977, through 1984

There is also great potential for saving on the national level, according to the Mineral Insulation Manufactures Assn Figuring the 73 million American homes account for 20 percent of total national energy consumption, the industry organization estimates that if all were properly insulated the saving nationwide would be the equivalent of 500,000 to one million barrels of oil a day

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Ivan D.E. Beaumont

THE BUCK ENDS HERE

You bet there is

Santa is real —

In 1897 a little girl in New York City wrote the New York Sun·

"I am 8 years old. Some of my friends say there is no Santa Claus. Papa says 'If you see it in The Sun it is so.' Please tell me the truth, is there a Santa Claus?" VIRGINIA HANLON.

Her Safety Valve was answered in the editorial columns of the New York newspaper and the editorial has been reprinted many times — "Yes, Virginia There is a Santa Claus" by Francis Pharcellus Church.

"He exists as certainly as love and generosity and devotion exist and you know that they abound and give to your life its highest beauty and joy

"Alas How Dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias There would be no childlike faith then, no poetry, no romance to make tolerable this existence.

"No Santa Claus! Thank God he lives and lives forever A thousand years from now, nay ten times ten thousand years from now, he will continue to make glad the heard of childhood."

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Virginia Hanlon grew up to become a New York City school teacher serving for 43 years. She never got to meet Francis P Church. He died in 1906.

Her husband preceded her and she moved in with a daughter in upstate New York. She died in May 1971 at 81 years of age.

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The recipes —

Where do we get the recipes that are printed on the front page of the Food Section each Tuesday?

From readers like you.

You're invited to share your favorite recipe with our readers. Just send it to the Food Section, News-Press, 123 So. 8th St., Nebraska City 68410.

We've had pretty good response, but we always need more fresh suggestions. Mrs Jack Haupt reports that the Otoe County Farm Bureau Women will keep us supplied with a tasty listing.

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Congratulations —

to Diane Davis, daughter of Mr and Mrs Wm F Davis, on winning the VFW Voice of Democracy speech contest. She won $25 in the local contest and went on to win the district contest held last week in Syracuse. Now she will compete for the state contest January 12 with a chance to enter national competition in Washington, D C

Diane is a sophomore at Nebraska City Lourdes

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For — Tom Osborne —

Scott Schock of the Falls City Journal is a man who believes in Tom Osborne, coach of the Nebraska Cornhuskers.

Since two heads are better than one, Scott says go for broke — three coaches!

For the man to handle the TV shows — Sammy Davis, Jr

For the man to handle the PR and tell dirty jokes — any politician

For the man to develop the skills of young men, who would represent the University well and see to it that his players did the same — who else, but Tom Osborne

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The dispatcher —

Patrick J Roddy, a dispatcher for the Otoe county sheriff received a special award for exceptional service the other evening He was on duty the night of the murder of Officer Gary White and the shooting of Officer Pete Rishel

Radio dispatchers don't get much recognition for their work. Perhaps they accept it as routine, but a tour of the complex radio room at the courthouse will convince a visitor it's more than routine.

Dispatchers handle hundreds of radio and phone calls in an area encompassing several counties, plus neighboring counties across the river

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Mrs Hathaway —

The name, Margaret Hathaway, will be remembered for a long time at Nebraska City Lourdes The Rev Liam Barr, Lourdes superintendent, announced the other evening that Mrs Hathaway willed $40,000 of her estate to the school

Such fine gifts as that contribute a great deal in maintaining a fine parochial school system in Nebraska City



HEALTH

Lawrence E. Lamb, M D

Secret is good diet

By Lawrence Lamb, M.D.

DEAR DR. LAMB — I am about 15 pounds overweight and cannot seem to lose this weight I walk and exercise but I do not get the results I want I will lose five pounds and gain them right back Could you give me help in finding a diet I could follow to get these 15 pounds off and keep them off?

DEAR READER — Your problem is shared by many The first difficulty is getting rid of the unwanted pounds of fat and the second is keeping them from coming back. The secret is in learning a good proper diet and staying on it.

Losing and gaining back five pounds can be associated with a simple change in body water content Did you know that a young healthy individual completely hydrated can go to bed and lose as much as five pounds because of bed rest in 24-to-48 hours? The weight loss, of course, is completely from water washed out of the body from bed rest We saw the same thing in space flights from weightlessness The astronauts lost weight because they lost body water. They also regained it as soon as they returned to earth.

A lot of the fad diets simply restrict carbohydrates which causes the body to eliminate sodium salt and with it about five pounds of water As soon as the person starts a normal, sensible diet again the important salt is retained by the body and with it the normal amount of water So what lots of people are doing is simply washing water in and out and looking at the bathroom scales Frequently they are not losing an ounce of fat.

I am sending you a diet which you can use as a basis for a weight control program. It is in The Health Letter number 4-7, Weight Losing Diet. Other readers who want this issue can send 50 cents with a long, stamped, self-addressed envelope for it Send your request to me in care of this newspaper, P O Box 1551 Radio City Station New York, NY 10019 That diet is a balanced diet including important foods from all four of the basic food groups

You can use this basic diet for your plan for a balanced diet after you've lost weight All you need to do is keep these basic food elements in your diet and add other foods that you like as long as you don't start gaining weight again The other point the diet plan makes is that while you are on the diet you ought to have a regular daily exercise program

One of the problems with most fad diets is that people don't really learn proper nutrition while they are on them They stay on the diet for short periods of time and then revert back to the same dietary patterns that caused them to be overweight in the first place So you need a diet plan like this to learn what the basic food elements are that constitute a sensible diet plan, then you can use it to keep the weight off once you've finally gotten rid of it

I'd also like to emphasize the value of exercise on a long-term weight control project Individuals who only have to lose five or 10 pounds are usually better off to lose these five to 10 pounds over six months to a year's time by gradually increasing their exercise activity every day The pitfall is you have to be careful not to increase your food intake at the same time you are increasing your exercise

If a 150-pound person will just walk a mile and a half every day, he will use the amount of calories in 10 pounds of fat in the course of a year You don t need to diet to lose those 10 pounds just avoid increasing your calories as you add the daily walk to your routine It isn t dramatic and you have to take that walk every day but it is safe, healthy and the walk is good for your peace of mind

Berry's World



"I'd like to be able to bring you Earl Campbell, coach, but I can't!"

WHY CHRISTMAS ALMOST WASN'T — By Jack Kent

