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VIEWPOINT

INDUSTRIAL GROWTH — A FREEBEE

There s a new federal program and we believe this time it s one in which we should become actively involved

The federal government will put up a portion of the cash if a private business or industrialist, or perhaps an industrial group, will put up the larger amount for site improvements for a new business or expansion

Wahoo already has the lead in this project, but Nebraska City could move rapidly and get settled in for some industrial expansion.

Steve Lind who services this area for the Department of Economic Development, sees the federal-sharing project as a windfall for industrial growth.

It is catching on so rapidly in Iowa that in the first months of its existence, 11 applications were filed for industrial growth money

The unique part about it is that it provides incentive to get something going. It has the makings of being a really great tool for Nebraska City's industrial development and hopefully can be put to use in a productive manner

Time oscillates

What oscillates 9,192,631,770 times a second and is responsible for adding one second to 1978?

An atom of cesium, a silvery metal that resembles mercury in that it melts at just above room temperature Its atoms, because of their extreme regularity of oscillation, are used as the regulators of atomic clocks, the world's most precise recorders of time and of which there are about 100 in use around the world. They are used in such areas as ship navigation and flow control in electric power grids where extreme accuracy is essential.

We are indebted for this timely information to a National Geographic Society release What makes it timely is that as superprecise as they are, some 100,000 times more so than traditional time keeping based on the earth's rotation on its axis, atomic clocks nevertheless are subject to a bit of slippage Without adjustment, a year would not come out as a complete year

Consequently, in an infinitely refined version of the familiar leap year's extra day, cesium-regulated atomic clocks are cranked ahead an additional second every December 31

Not that it's likely to make any difference in celebration plans, but we thought the information might provide a useful not to mention unusual explanation in case anybody's New Year's Evening seemed to be dragging.

Holiday life saver

Speaking of New Year's celebrations, a Minnesota company is providing its employees with a fringe benefit specifically tailored to the occasion.

The Fingerhurt Corp. of Minnetonka for the last several years has sprung for cab fare home for any employee who has too many at a holiday party and wisely decides not to drive Further, employees are encouraged to call a cab on the company for anyone else, friend or stranger, they believe should not drive

The "Take a Taxi on Us" program was the company's response to an auto accident involving an employee in which a child died. The firm puts last year's cab tab at less than $1,000, which it finds "negligible."

Financially, perhaps, but not in the terms that really count — human lives.

AS TIME GOES BY

Noble predicts

FORTY YEARS AGO
- 1938—

Glenn Noble, director of the Nebraska Employment Service office predicted there would be a flood of applications for unemployment compensation benefits when the new law became effective January 1 Harry L Severe, Palmyra, was elected president of the state dairymen's association - three armed men escaped with $35,000 in a robbery at a railway express agency office in Youngstown, Ohio A mother and five children died of injuries in a fire at Winnipeg, Manitoba, Canada

TWENTY-FIVE YEARS AGO
—1953—

After a year of experimentation, Otoe Food Products Co offered Morton House canned pies for sale in Nebraska City Oscar Fraley picked Ben Hogan as the Athlete of the Year .Bill Mickle was elected secretary of the Shenandoah Jaycees. Nebraska City Federal Savings and Loan Association mailed dividends totalling $44,921 to its 1,788 shareholders. Doris Day was "Calamity Jane" at the Pioneer Theatre

TEN YEARS AGO
—1968—

New members introduced at the Holiday Dance Club dance party were Mr and Mrs Paul Hillabush and Mr and Mrs Jim Ehlers-

Donald Wayne Larsen, 19, Plattsmouth, and Michael Dennis Farwell, 18, Essex, Iowa, enlisted in the United States Navy...The Nebraska City area closed a year of near normal rainfall although seven of the 12 months were deficient in moisture...Nebraska City teenagers burned approximately 100 Christmas trees at a wiener roast and hot chocolate party at the American Meter picnic grounds

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Arthur R. Sweet — REPORTER'S NOTEBOOK

School Days....

YOU have to be pretty dedicated to get up before daylight, do the necessary things around the house, search for a crossing of the flood-swept Salt, drive 30 miles over jam-packed freeway and streets, and arrive at the Bell Professional building in Sun City in time to start a class in beginning genealogy for 26 senior age students at 8 a m

We know about this because we are two of the students of Mrs Idella Hedrick who lives in the south end of Phoenix, she conducts her class weekly on Friday mornings from 8 to 10.

We know Mrs Hedrick is dedicated, for that matter all Mormons are dedicated Last Friday morning she left her home at 5 30 a m , realizing that the Salt had only three crossings left intact and that thousands were leaving early to go to work on traffic-jammed streets

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MRS Hedrick has worries other than the Rio Salado community college class of 26 men and women At home she cares for her husband, a stroke victim who is 100 per cent helpless When she leaves the house she must find a nurse to stay with her husband while she is gone Not everyone, she told us the other day, is able to care for Mr Hedrick for there are special things that must be done for him

Mrs Hedrick runs a Latter Day Saints genealogical library on Encanto Avenue, she also trains other volunteers who work in the Mesa Library and the several other stake libraries in the Valley Another is to be open early in January in a Latter Day Saints church near Sun City

All of the Mormons who work in the libraries are volunteers, none get paid for their efforts, although some put in a full week in the libraries Mrs Hedrick told us she is being paid to teach the Rio Salado class, she said this is the first time she ever has been paid for genealogical work

Twenty of the 26 members of the class have registered to take the advanced course which begins in February and runs for about 14 weeks In that class we'll start the actual hunt for our roots, with the help of Mrs Hedrick and other experts. It's an interesting way to keep one's mind active, they say So far we agree.

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WE have been doing things this week that youngsters like to do. The adults in our group liked what we did yesterday: attending a performance of the Phoenix Children's Theater, the production being The Mikado, one of the best of Gilbert and Sullivan,

The actors in The Mikado ranged from seniors in high school to third graders, They put on the play six times between December 15 and 22, most of the performances to packed houses in the old church that the Children's Theater group leases from the Phoenix park department Six plays are included in the 1978-79 season. Before The Mikado were Treasure Island and the Legend of Sleepy Hollow, following in 1979 will be Many Moons, Snow White and the Seven Dwarfs and The Red Shoes Maybe we can find some other youngsters visiting in Sun City as our excuse to attend another production or two this season.

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THE Children's theater productions are directed by an adult, the musical director is likewise an adult. But the other expertise — in lighting, scenery, costumes, sound, the props and much of the sewing — is provided by the young people

As we waited for the box office to open last week, one of the adults on the staff of the Children's theater told us the productions are presented with two goals in mind.

"One is to supply a creative and challenging learning experience for the children so they can develop their social and creative abilities Our second goal is to present polished and entertaining productions that will provide a sense of accomplishment and pride for actors and audience alike "

As Friday's final production of The Mikado ended the entire cast of about 25 trooped out the stage door to the lawn outside There people from the audience could talk with the cast members, quite a number of youngsters were getting autographs, one of the old-time stage door activities

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THAT was a swell picture of Dr Ed Kotab, and his assistant, Mrs Ralph Leckenby, printed in The News-Press in the most recent Sunday paper we have received. I am going to give the clipping to Ed's fellow - *dentist, Dr Ray Chamberlain*, a Sun City retiree who volunteers for a day's work a week at a dental clinic for needy residents of this community

It is nice that Doctor Kotab has given some old time dental tools and equipment to the University of Nebraska College of Dentistry for the recently begun museum Was the museum surprised that it received a set of gold corn formers?

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NEWS item

Lyle Denniston's first book, "The Reporter and the Law," is due for publication this winter

Lyle, native Nebraska Citian and News-Presser fresh out of high school, is supreme court reporter for the Washington Star

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A R.S

CATCHING UP ON BERRY'S WORLD



"I DREAD having to watch all the football games coming up this weekend!"



Ivan D.E. Beaumont — THE BUCK ENDS HERE

Until we meet again...

Well, hello there —

The pastor looked over the unusually large Christmas congregation and announced

"I realize I may not get to visit with all of you, but let me give you God's blessings, and good health until we meet again on Easter

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The Festival —

The Festival of a Thousand Oaks at Peru State College will feature 10 musicians, two conductors and two composers in residence at the second annual Festival

The Festival is groomed for high school and college music students An estimated 100 of the students will participate in the summer program

Music director is Thomas Briccetti, conductor of the Omaha Symphony

The Festival is new and it appears to be growing Nebraska City residents on the board include Karl H Nelson, Verne Jones and Mrs Jim Withee and Mrs Paul Knoll

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The last straw —

After Christmas, there's always a mess in the house and this mother's son was no exception He rarely did much picking-up in his room and the Christmas wrappings made it even worse

The mother laid down the law stating that for every item she picked up off the floor she was to be paid a nickel

At the end of the week it was accounting time and the son acknowledged her statement for 85 cents with the proper amount He added a 50 cent tip and attached a note 'Keep up the good work Mom "

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Foster parents —

The other day Diane Lukowski filed a story on the life of foster parents, Mr and Mrs Don Eschen, and the children they have raised in their home

We think foster parents have to be the greatest people They open their *homes and hearts to a lot of* troubled children

Perhaps the community can look around its neighborhoods for recognition when Mother's and Father's Day come around Somebody out there is doing the job somebody else failed to do

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Mrs Barta —

Mrs Florence Barta, the high school journalism teacher who extended her help to children in her home died the other day after a bout with pneumonia

Mrs Barta leaves behind a memory of someone the kids could go to for a problem She truly loved her high school job and the kids in the classroom

She was of the Old School, nothing about the kids bothered her They were all great

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The school —

The cooking school will be at the high school gym That's right — February 10 at NCHS

It was moved from the Pioneer Theater because of the lack of space as a result of the Twin Theater project HS Principal Carl Fielder says the gym will seat nearly 1,500 The largest attendance at the school was a full house at the Pioneer Theater, about 850, so we have plenty of room for the first time

Another change this year is the day of the week — from a weekday to Saturday afternoon at 1 30 o'clock We considered a night show but Mr Fielder had an open Saturday so we contacted the cooking school people and made the changes

The News-Press school is co-sponsored by a host of businesses in town Dozens of free gifts are also given to each person attending There is no admission charge Mark your calendar

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The Dunbar Review —

Didya hear the one about the circus strong man who had heard about the Dunbar farmer whose great strength had gained him reputation?

The circus man rode on horseback out to the farm tied his horse in the farm yard and approached the farmer

"Say you ' he said I ve heard a lot about you and I m here to see who's the better man "

Without saying a word, the Dunbar farmer seized the visitor and hurled him bodily over the fence and into the road, then calmly returned to his work

When the circus man came to, he staggered over to the fence

"Something else on your mind?" snapped the farmer

"No,' panted the circus man "Just toss me my horse and I'll leave '

Today In History

By The Associated Press

Today is Sunday Dec 31, the 365th day of 1978 This is the last day of the year

On this date in 1946, the end of World War II was proclaimed officially by President Harry Truman

In 1781 an American patriot who had been president of the Continental Congress Henry Laurens, was released from the Tower of London in exchange for British Gen Charles Corn wallis

In 1862 President Abraham Lincoln signed an act admitting West Virginia to the Union

In 1890 Ellis Island in New York Harbor was opened as an immigraton depot

In 1921, diplomatic relations were resumed between the United States and Germany after World War I

In 1951 the Marshall Plan expired after providing more than $12 billion in foreign aid

In 1976 President Gerald Ford proposed statehood for Puerto Rico

Ten years ago The U N Security Council unanimously censured Israel for a helicopter commando raid on the airport at Beirut Lebanon

Five years ago A three day work week began in Britain reducing output and wages in a drastic program to cope with an energy crisis

One year ago President Carter met with the Shah of Iran in Tehran and it was announced that they had taken constructive steps toward a Middle East set tlement

Today s birthdays Violinist Nathan Milstein is 74 years old Entertainer and composer John Denver is 35 Fashion designer Diane Von Furstenberg is 32

Thought for today Drunkeness is temporary suicide the happiness that it brings is merely negative, a momentary cessation of unhappiness - -Bertrand Russell, 1872-1970, English mathematician and philosopher



HEALTH

Lawrence E. Lamb, M.D.

A lot to learn

DEAR DR LAMB — I read your column about the 16-year-old boy who was doing weight training and ate a lot of eggs I am a body builder and I eat 14 eggs a day You're out of touch with what is needed to build bodies

Eggs contain zero carbohydrates and are the highest source of quality protein So, though you ate a pound of meat, if you ate the same amount of eggs you would absorb more protein than the body can use

By the way, the cholesterol problem you stated makes me believe you never trained for competition because only a small percentage of cholesterol is taken from the foods consumed Also, Doctor, while you are on the subject, without cholesterol your primary sex functions would be kaput Are you trying to sell corn oil?

Now a person who weight trains properly, especially one training for a contest, is putting heavy work loads on the vascular system His blood is forced through at such a rate that the fat which is not burned up during the training session is flushed through the system

Fats are not the body builders but carbohydrates are, so you are not able to have any milk preparing for a contest All I can say, Doctor, is you should go to the gym and see the serious body builders You can see the results of a dozen eggs a day on these guys

DEAR READER — At least you have lots of enthusiasm although I can't say much for the validity of your statements

It's true that your body manufactures cholesterol, but the cholesterol that goes into your blood stream is absorbed from the small intestines That cholesterol comes from the mixture of the amount that is in the food, the amount that is in your bile and other sources The dietary cholesterol is important

Because your body manufactures a reasonable amount of cholesterol, your statement that not consuming any would cause your primary sex functions to go kaput is completely wrong The inconsistencies in your letter are rather amusing You say that the cholesterol in the food isn't important, *then you say* without cholesterol your sexual functions would be kaput

Cholesterol is the basic building block for sex hormones, but the amount that is needed is a very, very small amount I have never seen reported or know of any case in which the cholesterol was so low that it was a factor in not producing the normal amount of sex hormones If you are consuming lots of cholesterol to build up your sex hormones, you are making a serious mistake

Now you also said that fats are not body builders but carbohydrates are so you can't drink any milk before a contest That's rather ridiculous Fortified skim milk is very low in fat whereas about two-thirds of the calories in eggs come from fat Eggs not only contain cholesterol, but they also contain fat

Your concept of how fatty-cholesterol particles are deposited in the vessels is rather naive To paraphrase your letter all I can say weight lifter is that you've got a lot to learn, and I don t think you are ready to learn it You have to start with basic biochemistry and some rather basic understanding of scientific facts

For other readers who want some basic information on what you can and cannot expect in terms of protein consumption for weight training, you can send 50 cents with a long, stamped, self-addressed envelope for The Health Letter number 5-4, Weight Training For Energy And Weight Control Send your request to me in care of this newspaper, P O Box 1551 Radio City Station, New York, NY 10019

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The Prayer For Today From the Upperroom

The light shines on in the dark, and the darkness has never mastered it (John 1 5 NEB)

PRAYER O living Christ, lead us into the fulfillment of what You have begun in us May we this day be more than conquerors through You who loves us Amen