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VIEWPOINT

THANKS, GUYS

For a few moments it appeared that Nebraska City was going to experience another main street fire disaster.

Then, the volunteer fire department arrived on the scene, coupled hoses and won the battle with the flames in a matter of minutes in the structure above the Donut Stop.

It was with much welcome relief that observers saw the flames disappear and the steam rise

Thanks to the well - trained and equipped Nebraska City Volunteer Fire Department for doing an excellent job.

THE CRUNCH

Adams, Nebraska, Senator Burrows' projection that this session of the legislature would not attract a great deal of interest in some type of Lid bill was wrong.

Senator DeCamp got into the action and introduced a measure similar to California's famous (or infamous) Prop. 13. Senator DeCamp's co-sponsored bill would limit taxes to 1.5% of the full value of the property

The Lid proposal defeated at the last election was a constitutional provision for a five percent budget cut.

We believe Senator DeCamp's type of measure will be adopted by the legislature There may be a number of changes before the final draft, but the most important part is that it doesn't contain the indifference that attracted the "no" votes.

Bear this in mind: The only way the state can cut taxes is to reduce spending and get the tax money from somewhere else.

The proof is in the puddin' — if you want it, you'll have to pay for it.

AS TIME GOES BY

Curtis dies

FORTY YEARS AGO
—1939—

Robert Curtis, 92, the last surviving member of the local GAR post, died after an illness of only a week State Senator Frank Sorrell, Syracuse, said he would introduce a bill in the Unicameral proposing a midnight closing time for all taverns and liquor stores in Nebraska. M-G-M studio head Louis Mayer denied that he had offered Samuel Riddle $1,000,000 for the race horse Man-O-War A dozen farmers along the Missouri River asked the District Court to incorporate Otoe county's forst flood control district.

TWENTY-FIVE YEARS AGO
—1954—

Robert Wilson of the First District was elected chairman of the Otoe County Board The Nebraska City Industrial Development Corporation paid $15,000 for 105 acres of land southwest of the city It was the site of the old Wilson packing plant The county board reappointed Ed Gerber as courthouse custodian J Hyde Sweet was elected vice president of the State Normal School Board. The Kearney Hill home of Mr and Mrs Clem Gude was partly destroyed by fire

TEN YEARS AGO
—1969—

Joseph Zimmerer, son of Mr and Mrs Oscar Zimmerer, Nebraska City, was the winner of the District VI Voice of Democracy contest. After 222 years as a bastion of male learning, Princeton University decided to admit female undergraduates within the coming year Work which would culminate in a two-day celebration in early May was begun when the Arbor Day committee headed by Chairmen Sam Metcalf and Vern Livingston met at the Hotel Grand Bonnie Hollmann, daughter of Mrs Ted Hollmann, and Vicki Durr, daughter of Mr and Mrs Carroll Durr, were winners of the Homemaker of Tomorrow contest.

Today In History

By The Associated Press

Today is Sunday, Jan. 14, the 14th day of 1979 There are 351 days left in the year

Today's highlight in history: On this date in 1784, the United States ratified a peace treaty with England, formally ending the American Revolution.

On this date

In 1809, England and Spain formed an alliance against Napoleon Bonaparte.

In 1814, Denmark ceded Norway to Sweden as one of the provisions of the Treaty of Kiel.

In 1907, an earthquake in Jamaica destroyed Kingston and took 1,000 lives.

In 1914, Henry Ford's first assembly line went into operation, vastly reducing the time it took to manufacture a car

In 1950, the United States recalled all consular personnel from mainland China

In 1953, Yugoslavia's parliament elected Premier Tito president, by a vote of 568 to 1.

Ten years ago The world's largest warship, the U.S. carrier Enterprise, was torn by fire and explosions while on maneuvers off Hawaii Twentyfive men were killed.

One year ago. The body of Sen. Hubert Humphrey, D-Miss., was lying in state in the Capitol Rotunda in Washington.

Today's birthdays Actor and writer Thomas Tryon is 53 years old Designer and photographer Cecil Beaton is 75. Actress Faye Dunaway is 38.

Thought for today: Music is the universal language of mankind — Henry Wadsworth Longfellow, American poet, 1807-1882

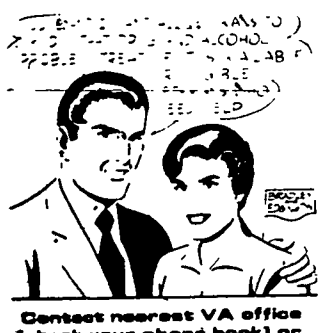
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So says the VA... REX MORGAN, M.D. by Dudley and Edgington



Contact nearest VA office [check your phone book] or a local veterans group.

The Prayer For Today From The Upper Room

Ask, and you will receive; seek, and you will find; knock, and the door will be opened to you. (Matthew 7:7 TEV)

PRAYER: Father, we have not asked for nor found easy answers. Yet by faith we look beyond the darkness and perceive increasing light. We know that one day we shall dwell in that light. We thank Thee. Amen.





Martha Angle and Robert Walters

IN WASHINGTON

Sun Belt chill?

WASHINGTON (NEA) — Promoters of the booming urban areas of the Sun Belt have been barely able to conceal their glee in recent decades as they watched the big cities of Northeast and Midwest experience sharp population declines.

Newly relocated homeowners in the South, Southwest and West too often have embraced an I-told-you-so attitude toward the deterioration of Detroit, Cleveland, St. Louis and other cities they had fled.

But now, in a little noted but potentially significant shift in the migratory patterns of the nation's restless populace, the big cities of the Sun Belt are beginning to experience population losses.

That surprising development is documented in a recently issued Census Bureau report on urban population trends between 1970 and mid-1976.

Nowhere is the pattern more evident than in California, the state that long has been a mecca for refugees from the "Frost Belt"

If the Sun Belt has a symbolic capital, it surely is Los Angles. Yet the newly released government report shows a slight population decline (0.5 percent) in Los Angeles County

In San Francisco, the drop is a far more substantial 7 1 percent Even if that city's stil-growing suburban counties are included, the growth rate for the entire Bay Area is a feeble 1.6 percent.

The only two counties in the entire state of California with a declining population are Los Angeles and San Francisco. If that's a surpise, take a look at the list of the fastest growing counties in the Golden State.

At the top of that list are Mono (up 82.9 percent) and Alpine (up 71.9 percent) Counties, both located in a sparsely settled region of the state between Yosemite National Park and the Nevada border

With only one exception, every other county in the state with a population increase of 30 percent or more — Amador, El Dorado, Lake, Mariposa, Nevada and Trinity — also is in a rural area distant from the big cities.

There's a similar trend in the South Atlanta, the region's biggest city, lies almost entirely within Fulton County, which has experienced a population loss of 5.7 percent. The recent growth of the Atlanta metropolitan area generally has occurred in the most distant suburbs.

In the New Orleans metropolitan area, Orleans Parish — the city — has lost 5.4 percent of its population, while outlying Jefferson, St. Bernard and St. Tammany Parishes are growing at a healthy rate.

In the Memphis metropolitan area, Shelby County, Tenn., which includes the city, has experienced only a nominal population increase of 3.1 percent. But to the south, in DeSoto County, Miss., the growth rate is a phenomenal 40.8 percent.

The pattern is repeated in Houston, Dallas, Fort Worth, Texas, Albuquerque, N.M., and Oklahoma City. In each metropolitan area, growth has slowed markedly in the county in which the city itself is located.

Many Americans apparently have an aversion to living in very large metropolitan areas, regardless of the region or climate.

The Census Bureau report shows that urban areas of more than 3 million people have been losing residents during the early and middle 1970s, while those with 2 million to 3 million people are growing at only a very slow rate.

In metropolitan areas whose population is less than 2 million, however, growth continues at a relatively fast pace.

The implication ought to be quite obvious to the Sun Belt cities that expected to achieve economic gains at the expense of their older counterparts to the north and east.

No city is immune to desertion, possibly followed by decay. In the not-too-distant future, the city on the brink of bankruptcy may be Atlanta, Fort Worth, Texas, or Los Angeles — rather than New York, or Cleveland.

Safety Valve

"...turn-arounds..."

EDITOR, News-Press. Political turn-arounds occur with surprising suddenness — like a car slide at an icy stop sign.

Or a surprise such as DeCamp's introduction of a version of the Jarvis Prop 13 into the legislative hopper this week

To this viewer it's the best thing DeCamp has done. And let's hope his sponsorship of LB188 is not another smokescreen as Ray Ott last June dubbed the antics of the special committee when the Lid bill against spending gave DeCamp such fits.

In case you wonder what LB188 is all about, it's fairly accurate to say that if it passes, the bill will eventually bring down spending at county, municipal and school district levels.

By clamping a 1.5 percent lid on the market value of a parcel of property, revenues would drop about 50 percent in tax money Shortened windfalls mean curtailed budgets. Simple. The plan works in California at even the 1 percent figure. Income, sales and other tax sources may be increased to take up the slack the spender will cry for.

Let him cry. It's time that the burden to support our fantastic system of services and handouts is switched from the crushed property owner

A big question about LB188 is what year will be used as a base against which the proposed 1.5 percent is to be levied? If it's 1978, for example, Otoe countians will suffer, thanks to the inequitable appraisals of property by Cleminshaw.

Thus far, DeCamp and his 10 cohorts haven't publicly broached this important facet of the issue. We suggest 1977 as a fair basis and to call off the Cleminshaw valuations entirely.

It's our guess that some form of equalization among all 93 counties will develop anyhow by the time LB188 is worked over to the point of taking a vote on it.

Californians were smart enough and brave enough to set 1976 valuations (thus rolling back millions of inflationary estimates) as their level for taxation purposes. And it's working out.

Even Governor Brown has taken Prop. 13 unto himself over his own "dead body"

Let's see what Charley Thone does about his first big challenge to help the taxpayer in Nebraska LB188 is a top candidate for the title of Hot Potato of 1979

FRED OETGEN

"...Goose Hill..."

EDITOR, News-Press I should like the public to know that the plans for Goose Hill Road were already in the plans before I was elected. It was never my favorite scheme in the first place. There has already been a great deal of money spent on the project. I do not have the exact figure, but there were two engineering firms hired on the same contract last summer The new board is blessed on deciding which firm should continue. Al Hottovy from Hottovy Engineering was first hired and ethically should be the firm that is retained.

This is all part of a federal funding project that must still pass state and federal inspection It involves replacing the bridges and adjusting the alignment of the road. This is the bridge that claimed two lives in separate accidents in the past 7 years The bridges are sturdy, however, and that is more than I can say for at least 100 other bridges in my district.

I've got a feeling that I am going to take a lot of ribbing on this project because as most of you know, Goose Hill is where I reside. There will be no hard-surfacing and no railroad over-pass. If you have a question, give your elected official a call.

We are issuing a request to have the chronically ill and the elderly that live in the rural area to give us a call as to establish priority roads to open first in case of blizzard and phone failure. Expectant mothers also fall into this category. I will be spending time in the courthouse charting these homes on maps. It is important that this information get to us.

PAT RAMOLD
Otoe County Commissioner, 2nd District



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Hats off to Libby

Here's to Libby —

We get an occasional letter from readers from some distance, who want some information on a family. The job requires patience because someone has to go through the old newspaper files in the 1870's or 1880's or even during the Civil War years to compile the information.

Mrs Glen (Libby) Wilcox has been our life saver. She is a true librarian in that she gives special care to the delicate bound volumes of newspapers. Her thirst for reading is quenched by the flavor of the words written so many years ago.

So when someone writes us that they would like to know about a certain person at a certain time, we give the note to Libby Thanks much, Libby, for helping us do a service.

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Herman Novak —

The picture we printed the other day of our late friend, Herman Novak, was the most current we had in the files. Herman was like that, quiet, and doing his best at being unnoticeable.

I guess it was fitting that he should sustain the fatal heart attack while sitting in his car away from crowds and attention.

We visited on occasion with Herman at his Novak Auto Co. office. He always seemed to have time to stop and visit. We enjoyed those talks and the warm and pleasant attitude of this Nebraska City man

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Women in news —

Mrs Jessie Steinkuhler, Douglas, was elected chairman of the Otoe county board, Mrs Pat Ramold, Nebraska City, was seated as a county commissioner, Mrs Jean O'Hara wants freedoms for women and Mary Youngbeck is making plans to cook in Nebraska City

That was the week that was.

Congratulations to Jessie on her election as chairman and good luck to Pat and to the only man on the board, Hiley Barrett Jr, as they begin four-year terms.

Mrs Jean O'Hara works with the Status of Women Commission in Lincoln. Her job is to assist women on recognition. In many cases, she told the Optimists the other day, when the husband dies the widow discovers she knows very little about taking care of those things that he did routinely

Miss Youngbeck is a home economist with the homemaker schools which the News-Press will bring to town February 10 Miss Youngbeck is the daughter of a school principal from Minot, S.D, and she chose home ec for her major

She will stage the annual school co-sponsored by local business people on Saturday afternoon at 3 o'clock at the high school gym.

This is the first time we've had so much space for the afternoon school and fun session so we hope you will all mark your calendars and be sure to attend.

There is no admission charge and there are lots of prizes for everyone.

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The sale —

The annual News-Press subscription sale is moving along rapidly and seems to be popular again this year with the savings offered.

We've added some new helpers who may be calling you. Their names are published each day in the subscription ads which appear in the News-Press.

The phone numbers are there also if you've been missed. The oldest continuous sales in Nebraska City will continue for the entire month of January

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Good luck, Craig —

Mr and Mrs Craig Bergman are moving to Fort Collins, Col., where he will work with the Colorado Parks Department.

Craig has been superintendent of Arbor Lodge State Park, and his wife, Nancy, has worked at the Arbor Training Center

Craig got a workout with the Chamber and the News-Press every year as we spent a great deal of time on the Arbor Day celebration We've learned to appreciate the patience of the park superintendents.

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Tax tips —

This business of income tax has gotten more complicated and as a result we publish each year a special edition on Tax Tips. The section came out with the January 8 paper and we still have a number of copies available if you want an extra one.

You can count on the tips provided in the pages of information in the edition The news items were prepared by the public affairs department of the Internal Revenue Service. That department recognizes that tips are needed to assist taxpayers and each year works with the News-Press on the edition



HEALTH

Lawrence E. Lamb, M.D.

Help for fatty liver

DEAR DR. LAMB — Several years ago my husband had a liver biopsy and it was determined that he had a fatty liver. No cause was determined or treatment given. The reason for my present concern is that he often looks pale and is occasionally jaundiced. Is the condition permanent, recurring or correctable? Is there a specific regimen he should follow to prevent recurrence if it is correctable?

DEAR READER — Fatty liver literally means the accumulation of fat inside the liver structure. It can be caused by a variety of different forms of liver disease One cause is a starvation diet or a severe low-carbohydrate diet.

When a person is depending on fat for most of his energy, the liver's normal fat processing ability is overwhelmed. In starvation the fat deposits in the body are mobilized and taken to the liver to be processed to release energy. Normally, the liver also uses carbohydrates and even proteins as sources of energy and there is a limit to how much fat it can process.

Fatty liver has also been noted in individuals with protein deficient diets. Beyond this, the fat deposits in the liver can occur with a number of diseases including diabetes. Any poison that damages the liver may result in fat deposits also Although there are a number of chemicals that can do this, the most common cause is the excess use of alcohol.

In many instances, fat deposits in the liver are reversible. For example, if a person is on a protein-deficient diet, going on a balanced diet will help. The same thing is true if you're on a starvation diet and return to a sensible, well-balanced diet, the problem may disappear.

If it's related to diabetes, if diabetic problems can be adequately controlled, that may minimize the difficulty When fatty liver is associated with the excess use of alcohol, elimination of the alcohol habit can result in reversal of the process.

I am sending you The Health Letter number 7-8, Living With Your Liver. 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, N. Y. 10019.

Sometimes it is very difficult to know that a person has underlying liver disease simply by a general examination of the body. There may be no obvious physical signs That's why doctors do liver function tests. If you're really right in assuming that your husband looks a little jaundiced, he should have a medical examination immediately to evaluate the status of his liver

I might also point out that cirrhosis of the liver, scarring and contraction of the liver after damage, is one of the 10 most common causes of death in the American population In fact, it is the fourth most common cause in middle-aged American males.

About 60 percent of these are caused by excessive use of alcohol. Let me point out at once that this means that there are 40 percent that are associated with other diseases that affect the liver. Just because a person has cirrhosis of the liver doesn't mean that he or she is hitting the bottle

Once a person has cirrhosis of the liver or liver damage of any type it is important that he not use alcohol in any form Alcohol is toxic to the liver and can lead to further and significant damage.

News in brief

WASHINGTON (AP) — Overall world birth rates are declining, but the number of children in low-income countries will practically double between now and the turn of the century, says a new World Bank study

★SALE★

JANUARY 15 TO 27

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