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VIEWPOINT

THEY'RE ON THEIR WAY

The stubbornness and determination of farmers is pretty evident in this area and soon will be across the country to Washington D.C

Farmers are on their way to the Capitol on tractors to demonstrate their demand for parity and anything else that will help make farming profitable.

The farmer has not made unreal demands; he just wants to run a business and put some cash in his pockets.

A smiling and energetic group of farmers moved west the other day from Brownville, stopped at Auburn and near Syracuse before rounding up with other farmers from the state in Lincoln. They re-grouped near Eagle and headed out again. They will be in the Capitol the first week of February.

Only a few will represent area farmers in the Capitol. The majority that stayed behind will continue building strength.

Another step will be the Agriculture Legislative Planning session Wednesday at 7 p.m., at NCHS. J. C. Lewis, Guymon, Okla., will be the speaker Mr Lewis is an outspoken critic of the bilateral commission and a plan designed for a one-world power

Where there's smoke

Once more into the smoking breach.

With the updated surgeon general's report on the hazards of the habit, HEW Secretary Joseph A. Califano reopens both the official and a personal battle with the mighty tobacco industry. The latter was ready and waiting, jumping the gun with a public relations salvo even before the report was released.

The Tobacco Institute, representing five of the six leading cigarette manufacturers, dismisses the 1,200-page wrapup of studies made and statistics compiled since the original 1964 report, which first put smoking on the health-hazard list, as "more rehash than research." Califano, an ex-smoker, is dismissed as a "reformed sinner" zealously seeking publicity.

Possibly in part thanks to the industry's determined counterpublicity effort, he is certainly getting it The new report, finding stronger evidence of smoking's role in not only cancer and heart disease but a range of additional ailments such as allergies, pregnancy complications and drug reactions, makes good copy

It also has some good news. Total and per capita cigarette consumption shows a decline. So does, proportionately, the smoking population. Currently, smokers represent an estimated 36 percent of the adult U.S. population, as against more than 40 percent 15 years ago. The drop has been most pronounced among men, down to 37.5 percent from a 1965 estimate of 51 percent.

The decline among adults has, however, been offset to a considerable extent by a sharp increase in teenage smokers, particularly among girls. The number of smokers under 20 years old is put at some six million and, according to Califano, 100,000 of these are under 13. By Califano estimate, 4,000 children start smoking every day.

Which focuses on a key point of the smoking controversy: the proselytizing efforts of the tobacco industry. As Califano notes, 75 percent of smokers acquire the habit before age 21 and the number lighting up after 30 is insignificant. It's a habit that is acquired young. And it is this market that is the major target of an annual half-billion dollars in tobacco advertising It is not the mature, confirmed smoker who is meant to be impressed by the images virile males and glamorous and/or successful females but the impressionable young, seeking instant access to supposed pleasures and prerogatives of adulthood

One of Califano's proposals is to fight advertising fire with fire. Noting results to date from publicity on hazardous consequences of smoking, he proposes more of the same. Publicity clearly has some effect since an estimated 30 million smokers have become "ex" since the 1964 report made smoking a public issue. The prognosis for those who do make a serious effort to quit is encouraging. Nicotine being only minimally addictive physiologically, the one-time smoker stands a much better chance of staying off than does a drug user attempting to kick the habit, according to Julius Fast's "How to Stop Smoking and Lose Weight," one of numerous self-help books on the subject.

The report may have a considerable impact but is by no means the decisive shot in what promises to be a drawn-out duel. Neither party is about to give ground. It would have the makings of a David and Goliath situation except that as between Califano with the resources of the federal government and the multibillion-dollar tobacco industry with its political clout, there's the problem of deciding who should be David and who Goliath.

(A copy of "How to Stop Smoking and Lose Weight" may be ordered by sending $1.25 plus 25 cents for postage and handling to Stop Smoking, care of this newspaper, P.O. Box 489, Radio City Station, New York, N.Y. 10019.)

AS TIME GOES BY

River rising

FORTY YEARS AGO
—1939—

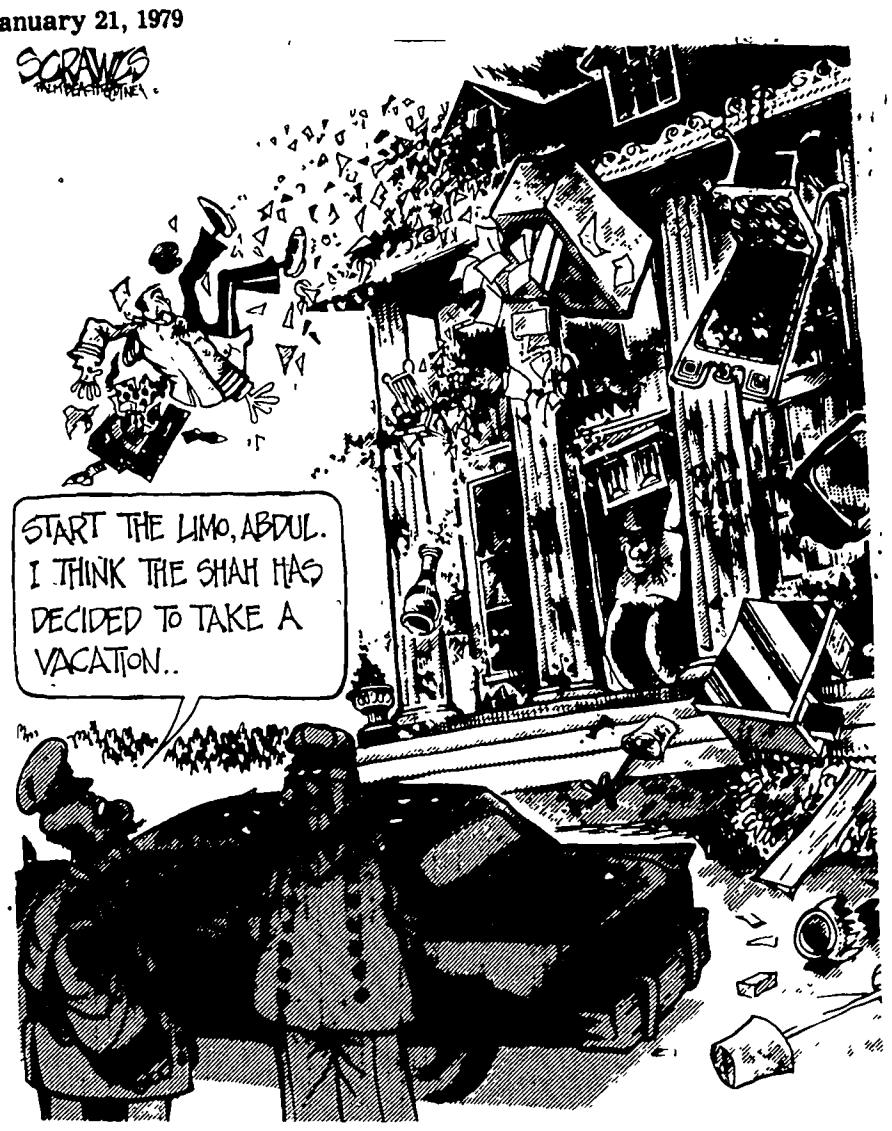
The Missouri River near Nebraska City almost reached flood stage due to ice bridges in at least four places south of Nebraska City A radio broadcast reported that Generalissimo Francisco Franco barely escaped death in an attack near Barcelona, Spain Lloyd E Peterson, Nebraska City, was elected president of the Otoe County Bar Association. The new car testing station in Nebraska City was nearly completed.

TWENTY-FIVE YEARS AGO
—1954—

Mike Ricketts of Percival was reelected to the board of supervisors of the Benton-Washington levee district ...G.B White president of the Unadilla Chamber of Commerce, asked the Nebraska City Chamber to assist in the fight to keep Highway 2 on its present location...C. L. Thomas was reelected president of Nebraska City Federal Savings and Loan Association. .A Senate committee backed a bill that would give statehood to Hawaii and Alaska Ray Mayfield's 39 points led Nehawka to a 101-37 rout of St. Bernard Academy

TEN YEARS AGO
—1969—

The Otoe County Chapter of the Disabled American Veterans served about 100 pancake and egg breakfasts in a goodwill project at the Memorial Building Ann Winsor was installed as worthy matron of Queen Esther Chapter of the Order of Eastern Star . Robert Higgins was elected senior warden, and Howard Baltensperger, junior warden, of St. Mary's Episcopal Church in Nebraska City.. Mr and Mrs Tom Hickman of Omaha purchased the home of the late W. W. Wilson from the Wilson estate and planned to move to Nebraska City.



Government programs imperiled

Tax revolt may be no boon to elderly

By Lou Cottin

In cowboy movies the good guy wears a white hat and rides off on a white horse. The bad guy wears a black hat and rides a black horse.

What color hat does tax-cut advocate Howard Jarvis wear? What color horse does he ride?

Jarvis, of course, is one of the fathers of California's Jarvis-Gann initiative, Proposition 13 Since the victory of that massive slash in property taxes last June, Jarvis has been stumping the country selling his seductive proposals Freely translated, Jarvis's message is "Taxes are too high Let's reduce them now."

As the victories of tax-cut measures on many states' November ballots attest, Jarvis has struck a responsive chord

The idea of cutting taxes is very appealing But we seniors need to know what Proposition 13 and like measures may do to federal matching-fund programs Read on; this is important.

A study by the federal General Accounting Office reports that 32 out of 52 federal programs require matching funds from the states In California, matching-fund programs accounted for 85 percent of the money the state received from the federal government last year

That's $18.3 billion California won't get if it cannot pay its share of those programs. The law is "No matching state funds, no federal money"

Now we take a quick look at some of the programs already under the ax

The school lunch program may be wiped out. As seniors, we see that as an attack upon our grandchildren

Urban mass transit operating assistance may also be nixed How will we get to our senior centers? How will the dedicated workers in the Retired Senior Volunteer Program get to the elderly sick, the lonely and the housebound of all ages?

In California, 16 of the 53 state-supported day-care centers closed recently Five centers were kept open only after strong protests Working mothers throughout the state are scrambling for child care

Many parents — especially working mothers — now must either spend a great deal of money on private child care or quit their jobs. Will these losses eat up their tax savings?

Comprehensive Employment and Training Act (CETA) programs in which many seniors participate are also in deep trouble In California, most of those in CETA programs will lose out on both training and jobs

The American Association of Retired Persons reports that California Gov. Edmund G. Brown Jr last month rescinded a cost-of-living increase in the state's portion of Supplementary Security Income (SSI) benefits.

"That was one result of cutbacks triggered by passage of Proposition 13," notes the AARP newsletter "These cutbacks will affect about 700,000 aged, blind and disabled beneficiaries."

Most of these old people will turn to their families for help. Where's the saving Jarvis is talking about?

And here is a warning from Janet Levy, head of the California Department of Aging. "Although it is still too early to assess the full impact of Proposition 13 upon delivery of services and programs for older Californians, there may be varying degrees of diminishing matching support funds across the state." That's a mild way of talking about the disastrous cuts that may be expected.

Keep in mind that top California officials won't be cutting their salaries to save tax money They'll still take trips at state expense and enjoy fringe benefits such as limousines. Any tax money that is saved will usually come from reductions of social services to the aged, the disabled, the needy and the children.

If, for example, New York state passed a version of Proposition 13, 14 of the 34 aging programs listed by my own Nassau County Department of Senior Citizen Affairs could be seriously cut or wiped out entirely. These include such important services as crisis intervention, senior clubs, geriatric health centers, home health aids, homemaker mental counseling, volunteer opportunities and the nationally famous "Seniormobile."

The congregate meals nutrition program — jointly funded by the county and federal governments — could also be hurt. This important program has served 1 million nutritious meals to seniors at nutrition centers. "Meals on Wheels" for the homebound would also be reduced. Ditto for senior employment, community recreation and multi-service centers.

We seniors should take the lead in exposing the fallacies inherent in Proposition 13 and similar tax-cut proposals. Howard Jarvis sold the taxpayers of California a wicked, evil plan.

No state in the union should buy it. Seniors, especially, should vote it down.

GROWING OLDER



Lou Cottin

News in Brief

WALLINGFORD, Conn. (AP) — The American Cancer Society in Connecticut says it has stopped giving out lollipops as part of a fund-raising program because of new questions concerning Red Dye 40.

Public relations director Maureen Wolyniec said Thursday at least half of the 100,000 lollipops the group purchased have been given to the public in exchange for donations

BOSTON (AP) — The remains of a Fourth Century Christian church have been unearthed by Boston University and Yugoslav archeologists at Stobi in Yugoslav Macedonia

University officials said the remains were buried 13 feet under a Sixth Century church. "It is very exciting to have such a wealth of material that bears on the architecture, art, and liturgy of this part of the Greek world," Prof James R. Wiseman said Thursday Wiseman and Prof Blaga Aleksova of the University of Skopje directed an eight-year excavation of the site. The church is a three-aisled basilica style common to early Christian churches.

AUGUSTA, Ga. (AP) — Lt. Gen. Charles C Pixley, the Army surgeon general, predicts a shortage of Army doctors will be a serious problem well into the 1980s.

A shortage still will exist even then, "unless the marketplace is less attractive in civilian life," he said. Pixley, speaking at Fort Gordon, said the greatest problem is with the Health Professions Scholarship Program, instituted in 1972 to replace the draft.

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The Prayer For Today From The Upper Room

He said to them, "Take nothing for your journey, no staff, nor bag, nor bread, nor money," (Luke 9:3 RSV)

PRAYER: O God, help us to discover life's basics and to cast aside life's unnecessary burdens. Free us to travel the path of discipleship wherever You lead us. We pray in Christ's name. Amen.



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Check your pressure

Good health —

At a recent meeting of a senior citizens group in Nebraska City a lot of hands went up when the question was asked whether the listeners had had their blood pressure checked recently.

As a result, a free blood pressure clinic will be held next month sponsored by the group. Mrs Cyrus Wilton who is helping organize the clinic, said help is needed to get the clinic going.

If it works, free clinics will be held on a regular basis.

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Good news —

It was good news to read that John Wayne was recovering from his surgery and gaining strength. The Duke has been a popular actor for many years and loved by thousands of fans in all age brackets.

Didya ever read the interview of him on western movies? It was done several years ago. He said too much is expected of him physically like jumping off a horse before it has halted and running into a store or saloon in a film.

"Hell, I'm 60 years old now and that's work "

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Today's funny —

The weather seems to play an important part on whether classes are held in schools not only in Nebraska City but in our neighboring schools.

For example, school at Auburn was closed Monday as a result of the snowstorm. meanwhile, the Twin Rivers Conference basketball tourney was held as planned. at the Auburn high school gym.

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The storm —

Thanks to about 25 hardy and determined boys and girls the Sunday issues of the News-Press were delivered as usual despite the snowstorm

The News-Press crew had some difficulty getting to work, and except for a few snowbound absences, the regular newspaper family was on the job.

Ann Lutz has a four-wheeled drive vehicle and Mark Johnson borrowed it to run a few errands, Mrs Alan Harker and Pat Osbon from the Kearney Hill area, hoofed it to the plant and others got to work the best they could. Drivers were helpful all over town as they picked up snow-street walkers and took them to their jobs.

The bitter cold along with the heavy snow was enough to suggest staying home nights and watching the boob tube and sip something mixed in with the hot tea Tally-ho!

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Farm Family —

Congratulations to Mr and Mrs John Leefers of Unadilla on being selected as the Otoe County Honor Farm Family by the Syracuse Chamber

The award is sponsored by the Soil Conservation Service and the First National Bank of Syracuse The award is based on conservation in crop rotation, livestock program, terraces and waterways.

The Unadilla family has been farming for 41 years and started their conservation program in 1949 Sons, Jerry and Ted, are also farmers.

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Hawaii calls —

The winds of the seas summoned Mr and Mrs Glen Staack and Mr and Mrs Don Woodhead to the Hawaiian islands They visited the islands in separate trips and reported gorgeous weather, people and told of a fine time.

Aw, shucks we knew that...but how did you truly feel when you read that the folks back home were shakin' with the below zero temps? The truth, now

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Taking care —

We've been reading some information on the care of elderly residents in our area and we feel that we're not doing enough.

The Meals on Wheels provided by a host of volunteers in Nebraska City is one of the finest movements of its kind. There are more possibilities of offering help and perhaps they should be explored.

Among these are the placing of more handrails throughout the town, more sloped walks from the curb to the street, in-home care and an ingenious plan of transportation.

The elderly of which we are talking is the Proud Group. They ask little or nothing at all, they're independent conservative, and we feel very much neglected for all they have contributed to our country in their lifetimes



HEALTH

Lawrence E. Lamb, M.D.

No dream situation

By Lawrence Lamb, M.D.

DEAR DR. LAMB — I don't know how many other people have my problem but I've had it a long time and it's getting worse. Basically I am a happy, outgoing person of 33. The problem is my dreams. Every single morning I wake up exhausted and nervous because I have vivid dreams on every imaginable subject. Half of the dreams don't make any sense. They are sapping my energy. When I wake up it takes me a while to unwind.

I get tired during the day. Even if I take a short nap of 10 minutes the dreams continue. I cannot remember the last time that I have gone to sleep for any length of time and have not had a vivid dream, being awakened on edge. I have become extremely irritable and am turning into a nervous wreck. Any advice you might give would be greatly appreciated. Please do not suggest a psychiatrist because I really don't think I need one.

DEAR READER — You might not want to see a psychiatrist but he is usually the specialist who is most knowledgeable about the problems of sleep. In fact, most sleep centers around the country are run by psychiatrists. Stop and think a minute, sleeping is a function of the brain so why should you be so opposed to seeing a specialist who is knowledgeable in brain function disorders.

Basically, your problem is inadequate or poor sleep. I am sending you The Health Letter number 10-6, Sleep and Insomnia. 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. This issue will tell you all about the different phases of sleep and give you basic information that you need on problems related to not being able to get to sleep, stay asleep or sleep well.

People tend to remember the dream they had just before they wake up In a person who has normal sleep cycles, these are the dreams that occur during the time the eyes are moving rapidly (called the REM phase).

If you are having as much difficulty as it appears from your letter, why don't you try to go to a sleep center and let them record the different phases of sleep and note the time of your dreams. They won't be able to tell the content of your dreams but they will be able to tell when you are dreaming.

By identifying what your specific sleep pattern is you may be able to get some additional help that would permit you to sleep more soundly and get some real benefit from your sleep Everybody dreams and very often dreams don't make sense — at least to the person who is not trained in dream analysis

Don't be so disturbed about the content of your dreams, but you have a right to be distressed about not being able to get restful sleep. I might add that taking sleeping pills is usually not the answer to these situations. They may be useful temporarily during an acute situation one or two times but they should certainly not be used on a chronic basis

The problem with the use of sleeping pills is discussed in more detail in The Health Letter that I am sending you

Today In History

By The Associated Press

Today is Sunday, January 21st, the 21st day of 1979 There are 344 days left in the year

Today's highlight in history

On this date in 1954, the first atomic submarine, the U.S.S Nautilus, was launched at Groton, Conn.

On this date:

In 1793, King Louis XVI of France was guillotined.

In 1861, Jefferson Davis resigned from the U.S Senate 12 days after Mississippi's secession from the Union.

In 1908, a law was passed making it illegal for a woman to smoke in public in New York City

In 1924, the Russian revolutionary leader, Nikolai Lenin, died at the age of 54 after suffering a stroke.

In 1950, a federal jury in New York convicted former State Department official Alger Hiss of perjury

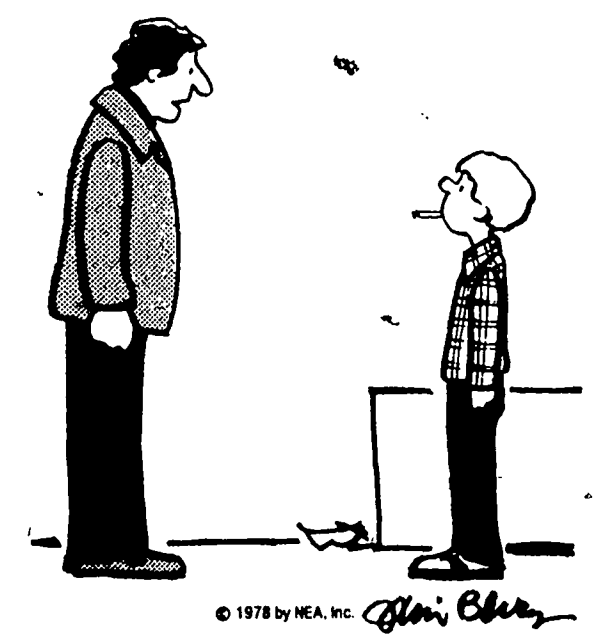
In 1976, the supersonic Concorde airliner was put into service by Britain and France, with flights from London to Bahrain and from Paris to Rio de Janeiro.

Ten years ago. Agreement was reached to hold the Vietnam peace talks in Paris, with South Vietnam and the Communist Vietcong playing a role in the negotiations between the U.S. and North Vietnam.

Today's birthdays: Golfer Jack Nicklaus is 39 years old. Actress Jinx Falkenberg is 60. Actor Telly Savalas is 55.

Thought for today: Light is the task when many share the toil — Homer.

Berry's World



"Hey, wow! How adult can you look?!"