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VIEWPOINT

THANK YOU, MAYOR EDITH

We commend public officials for turning back thermostats to cut spending and at the same time conserve energy.

Mayor Edith Fenstermacher was correct in her order to roll 'em back at the fire-rescue barn which houses vehicles and equipment.

The thermostats were set at 70 degrees and above, a needless waste of the taxpayers' dollars. The new settings are 60 degrees, more applicable for the spaces.

Taxpayers are conscious of waste and their feelings were properly answered in Mayor Edith's order



AS TIME GOES BY

Arbor Day planned

FORTY YEARS AGO
—1939—

County Commissioner Henry Herzog said Ralph Earl, formerly of Syracuse, would probably be picked to succeed Mrs Arthur Thomas as Otoe county assistance director The Nebraska City Chamber of Commerce began planning the annual Arbor Day celebration with the announcement that Sterling Morton, Chicago, would probably attend Basil Rathbone, Boris Karloff and Bela Lugosi starred in "Son of Frankenstein" at the Booth Nebraska City defeated Geneva, 22-18, to advance to the semi-final round of the Class A district boys basketball tournament in Beatrice

TWENTY-FIVE YEARS AGO
—1954—

The French flattened an unfriendly village southeast of Hanoi in Indochina for collaborating with Viet Minh Communists...Ho Chi-Minh accused the U.S. of taking another step toward direct intervention in the war there Private Arnold Ehlers was stationed on Okinawa Mrs Arthur Sackles was elected president of the VFW Auxiliary Myrtle Taylor was senfor vice president Mrs Earl Seyfer was elected president of the Nebraska City Woman's Club

TEN YEARS AGO
—1969—

Mrs David Heng, American Legion Auxiliary Girls State chairman, reported the Girls State candidates were Martha Mullen, Nebraska City Senior High, and Diane Volkmer, Lourdes High School A Town Hall meeting to be handled by Robert E Barnett, attorney to the governor, was scheduled for Nebraska City The city commission gave the go-ahead to the Nebraska City Board of Public Works for a $16,000 water system expansion and a $1,390,000 expansion in the electric system Dan Voelker, a student at Senior High, won first place in the Optimist oratorical contest held at Steinhart Lodge

The news in brief

BANGKOK, Thailand (AP) — China was reported today to have decided on a cease-fire in its two-week old border war with Vietnam after capturing Lang Son and other Vietnamese frontier cities Tens of thousands of casualties were claimed on both sides.

Japan's Kyodo news service said the cease-fire decision was reported by an unidentified Chinese government official in Peking.

The report said the official did not say when the cease-fire was to take place or when the Chinese were to pull back their troops to the Chinese side of the 450-mile-long border

Kyodo quoted the official as saying the decision was made by the Central Military Committee of the Chinese Communist Party

WASHINGTON (AP) — Following a Sabbath break, President Carter and Israeli Prime Minister Menachem Begin will try again tonight to find a way out of the stubborn stalemate blocking Mideast peace talks.

Their first two conferences, Thursday and Friday, yielded no sign of a breakthrough In fact, these sessions sparked speculation that Begin, who arrived here talking tough, actually might have hardened his position.

"We will certainly make an effort to explore ways, ideas, to bridge the gap," said a subdued White House official who asked not to be named.

A source close to the earlier negotiations said "The situation is serious, even if you have good talks Things are difficult, but while they are talking things can change." He declined to be identified

NEW YORK (AP) — A supertanker loaded with Iranian oil — the first shipment since civil strife shut down Iran's petroleum industry — should arrive at an American port in about three weeks, says Ashland Oil Inc

Ashland said Friday it has become the first American company to resume buying oil from Iran It said its tanker would be loaded Wednesday

The tanker's destination has not yet been determined, Ashland chairman Orin E Atkins said in a telephohe interview from Houston.

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The Prayer For Today From The Upper Room

Jesus spoke to them saying, "I am the light of the world; he who follows me will not walk in darkness, but will have the light of life." (John 8:12 RSV)

PRAYER: Father, we praise and thank you for sending Jesus Christ into the world to lead us through times of distress and uncertainty. Thank You for the abundant life He gives. Amen.

Why not half a job?

Flexitime can ease retirement trauma

By Lou Cottin

We seniors have lived out our years in boxes of time

When young, we went to school. In our middle years, we worked. In our later years, usually after 65, we retired and drew Social Security.

Our unions had won for us the eight-hour day and the 35-to 40-hour workweek. Our lives settled into a fixed pattern of working time, leisure time and sleeping time.

There has been some new thinking about the neatly boxed rigidities of the working schedule. A number of factories and offices have conducted experiments on a program called "flexitime" or "flexiwork."

The basic mechanics of flexitime are simple.

The hours during which everyone is expected to work are designated "core time." This period is commonly four to six hours long, spanning the middle of what was formerly the regular workday.

But instead of starting at a specific time, employees can choose to begin work any time within a span of several hours. Similarly, a single quitting time is replaced by a band of several hours following core time.

If a certain number of hours must be put in each day, a worker's quitting time is determined by the hour at which he or she began work that day In more flexible systems, credit and debit hours can be carried over to other days; a worker can elect to stop work any time after the core period.

The flexitime idea originated in Sweden and is also being tried in Germany, Switzerland and Great Britain.

In the United States, flexitime systems have been expanded to include time sharing, which usually involves workers who want to taper off their working hours. Under this system, older men and women who are not ready for full retirement can share a job by each working half a day.

Industry and labor should get together on flexitime. A new category should be set up for workers who want to work part-time after age 65.

One worker might put in four hours on a machine five mornings a week. The other works four hours on the same machine during the afternoon. Both go home after four hours of work.

In other cases, one worker puts in two and a half days a week on the job. His or her partner works the remaining two and a half days.

Companies that have experimented with flexitime have shown that the system has substantial benefits. Productivity per man-hour usually rises. Accidents decrease.

As we know, the retirement age is now legally established at 70. One of the many good reasons for the change was that a man or woman is not really finished by age 65. Indeed, many now believe that mandated retirement at any age is harmful to industry and workers alike. As long as a person can do a job, that person should be allowed to keep it.

But the years between 65 and 70 can be hard on older workers.

The changes caused by retirement are emotional as well as financial. A sudden change in status from worker to retiree can be traumatic. Working fewer hours a day or fewer days a week can help people adjust to some of the realities of total retirement.

Now we get to those of us who are already retired. For 1979, the Social Security earning limit for retirees between 65 and 72 increased $500, from $4,000 to $4,500.

For many retirees, $4,500 is just the amount we need to add to our Social Security checks.

We should, therefore, look for half-time jobs at our regular trades or professions. Offices and plants that have adopted flexitime may need our special skills

That way, we don't cut into our Social Security income. And we gain the dollars we need to live more graciously during this semi-retirement period. Additionally, we keep our hand in the productive process.

This could make our early months or years of retirement less difficult. And the extra income might enable us to save a small bundle as protection against rising medical costs that are not covered by Medicare.

Industry and labor should get together on flexitime A new category should be set up for workers who want to work part-time after age 65.

We'll also need a name for workers in this new category. How about "flexi-timers"?

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GROWING OLDER



Lou Cottin

Berry's World



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"My boy, here, personifies our national posture. He lacks direction, strength, will and is indecisive!"



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Come fly with me

Come, fly with me—

"V-a-r-o-o-m v-a-r-o-o-m"

"Hey Father Tom," I shouted to the priest on the motorcycle "Are you getting the hots again for a crotch rocket?"

He pulled the little demonstrator model into the parking at Johnny's Yamaha and Honda dealership, and flashed a smile that spelled easy rider

"You still have that ole' junky thing that attracts dust, never gets ridden and is rusting away in your garage?" he asked.

(That really was cause for a snort, but a priest?)

I admitted I haven't ridden the bike since last fall, and have no intention of riding it for another month or so "Besides," I said, "we can go flying on nice days that we can't ride cycles."

"Who, me in an airplane with you?" he questioned.

"Sure, you've done it before besides, this will put you a little closer to heaven"

"Ha!" he snorted. "It could also put me in heaven a little sooner"

"So long, Father Tom"

"So long, Ivan"

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Around town—

We've started another new regular feature in the News-Press. On Monday we introduced a new column, Around Town, written by our own Diane Lukowski

Diane is a reporter-photographer and does general assignment news work Her new beat will include general news interest items about business people you know

You're invited to contribute news items from your community Just drop Diane a note

We now offer six local news columns They're from Diane, Sue Quinlan, John Quinlan, Jerry Wilson, Art Sweet and the ole'Buck

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Dean's list

It was good reading the other day to see names of students doing well for themselves at college

Tim Causgrove and Vickie Stein were named to the Dean's List at Kearney State Tim is a graduate of Nebraska City Lourdes, was a sacker and helper at Safeway He is the son of Mr and Mrs Ralph Causgrove

Vickie is a graduate of Nebraska City Senior High, and one of the cheerleaders we were pleased to transport a time or two She is the daughter of Mr and Mrs Jesse Stein

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Ten—shun'

Rod McElroy counseled young Bryan Van Hook on the stories of military life by thinking big during training

The old sarge told the new recruit that since they didn't have any more guns for the war games, he was to use a stick, point to his intended victims, say "stickety-stick" tagged them as a casualty and continue on through the days' training.

It worked great. He was a war games hero having tagged more casualties than anyone in the company

Then one day, they found the stick soldier lying in a field, ruffled and tagged as a casualty

The sarge exploded at the loss and questioned the recruit.

He explained that he met one of the enemy troops during the training, pointed the stick and, repeated "stickety-stick." The soldier came at him Again he pointed the stick and said "stickety-stick."

"Why didn't he stop?" bellowed the sergeant.

"As he passed over me I heard him repeating tankety-tank," the recruit answered

Little Bucks—

Thanks to F L Duffey our weather observer, for his prompt and accurate weather reporting during the cold weeks in which everyone talked about the weather Art Sweet writes from Sun City, Ariz., that some of the snowbirds in motorhomes and campers may have difficulty with the gas crisis what it is today Anyone wishing to assist Sheriff Russ Seals in running down the nude female streaking around the west end of the county may hall him or Captain Harris Esluer, who we understand has now taken up jogging I know someone especially proud of Kevin Potter and the set he designed for a play at Doane college — his mother, Mrs Howard Potter (and dad, too)

Today In History

By The Associated Press

Today is Sunday, March 4, the 63rd day of 1979 There are 302 days left in the year

Today's highlight in history

On this date in 1933, President Franklin Roosevelt announced his New Deal program in an inaugural address

On this date

In 1681, England's King Charles II granted William Penn a charter for what is now Pennsylvania

In 1789, the first U S Congress convened in Federal Hall in New York City but had to adjourn because there was not a quorum

In 1791, Vermont became the 14th state

In 1829, the White House was mobbed by an unruly crowd at the inauguration of President Andrew Jackson

In 1917, Republican Rep. Jeannette Rankin of Montana became the first woman to serve in Congress.

Today's birthdays Symphony conductor Bernard Haitink is 50. South African singer Miriam Makeba is 47.

Thought for today The truth is found when men are free to pursue it — President Franklin Roosevelt.



HEALTH

Lawrence E. Lamb, M.D.

Healing of diverticulosis

By Lawrence Lamb, M.D.

DEAR DR LAMB — Some months ago I read your column about diverticulosis (pockets of the colon) I have read other articles about the use of fiber so I got some bran My doctor didn't give me any encouragement to use it as I had been on a bland diet for years. I was afraid to try it but then I read The Health Letter on diverticulosis and decided I would give it a try I do think it's important to point out that you get gas from eating cereals that contain lots of bran for the first three weeks and this is why some people don't continue it.

In a short time I noticed some improvement. I didn't expect miracles because I'd had the problem for 20 years— Now I have only slight discomfort and hardly any gas, and I'm eating solids every day, corn on the cob, peas and also strawberries.

Would you please explain to me the actual healing process and do the pockets actually disappear? I am still hesitant to eat seeds, nuts and tomatoes. Could you tell me about when it would be safe to eat these, if at all? Before when I ate these, I'd suffer for about a month with an attack.

DEAR READER — It sounds to me like you're getting along pretty well, so why take the chance? I'm sorry to say there are no really good studies to show what happens to the pockets of the colon, or diverticula, on a long term basis after a person started using bran or significantly increased bulk in his diet.

A lot of the symptoms of diverticulosis are related to underlying spastic colon Some people think that's why the little pockets, or ruptures, develop in the first place The symptoms are often improved when bulk is added to the diet

You're absolutely right about having increased symptoms of gas for the first three weeks This is why I sometimes suggest to people that they sneak up on the problem by adding a little bran at a time

The pockets are really little ruptures, and I suspect that they will not really disappear But many people have diverticulosis and don't have any symptoms If your dietary regime causes improved bowel function so you don't have any symptoms, that in itself is considerable improvement

Since the pockets persist, I think it might be a good idea to continue to avoid seeds and such material With your improved bowel function, they might not cause trouble, but I'm not sure anyone could guarantee they wouldn't.

I'm glad you got some value from The Health Letter Other readers who want the issue, number 5-6, Diverticulosis, 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

Some readers may be confused about the different terms used A diverticulum is one pocket Two or more pockets are diverticula The disease itself is diverticulosis. If one of those little diverticulum gets inflamed, it is diverticulitis

CARRIER ROUTES OPEN OR COMING OPEN

ROUTE # 12 — 4th & 5th Ave. east, from 9th St. to 5th St.

ROUTE # 13 — South and east of 11th Street Overpass.

ROUTE #18 — South of Overpass to West to Airplane Heights Area.

Route #19 — 1st and 2nd Ave. west, from 13th Street to 18th Street.

ROUTE # 20 — 8th Ave. to 13th Ave. east, from 9th Street to 3rd Street.

Route # 22 — Kearney Hill Area.

Route # 30 — 1st, 2nd, 3rd, 4th Ave. west, from 11th Street to 13th Street.

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