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VIEWPOINT

NOT A SECOND TIME

Flood officials have been worrying and watching the Missouri river and its tributaries after the tragedy that occurred last year along the Platte.

The ice and jams got a head start on flood prevention last year and the result was damaging not only to the people and farmland, but to the flood warning services as a whole.

This year it's a different ball game. Flood authorities are staying ahead to avoid another major tragedy.

And although it is unfortunate that the cold weather returned for several days, the temperature was a blessing to the worried officials. The cold temps slowed the thaw

And at last report, the dredge Meriweather Lewis and showboat the Belle of Brownville were easing their way out of the ice jams without any damage

Things are looking up.

THE INVASION

Americans have long held that this is the country of opportunity and illegal aliens have more than captured their share of the wealth.

An article in the current issue of the American Legion magazine points to the invasion of the U.S. by aliens 60 percent of which come from Mexico.

In the state of Washington among one group apprehended, 33 held food stamps, 17 lived in low-cost housing and 16 were on the welfare rolls.

In New York two "visitors" from Greece were being paid $9.71 an hour to paint the Statue of Liberty.

It's a problem for the Immigration Service which claims there could be more than eight million illegal aliens in the U.S., and more are coming in each month

Yet another call to convene

A balance-the-budget amendment isn't the only focus of state legislative efforts to force Congress to call a constitutional convention, even though it is grabbing all the attention at the moment.

A total of 14 states have also called for a convention to write an anti-abortion amendment to the Constitution — and there is no fuzziness or confusion about the wording of those petitions, as there is about some of the balance-the-budget convention calls.

In theory, at least, Congress must act to call a constitutional convention if two-thirds of the states — a total of 34 — petition it to do so.

AS TIME GOES BY

Proposal favored

FORTY YEARS AGO
—1939—

The Otoe county board said they favored a proposal to form a county bridge district to purchase Waubonsie Bridge and eventually make it debt-free University of Pittsburgh students staged a one-day revolt against administration "bungling" that caused the resignation of football coach John B Sutherland Olin Cole was elected president of the Young Farmers Association State Senator Frank Sorrell, Syracuse, opposed a plan to streamline the state's court system being proposed in the Unicameral

TWENTY-FIVE YEARS AGO
—1954—

Syracuse beat Hartington, 52-36, in first round Class C play at the state basketball tournament Superintendent E G Lightbody was presented life membership in the Nebraska City PTA. Thirty-two persons were employed at the American Meter Co plant Bill Berger was elected commander of the John E Walls VFW post The Palmyra boys defeated Lincoln Northeast, 51-47, in Class A state tournament play

TEN YEARS AGO
—1969—

Vicki Durr, daughter of Mr and Mrs Carroll Durr of Nebraska City, was accepted for the fall term at Saint Mary College in Leavenworth, Kansas, a four year liberal arts college for women Mrs Violet Fields, district supervisor of the Order of Eastern Star, made the annual visitation to the Brilliant Star chapter at Syracuse Mrs Walter Wenzl was mission supply chairman of the Catholic Daughters of America .Sixty-five women of all faiths gathered at the First Presbyterian Church for the World Day of Prayer service sponsored by the Church Women United

Berry's World





Reached American

Orlando ham was Iranian contact

By Ink Dipper

A world-wide network of amateur radio stations, with listeners in palaces and military headquarters of nations like Saudi Arabia, Jordan, Australia and South Africa plus our own Pentagon, was tuned in as a ham in Iran talked with the Iranian Crisis Group at Andrews Air Force Base in Washington, D.C.

Charlie Watters, of Orlando, Fla , W4RHE, patched Andrews into his rig so the crisis group could talk with Leo Norne, EP20LJ, a computer expert working for Honeywell in Teheran, to find out the status of the U.S. Embassy during the four-hour seige that led to its fall on Feb. 15

"I'd been talking to Leo for many years because he was my contact in Teheran with my wife's sister and her husband," explains Watters.

"There were a bunch of guys who used this same frequency in the early hours of every morning I'd go across the South Pole and got excellent reception. Some of the hams were Iranian nationals who had their own rigs, as well as Americans who had gone there and continued their hobby

"On the morning of the seige Al Ward, at Andrews, called me and asked if I could make the contact," Watters recalls. "Everyone in Washington was jittery because the riots had already passed a fever pitch. I reached Leo and patched the Iranian Crisis Group in and they carried on their conversations establishing the status of the embassy, its staff and Ambassador Sullivan.

"I don't know who all the people talking were, though I've been told that Secretary Vance and the president were getting moment-by-moment reports. I did hear Moscow say 'good morning.'

"The question I get asked most often is 'why would our nation that spends billions of dollars for sophisticated communications equipment need a guy who is a ham in Orlando to make this kind of contact?' " laughs Watters.

"It's kind of hard to explain that the insurgent government shut down everything as their control of Iran expanded. All the Iranian 'hams' and most of the Americans were scared, or on the run. It just happened that Leo had his antenna sort of hidden along the ledge of the apartment house where he lived and he stayed on the air until the very last minute.

"We were just about done with our conversations when he said to me 'hold it for a minute, there's someone at the door...' and that was the last I talked with him until he called me from New York on Feb. 25. He had been in jail. He was on the floor of the jail overlooking the four generals when they were put to death by the new Iranian government firing squad.

"It was three Iranian 'hams' who came to the jail and got Leo out by explaining that radio was only a hobby and that he was not hurting the Iranian cause.

"Vern Hardy, V2H, who was a rep for Grumann Aircraft was another guy I talked with on a regular schedule but his antenna was a big one and evidently clearly visible. They knocked him out early in the game," Watters adds.

"After the embassy fell, we were told to keep a low profile by the State Department," Watters says. "They were afraid of reprisals. So I haven't talked with anyone there since. I still talk with Pakistani and some others in the area, but not Iran."

Watters, an amateur radio operator for many years, is president of his own company, SINCO Engineering Co., which specializes in electronic measuring and has done a great deal of work for NASA at Cape Canaveral. His lifelong hobby has been rewarding in many ways, he tells you proudly.

"The insurgent government shut down everything as their control of Iran expanded."

Today In History

By The Associated Press

Today is Sunday, March 11, the 70th day of 1979 There are 295 days left in the year

Today's highlight in history

On this date in 1942, in World War II, Gen Douglas MacArthur left the Corregidor fortress in the Philippines by torpedo boat, en route to Australia

On this date

In 1810, Emperor Napoleon of France was married by proxy to Archduchess Marie Louise of Austria

In 1845, the Maori natives in New Zealand were revolting against British rule

In 1861, the constitution of the Southern Confederacy was adopted at Montgomery, Ala

In 1865, Union forces under Gen William Sherman occupied Fayetteville, N C during the Civil War

In 1917, in World War I, British forces captured Baghdad

In 1965 a white Boston minister, the Reverend James Reeb, died after being beaten by whites during civil rights disturbances in Selma, Ala

Ten years ago A three-week strike by West Virginia coal miners ended as Gov Arch Moore signed a bill increasing compensation benefits for miners disabled by black lung disease.

Five years ago A four-month state of emergency ended in Britain It had been called because of growing economic problems

One year ago Terrorists seized an Israeli bus as it was on its way to Tel Aviv Nearly two dozen people were killed when the bus exploded during a gun battle with Israeli troops.

Today's birthday: Newspaper and magazine publisher Rupert Murdoch is 48.

Thought for today: Life goes on forever, like the gnawing of a mouse — poet Edna St. Vincent Millay, 1892-1950.

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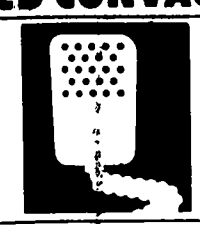
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The Prayer Table

Today From The Upper Room

Behold, a woman who had suffered from a hemorrhage for twelve years came up behind him and touched the fringe of his garment. (Matthew 9:20 RSV) —

PRAYER: Lord Jesus Christ, Your healing power is ever ready to enfold and transform anyone who believes and pray in Your name. We give You thanks for this knowledge and ask You to strengthen our faith. Amen.



CB CONVAC

Ink Dipper



Ivan D.E. Beaumont

THE BUCK ENDS HERE

You don't say?

Didya hear...

...the one about the Nebraska City man who plunked down less than $1 on a keno game in Vegas and scooped up $12,000?

Yea...Stan's the man, so they say.

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Former resident —

The news story said Ross W. Lane, Lincoln, was killed in an auto accident near Auburn. Wilma McIntire and others have told us about the former Nebraska City resident.

Ross Lane was born in Nebraska City. He had lived the last 35 years in Lincoln and retired as a Burlington engineer (Thanks to ARS for the name help)

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Congratulations —

. to Brad Eaton and Joe Heng, delegates to the Legion's Boys State Alternates are Chuck Snyder and Dan Harshman.

Boys State is one of the finest achievements offered as any boy or girl who has attended will tell you. They meet more kids in a few days, campaign, caucus, give speeches and move with authority to establish a Government of the Young under the guidance of the American Legion

Thanks to Clark Getscher, Post No. 8 commander, and the Legionnaires for making this event possible for the teen-agers of today

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The Fair honorees —

Elmer Gellerman and the Otoe County Fair Board are asking for your help in selecting Otoe county pioneer farm families. They will receive a Pioneer Farm award at the county fair

The awards is to farm families who have owned the same land for 100 years or more. If you qualify for an award, give Elmer a call.

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Long winter —

Thanks a lot. we didn't need that last weekend burst of winter On the brighter side, the groundhog prediction was right. He saw his shadow and we have been in for six more weeks of winter (Jack Swalley and Jess Bell have their own interpretation of it)

That should end next week. or. the next. Anyway spring will officially be here March 21

And that reminds us of Arbor Day a number of years ago when on April 22 we woke up that morning to see four inches of wet snow on the tulips at Arbor Lodge State park.

+++

He helped vets —

Bill Joseph will retire April 30 after serving Otoe county and its volunteers well for almost eight years.

His friends will miss him in veterans circles, but they wish him well on his "second" retirement He served in the Army during WWII and retired from the CIA in 1970.

Bill has been a fine representative of veterans at functions involving high school students and he has earned the respect of the other vets he worked in their behalf

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Mrs Duffey —

That's right It's Mrs Duffey on the phone at the society desk.

Mrs John (Sue) Quinlan is home with the couple's infant daughter so we asked Mrs Duffey to fill in for a time on a part-time basis.

Mrs Duffey retired a few months ago after over 20 years as society editor and having her back at the desk is like old home week.

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Oh...horseshoes —

The Nebraska City Horseshoe Pitching club is organizing and gearing up for a busy season under the direction of its president, Don Abernathy.

Among the summer events this year will be a tournament in honor of the late Howard Robinson of Nebraska City. We enjoyed the tobacco chewing and shoe pitching Howard who tossed ringer after ringer to earn many championship titles.

Everyone got a chance to watch him practice at Bartling Seed what is now the location of Rowe Motor company on Central Avenue.

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Elks winners —

The Elks youth committee came up with an oddity this year. Two boys tied for first place. The reason it's an unusual situation is because of the judging method; it isn't supposed to happen.

Meanwhile, it did. Joel VanderVeen son of Mr and Mrs Carl VanderVeen, City and Dennis Johnson, son of Mr and Mrs Rolland Johnson, Syracuse, tied.

And although a tie is like kissing your sister, the Elks sweetened it by giving each boy first place money, $200. Kimberly Sterner, daughter of Mrs Joan Sterner, City, also won $200 as the first place winner in the girls division.

Congratulations to all the Elks contestants.

News in brief

WASHINGTON (AP) — The National Highway Traffic Safety Administration will soon be looking for ways to cut the risk of fire on school buses. Transportation Secretary Brock Adams ordered the administration to seek public views on the issue, an action that could lead to tougher fire standards for interior material used in buses. He also ordered a study of the emergency evacuation training of school bus operators.



HEALTH

Lawrence E. Lamb, M.D.

Diets and menstruation

DEAR DR. LAMB — I have a problem that I'd like some help with. I've been on a diet and lost about 20 pounds in a year. I'm happy about that but when I lost weight, I also lost my menstrual period. At first I didn't worry and kept right on with the diet and taking water pills. Then I started to worry. I'm only 16 and I've had a period regularly for about a year. Could I still get pregnant?

I've been to doctors and they all say that it will come back soon if I stop worrying about it. I really can't stop worrying. I'm still trying to lose weight, but I did quit taking the pills for a month already. In January, it showed a little but then after that it mysteriously disappeared again. I hope you will give me an honest opinion.

DEAR READER — Your doctors have given you the correct answer. When a girl first starts having menstrual periods, they are often irregular and may disappear for a time. Later on, when she becomes fully matured, they are more apt to be regular This could happen to you whether or not you had been on a diet. It's just part of the developmental process.

It is true that severe dieting or fad diets which don't give you a balanced diet can cause you to have such a problem. Years ago a study in men at the University of Minnesota showed that when they were on a 1600-calorie balanced diet and lost a lot of weight, they lost their normal interest in sex as well as undergoing a lot of other changes. If you abuse your body, you should not expect it to function normally

I am all for losing weight, if you need to, but I like to see people do this in a sensible way that's not dangerous to their health I am sending you The Health Letter number 4-7, Weight Losing Diet, because it is a balanced diet plan that you could rely on. 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.

You shouldn't stay on this diet or any other diet that's too restrictive for too long. I think six weeks is about maximum. Then you should be on a maintenance diet that would allow your body to recover and replenish all its needs.

A lot of girls have menstrual difficulties from excessive fad dieting. Some of the worst are the low carbohydrate or no carbohydrate diets that people use Since you've only lost 20 pounds in a year, you're losing less than half a pound a week and that's a good sensible approach I wish everyone would be as sensible. If you learn to eat a good balanced diet with a plan you can use the rest of your life, you may be able to avoid obesity for a lifetime.

The other pitfall I'd like to caution you against is some young women overdo dieting. It becomes an obsession with them to the point that they develop anorexia nervosa. This is basically a psychological reaction often related to basic emotional disturbances and an inability to properly assess one's own body image.

A lot of these young girls still think they are fat even after they are as thin as a fugitive from a concentration camp. This is quite serious and parents should guard against this tendency, particularly in young women. It can also occur in boys but it more often occurs in young girls.

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 # 20 — 1st, 2nd, 3rd, 4th Ave. west, from 11th Street to 13th Street.

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