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VIEWPOINT

HANDI-BUS— THE NEED IS THERE

The Otoe county board has in its hands almost 1,000 survey forms and with a few exceptions, everyone asked that a handi-bus program for senior citizens be implemented.

We hope the three commissioners will look with favor on the bus program at their next regular meeting.

The county costs are $2,000 to buy a bus and $4,500 a year to operate it. We think the costs — for the service provided — are small.

The county commissioners are responsive to the wishes of the residents of the county and you can help get the bus for the county by calling Commissioners Mrs Gayle (Jessie) Steinkuhler, Douglas; and Mrs Don (Pat) Ramold and Hiley Barrett, Jr., both of Nebraska City.

The Otoe County Advisory Council for Senior Citizens says this is "right." Let's do it.



AS TIME GOES BY

Thygeson elected

FORTY YEARS AGO
—1939—

Robert W Thygeson was elected president of the Nebraska City Junior Chamber of Commerce...More than 50 head of cattle and calves and 70 head of hogs were sold at the Nebraska City Sales Barn...Talmage edged Syracuse, 47-43, as near-freezing temperatures slowed performances at a track meet in Syracuse The Nebraska City Young Farmers Association adopted a constitution at its first meeting.

TWENTY-FIVE YEARS AGO
—1954—

Mrs Frank Young was named deputy county recorder by County Recorder Frances Webb ..Officers were elected by four Nebraska City PTA Units. Presidents were Mrs Robert Poggemeyer, 14th Street; Mrs Jerry Higgins, Sixth Street; Mre Gene Lowrey, Second Avenue, and Mrs Dick Williamson, South Side...The Syracuse Rockets won the Southeast Six Conference track title...Harry Bischoff was reelected Nebraska City fire chief.

TEN YEARS AGO
—1969—

Mrs Bill Berger journalism teacher at NCHS received a $100 scholarship from Newspaper Funds Inc...Mrs Grace L. Crook of Julian was elected president of the District IV Rebekah Lodge...Larry Hart, a western song writer and booking agent for top country stars had booked a Country Western show for Nebraska City . Jerry Higgings and Bill Gangel were presented golf trophies as winners of the Twilight league...The 1919 confirmation class of Bethel United Church celebrated their 50th anniversary.





HEALTH

Lawrence E. Lamb, M.D.

Low blood pressure

DEAR DR LAMB -- Is it normal for an entire family to have very low blood pressure? Mine has always been low I have no health problems and I have lots of energy I was very surprised to learn that my 17 year old and 19 year old both have low blood pressure

DEAR READER — One of the statements of an early professor has always stuck with me It was his advice about what to do when you see a patient who has low blood pressure He said, "Tell your patient to go home, get down on his knees and thank God he's got it " What he meant was that healthy people with low blood pressure tend to live lots longer and continue to be healthier than individuals who have higher blood pressure

We've seen this in a variety of population studies The Navajo Indians are less likely to have fatty-cholesterol deposits in their arteries even when they eat high-fat diets because they have an inherited characteristic of low blood pressure In general, if you're healthy and feel good and are without health problems, the lower your blood pressure is, the better your health will continue to be

Let me give you a little illustration that happens in your own body We hear about heart attacks and strokes and similar problems of the circulation all the time. These are caused by fatty-cholesterol deposits in the arteries That part of the arterial system in your body is the high pressure circulation Commonly the pressure is around 120 over 75. That's perfectly normal Of course, it can be higher This entire arterial system is susceptible to fatty-cholesterol deposits and that's what causes all the problems

In the same person you will find little, if any, fatty-cholesterol deposits in the arteries that go from the heart to the lungs. Now keep in mind that since both artery systems are in the same body, they both are subjected to the same inherited characteristics, dietary habits, living patterns and whatever

The chief difference between these two major artery systems in the body is that the arteries to the lungs are under very low pressure The arteries to the lungs normally have a pressure considerably less than 40 It's that low pressure that protects the arteries to the lungs That's an object lesson about the importance of low pressure in preventing circulatory problems

To give you a better idea on the factors that control blood pressure, I am sending you The Health Letter number 1-8, Blood Pressure 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.

It also means that it's important that all of us maintain a normal or low normal blood pressure You can achieve that by preventing obesity, maintaining physical activity and avoiding an excess use of salt in your diet Even with these measures, there will still be people who have pressure that's relatively high In these instances where the pressure is persistently elevated to an abnormal level, medicines can be used to lower the pressure.

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Ivan D.E. Beaumont

THE BUCK ENDS HERE

That one's all yours

The city dude had been telling his friends of his great hunting ability. It just wasn't true.

Meanwhile, his bragging got him into a hunting party in Alaska and when the morning sun came up he talked his way out of joining the day's bear hunting party telling them he wanted to go it alone.

He sneaked off into the timber out of sight and snuggled up against a tree for a snooze. A friendly cub came up to him and when he tried to shoo it away, ole' mamma bear came out of nowhere and she was mad.

The city dude made tracks for the cabin with the bear on his heel, stepped inside the cabin and closed the door About that time the bear hit the door, it collapsed and as the dude made for the window he shouted back to his hunting friends:

"You skin that one and I'll go get another."

— Otoe County Farm Bureau

The policeman —

Police Lt. Dave Davison, Loveland, Colo., has been visiting his mother, Mrs Bernice Davison, and other relatives in Nebraska City. He's also been spending some time with local law enforcement officers exchanging ideas and discussing mutual problems.

Lt. Davison directs a 20-man force plus clerical staff. Although Loveland is a larger town than Nebraska City there isn't much difference in violations of statutes, he says.

Police work is a good career and is attracting high quality men and women. Lt. Davison is a graduate of Peru State and also has an associate degree in criminal justice in Colorado.

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Dave also reported that a former Nebraska City resident now makes his home in Loveland. John Hurt operates the airport in the community.

He operated John Hurt Chevrolet - Cadillac in Nebraska City then operated a similar business in North Platte. He sold that recently and he and his wife, Letha, moved to Loveland. Their daughters and families live in the area.

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The senator's wife —

The Nebraska Press Association published an article recently on three senator's wives including Mrs Calvin (Ruth) Carsten, Avoca.

Mrs Carsten is reluctant to talk about herself, the article said, but she's free with the words about her family.

There was one revealing paragraph — she's an ex-county assessor...wonder if she'd be interested in checking my Cleminshaw property valuation.

+++

Congratulations —

...to little Miss Cinda Abbott on earning the title of Little Miss Majorette of Nebraska Cinda is a whole 10 years old.

We met her a few years ago when we did a story of GI's killed in the Vietnam War. One of those war dead was her father, Sergeant Guy Abbott, a decorated veteran.

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Teen help —

An energetic program to get teen-agers involved in services at St Mary's hospital has been initiated under the direction of the hospital board. Mrs Jane Shuey, Brock and Mrs Duane Hall are the coordinators.

It's a good idea Many teen-agers want to do volunteer work but they often don't fit because of their young ages. We hope you will support the program.

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The co-chairmen —

Two of our favorite people, Dick and Rosemary Miyoshi, have been named co-chairmen of a county-wide fund drive for the 4-H. They will be joined by a panel of other volunteers from across the county and hope to raise money as the "county's share" for 4-H camping.

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Masonic scholar —

Terri Lee Rexroth, Shenandoah, received a $500 Masonic scholarship. There were 562 applications received in the state and 45 awarded..

Terri is the daughter of Mr and Mrs Duane Rexroth, former Nebraska City residents.

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The news —

The good news is that Tom Hemphill is the new chief of the Nebraska City Volunteer Fire Department.

The bad news is that Chief Otto Berthold will retire from the department after 40 years of service.

We'll miss Ott. He's been about as congenial and helpful over the years as anyone with whom we've worked...just keep the weeds out of the flowers, ole' hoss.

Today In History

By The Associated Press

Today is Sunday, April 15, the 105th day of 1979. There are 260 days left in the year. This is Easter Sunday

Today's highlight in history:

On this date in 1865, President Abraham Lincoln died in a Washington boarding house across the street from Ford's Theater, where he had been shot the night before by John Wilkes Booth.

In 1638, English settlers arrived at what is now New Haven, Conn.

In 1850, San Francisco was incorporated as a city.

In 1861, President Lincoln called out militia to suppress the Southern Confederacy

In 1940, during World War II, British and French troops landed on the Norwegian coast.

In 1959, Cuban President Fidel Castro arrived in Washington to begin a goodwill tour of the United States.

In 1967, thousands of demonstrators turned out in New York and San Francisco to protest the Vietnam war, with draft card burnings, marches and speeches.

Today's birthdays: Sen. Walter Huddleston, D.-Ky., is 53. Writer and activist Caroline Bird is 64 Psychiatrist and writer Thomas Szasz is 59.

Thought for today Never invest your money in anything that eats or needs repainting — impresario Billy Rose, 1899-1966.

Safety Valve

"...wild oats..."

EDITOR, News-Press: In the fall of 1977 I seeded a 10 acre field in alfalfa. The first cutting in 1978 consisted almost entirely of wild oats. I cut the wild oats when it was about two feet tall before the seeds were ripe

We farmers have always felt that wild oats was a noxious weed and many times we burned off the fields in order to destroy it. After I cut the field I left it lay for three days and then raked it and baled it. I got 400 bales off of the field. If it would have rained on it before it was baled it would have been a complete loss.

I put the hay in my barn and the past winter I fed all of it to my beef herd and feeder calves. Two bales of wild oats covered with one bale of alfalfa. My cattle ate every bit of it and came through the winter in excellent condition and the calf crop so far is 100 percent. The calves are as good as any I have ever raised.

Sometime ago I read that in China they discovered lately that the seed from wild oats was more nutritious than the seed from domestic oats. And now I wonder if the sunflower that we always considered a noxious week might just be a nutritious plant.

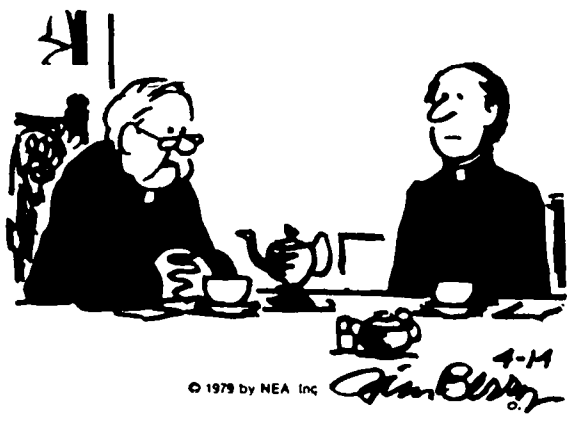
We know that the seed is in big demand. I believe that as soon as the wheat is harvested a farmer could plant a few acres of sunflowers in a row crop and in the fall when the corn is ready to cut for silage chop and blend in a load of sunflowers to two or three loads of corn silage he might come up with a very good feed.

The tonage he would get off an acre of sunflowers might really surprise him. The cost of farming will be expensive for some years to come but I believe in this territory if a farmer will harvest his crops through livestock he will be all right.

Of course that is demanding night and morning chores seven days a week but the reward will be financial stability and satisfaction.

BOB KREIFELS

Berry's World



"When I referred to the 'big Sunday' coming up, I was thinking more of EASTER, not the final round of the 'MASTERS'."

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The Prayer For Today From The Upper Room

We know that we have passed out of death into life, because we love (1 John 3:14 RSV)

O God, give us an Easter of the soul.
Roll away the stones of our fear and mistrust.
Let the sepulchres of our despair be opened.
Let weeping be turned into joy,
resentment give way to hope,
and mourning break into singing!
O God, let the joy of Christ's resurrection open our eyes to Your world and to each other. Alleluia!

WOMEN WHO KNEW JESUS

'Many women' stayed with Jesus

By Edith Deen
(Last of eight parts)



"There were also many women there, looking on from afar, who had followed Jesus from Galilee, ministering to him," noted Matthew.

Mary Magdalene and the many other women at Jesus's crucifixion, burial and resurrection set an example for caring women everywhere — women who go forward without being asked to prepare food for the sick, call at the home of a family who has lost a loved one, stand at the graveside to comfort the sorrowing.

These women were blessed tenfold because they were among the first to understand the power of the cross and the wonder of the resurrection.

Simon of Cyrene, who picked up Jesus's cross and carried it all the way to Golgotha, was so helpful that he is memorialized for voluntarily performing a seemingly small but meaningful service to Jesus without complaining and without fanfare.

The women who walked all the way with Jesus knew that he needed their spiritual inspiration as well as Simon's physical support. Christ in his agony could not speak to any of them. But when he glanced up at them, he knew they cared deeply.

Like Simon, these women did not ask what they could do. But when the need arose, they voluntarily went forward and walked all the way to the cross.

These dedicated women tell us how to serve the sorrowing. They make us know that one's presence in a room of grieving loved ones can be a balm of peace.

Some of us put too little emphasis on thoughtfulness to the grief-stricken. Perhaps we do not know how best to show love to others or perhaps we let our priorities mixed up and turn to trivial pursuits.

Not until sorrow comes our way do we learn what caring friends and family can mean. Through them and with them we experience a real fellowship of love.

In timid moments, when we falter in showing care, we need to draw closer to the devoted women who not only walked near Christ as he went to his death but who agonized over his suffering at the cross and who grieved for him at the tomb until they learned he had risen.

When Mary Magdalene hurried to the disciples to report the miracle of the resurrection, she carried with her the foundation of the New Testament church.

Without her and the women about her, the drama of the death and resurrection of Christ would not have been the same. Nor would the church have had such a solid base, such a congregation of believers.

Mary Magdalene had been healed by Jesus of a possible emotional disturbance and she loved him with a holy love. It was natural that she would spread the first message of his resurrection because she was faithful to the end.

She was not included among the disciples. No woman was. But that does not matter. She was included in his circle of love, and she led the way for others.

When Christ arose, Mary Magdalene was the first person to whom he spoke, and he called her by name. She turned to him with a cry of recognition, "Rabboni" (meaning teacher).

Jesus said to her, "Do not hold me, for I have not yet ascended to ... my father and your father, to my God and your God."

Mary Magdalene rushed to the disciples to say, "I have seen the Lord." And she told them what he had said to her.

In witnessing Christ's conquest over death, Mary Magdalene spoke to him and he spoke to her. No woman played a more majestic role in Christ's last days.

People like Mary Magdalene aid Christianity's survival in perilous times. They also improve the quality of Christian life for themselves and others. Their legacy to the Christian way of life is of far greater value than they or anyone realizes, for their faith is based on reality.

Men and women today need to continue to take real leadership in the growth of Christian thought. Intellectual emancipation, if used wisely, can help usher in one of the noblest eras in the history of the Christian faith.

(From "Wisdom from Women in the Bible" by Edith Deen. Copyright (c) 1978 by Edith Deen. Reprinted by permission of Harper & Row.)

EDITH DEEN is a Fort Worth, Tex., author whose six inspirational books have sold more than 1 million copies.