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VIEWPOINT

THE CITY ELECTION

Voters will be asked next week to decide whether Nebraska City should enlarge its present form of government from three to five people

It appears to be a popular idea Under the proposal Nebraska City will retain its present commission form of government and add seats for the utility and parks departments.

The decision by the voters in Tuesday's special election will be a mandate, not a change in the law The law to enlarge the commission has to be changed by the Nebraska legislature.

The school of thought is that there is too much to do for three people. Office holders always say there is too much work but in this area the reference is the workload of ever-growing city government and part-time elected officials.

Only City Clerk Gladys Wenzel is full-time and she's not a voting member of the commission Elected officials serve four-year terms

The interesting and perhaps most supporting part of changing the membership of the commission is to include the utility and parks departments The change would put the departments under the exposure of the voters

We think it's a good idea and will vote "yes "

AS TIME GOES BY

Morton praised

FORTY YEARS AGO
—1939—

Governor Roy Cochran, who was expected to attend the annual Arbor Day celebration in Nebraska City, issued an Arbor Day proclamation stressing the debt owned to J Sterling Morton for creation of the holiday William Pitstick was selected by Adam Schellinger American Legion Post to represent Nebraska City at the annual Cornhusker Boys State Rep. Hamilton Fish (New York) accused President Roosevelt of acting lide a spoiled child for failing to congratulate German ruler Adolf Hitler on the occasion of his 50th birthday Two Nebraska City youths confessed breaking into the Bart Casper home in southeast Nebraska City, according to Sheriff Carl Ryder

TWENTY-FIVE YEARS AGO
—1954—

Mrs Oren Pollard of Nehawka was elected regent of the Jonathan Cass Chapter of the D A R John Brown's Cave and Cabin was open for the season, according to Virgil Pitstick park board chairman Nebraska City was inspected by about 30 field men from stock fire insurance companies and four officials of the state fire marshal's office

TEN YEARS AGO
—1969—

Nebraska City teams placed in two of the top three winners in the boy scout road rally The Rev Wayne W Wertz of St John's United Church of Christ in Syracuse was elected assistant moderator of the Nebraska Conference of the United Church of Christ.. The Manfredo Fest Classic Jazz ensemble entertained a crowd of 450 at the Senior High Cathy Horn received two achievements and the state FBLA girl of the year trophy at the state convention Jacki Nelson received the past state secretary plaque at the state convention also

The news in brief

LINCOLN, Neb. (AP) — The Nebraska Public Power District received a national award Thursday for its environmental improvement projects.

NPPD was the recipient of a Region VII Environmental Protection Agency 1978 Environmental Quality Award The award was presented in the office of Gov Charles Thone to D W Hill, NPPD general manager, and David L. Duren, president of the NPPD board of directors

ATHENS, Greece (AP) — The Greek government ordered heavy fines for violators of recent energy-saving measures and said weekend driving restrictions do not apply to tourists. Offenders could be fined up to $30,000.

The fines were ordered Friday Last week, the government raised gasoline prices 18 percent to discourage consumption and banned driving on alternate weekends, depending on whether the car's license-plate number is even or odd.

Exceptions include heads of diplomatic missions, certain government cars and doctors on weekend duty

JAKARTA, Indonesia (AP) — The U S government has agreed to pay half the costs of Vietnamese refugees while they are waiting in Southeast Asian camps for some other country to accept them Foreign Minister Mochtar Kusumaatmadja reported today on his return from Washington

CANBERRA, Australia (AP) — Norfold Island, the tiny Pacific territory settled by the descendants of the men who led the mutiny on the Bounty, will have full self-government within five years, Home Minister Bob Ellicott says

Ellicott, speaking in Parliament on Thursday, said the Australian government wanted the 15-square-mile island to manage its own economy and conduct its own affairs, although services such as immigration, customs and fishing rights would always be retained by the Australian government, he said.

Will you ever finish moving in?

You might not think so when the living room's still jammed with packing crates. But you will—and I can help. With a WELCOME WAGON call whether you're new in town or new in the neighborhood. I can help.
And brighten up your family with my basket of gifts.
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Welcome Wagon

Mrs. Robert (Marlen) Dickey Phone 873-7176



Phone Social Security

Teleservice saves time, energy, cash

By Harold Blumenfeld

Both winter cold and summer heat make it unpleasant to drive, ride a bus or walk to the nearest Social Security office. Many people are unaware that most Social Security problems can be solved by telephone

Instead of making a trip to the Social Security office, you can pick up the phone and call Teleservice with your Social Security questions.

You can find your Social Security Teleservice phone number in your telephone directory under "U.S. Government, Social Security Administration "

Almost all Social Security business — from applying for benefits to reporting a lost or stolen check — can now be handled by telephone You will find the service representative who answers your call will be most cooperative and anxious to help

And you save energy, time and gasoline or travel expenses.

You can use Teleservice for practically everything For example, a Social Security booklet lists the following services that can be handled by phone. applying for Social Security or Supplemental Security Income (SSI) payments (your may not be able to complete the process by phone), applying for Medicare, reporting changes of name, address and marital or employment status, or notifying the office of other matters affecting your checks

You may call to report delayed payments and missing Social Security and Medicare cards If you have difficulty filling out Medicare claim forms, the representatives will assist you.

They can also arrange for direct deposit of your Social Security checks to save you the trip to your bank You may have other requests they can facilitate, such as an estimate of your monthly benefit amount or a statement of your earning record.

You may wish to find out whether a particular health facility participates in Medicare. This is important if you require the services of a home health-care agency

In an earlier column, I wrote about the free services provided under Medicare by such agencies The yellow pages of your telephone directory list these agencies, usually under "Nurses."

But some of the ads are misleading. You may get the impression that some are covered by Medicare when they are actually private nursing facilities whose services are not covered

You can also get help from Teleservice in requesting a review of a decision on a Medicare claim. If you're making such a call, be sure to have your Medicare card handy Also give the service representative the Social Security claim number shown on your check.

Like many businesses, Social Security offices have certain periods when they are particularly busy To avoid the frustration of busy signals and delays, call during slack periods unless your question or problem is urgent.

The first week of each month is especially busy because that's when Social Security and SSI checks are delivered. During that time, it is not unusual for all Teleservice lines to be busy.

If you can wait until after the middle of the month, do so. The later in the month you call, the better your chances of getting through immediately and having your matter handled promptly.

Teleservice is available Monday through Friday Some Social Security offices also have Teleservice lines in operation during evenings and on Saturdays

So, take advantage of this convenient service Make Teleservice work for you.

Almost all Social Security business — from applying for benefits to reporting a lost or stolen check — can now be handled by telephone.

Today In History

By The Associated Press

Today is Sunday April 22, the 112th day of 1979 There are 253 days left in the year

Today's highlight in history

On this date in 1898, the first shot of the Spanish-American War was fired when the USS Nashville captured a Spanish merchant ship off Key West, Fla

On this date

In 1793 the United States proclaimed its neutrality in a war between France and Britain

In 1864 Congress authorized the director of the Mint to use the motto "In God We Trust on coins

In 1889 thousands of homesteaders swarmed into the Oklahoma Territory and staked out claims at the beginning of what has gone down in history as the Oklahoma Land Rush

In 1915 the German Army used poison gas for the first time in World War I

In 1968, the United States, the Soviet Union and 42 other nations signed a treaty for international cooperation in rescuing any astronaut forced to Earth outside his own national territory

In 1971 Haiti's dictator, Francois Duvalier, died, and his son Jean-Claude Duvalier, was sworn in as president for life

Ten years ago The first non-stop solo voyage around the world was completed by a 30-year-old Briton Robin Knox-Johnston as he arrived back in England 312 days after setting sail from Falmouth in his 32-foot ketch

Five years ago A Pan Am jet airliner crashed on the Indonesian island of Bali, killing all 107 people aboard.

One year ago An American airliner arrived in Helsinki from Murmansk after picking up the passengers and most of the crew of a South Korean airliner that flew off course and was forced down by Soviet planes inside the Soviet Union

Today s birthdays Violinist Yehudi Menuhin is 63 years old. Actor Eddie Albert is 71 Dutch writer Jan de Hartog is 65

Thought for today A rich man's joke is always funny — T E Brown, British poet, 1830-1897

CATCHING UP ON BERRY'S WORLD



"May I presume you are in accord with the Teamsters' desire of a 30 percent increase in earnings over the next three years?"



Ivan D.E. Beaumont

THE BUCK ENDS HERE

It really was him

In the news —

When we heard that the wedding ceremony for tennis stars Chris Evert and John Lloyd was conducted by a priest named Kelly, we all guessed:

"It's gotta be Father Kelly of Lourdes."

Sure enough and by golly, it was. The Rep. Vincent Kelly, former superintendent at the Nebraska City parochial school, handled the altar chores for the couple

Father Kelly is among the long line of popular priests at Lourdes. He was quite aggressive and innovative. He helped organize the Lourdes school board and it was at his suggestion that the News-Press began covering Lourdes board meetings with the same openness as held at the public schools

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New business —

Welcome to Mr and Mrs Richard Fox, new operators of John Brown's Dairy Inn on No. 2 at the west edge of town A ribbon cutting ceremony was held recently to recognize the new business family

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UNION — (N-P) —

You've seen the above lines preceding stories about activities in the Union community for many years. They were written by Connie Mullis.

A heart attack claimed Connie the other day. We'll miss her warm and friendly telephone voice and her closeness with the News-Press. She had been writing for us for 38 years.

Our feelings of sympathy go to the family. And, in newspaper jargon which Connie understood the message is — 30 — meaning, the end.

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Arbor Day —

The tulips appeared for the Arbor Day weekend, but there won't be any apple or cherry tree blossoms for a couple weeks or so.

It is with more rarity than regularity that we have blossoms the same time as Arbor Day This year, orchardists say the long cold spell can be blamed for the late bloom.

We can only tell our weekend visitors — You're invited to come back in a few weeks for the blossom show

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Scholarships —

The News-Press looks forward to this time of the year when students are recognized for their accomplishments

We congratulate several more

Melody Kuhlenengel, Syracuse, daughter of Mr and Mrs Melvin Kuhlenengel, for the $100 Home Economics Scholarship awarded at the Extension club spring tea.

Rich Holscher, son of Mr and Mrs Claron Holscher, Cook, received the Family Life Award.

Joel VanderVeen, son of Mr and Mrs Carl VanderVeen, Nebraska City, received a one-year Regents scholarhip to the University Lori Brown, a Nemaha Valley High student was also a Regents winner.

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The vets department —

The selection of Ron Wagner, Syracuse, as the county veterans service officer was good. The committee had 22 applicants for the $11,000 a year job.

He was the popular coach at Syracuse-Dunbar-Avoca for several years. "Wag" is managing the Vets club in Syracuse and his wife works at the ASCS office.

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Lunch with Jerry —

Thanks to Joe Steiner for the ride to Humboldt the other day. We joined Joe, Vic Grundman and Stan Stava, flew to Humboldt and congratulated Jerry on the grand opening of Hall Motor company

Jerry's dad, Ralph, met us at the airport and drove us to the Chevrolet garage where members of the Hall family greeted us.

Jerry was pleased with the response of his grand opening One competing dealer sent him flowers with a note of good luck and success ..but not too much. Jerry liked that

THE FAMILY LAWYER
By Will Bernard

Escalator Accidents

Doris was riding the DOWN escalator in a department store when a sudden stop sent her sprawling. Badly bruised, she decided to claim damages from the management. But in court the company denied liability, telling the judge.

"The escalator was in good working order at the time. She is offering no proof that it was defective."

However, Doris won the case by invoking the doctrine of *res ipsa loquitur*—"the thing speaks for itself." Even with no direct proof of fault, said the judge, the circumstances themselves argued, that the mechanism had indeed slipped up.

Because an escalator serves the public, the owner must take major responsibility for accidents. Both the original installation and the maintenance must take account of the unique hazards of a moving stairway.

This does not mean, however, that the owner is automatically liable for everything that goes wrong. Consider another case:

Just as a woman was stepping onto an escalator, she realized that her timid little boy was hesitating. Reaching back to haul him aboard, she lost her balance and fell.

Here too the victim sought damages from the management. But the court turned her down, since her own impulsive gesture was what caused the accident.

In a third case a man on an escalator was knocked down when a woman bumped him from behind with a stroller He contended later, in seeking damages, that the store should have had either attendants or warning signs to keep people with strollers off the escalator

But the court decided this would be expecting too much from the management. The court said a store may assume that shoppers—even those with strollers—will go about their business with common care and common courtesy.

GROWING OLDER

Harold Blumenfeld

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HEALTH

Lawrence E. Lamb, M.D.

Questions diagnosis

By Lawrence Lamb, M.D.

DEAR DR. LAMB — I have hypoglycemia or hyperinsulinism. The first doctor I went to gave me a diet with sweets on it. He also said my blood sugar was 58. I stayed on the diet for a week and I still felt dizzy and weak so I went to another doctor. He also confirmed my blood sugar was 58, but the diet I must now stay on is without any sweets. The foods on this diet are supposed to help prevent the pancreas from forming too much insulin. My question is which diet is the right one. I would also like to know everything possible about low blood sugar.

DEAR READER — My first question is whether you've really been diagnosed correctly or not. We usually do not make a diagnosis of clinical low blood sugar unless a person has symptoms at the same time that the blood sugar is abnormally low.

I might add that 58 is not necessarily too low. Levels below 50 may be abnormal in some people but a high percentage of healthy, active young people can have blood sugars intermittently below that level and do not have any symptoms at all.

You really didn't tell us what kind of problems you were having other than being weak and dizzy. And since your blood sugar level you've quoted to me isn't really abnormal, I have serious reservations about your diagnosis, unless there is more to your story.

Nevertheless, I'm sending you The Health Letter number 3-9, Low Blood Sugar, Hypoglycemia, to give you more information on this problem and what can be done about it. 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.

If a person really has low blood sugar problems, the best diet in most instances is one that eliminates concentrated sweets such as sugar, honey, sweet desserts, sweet drinks and even starches as found in bread, particularly bread made with refined flour.

In some people who have reactive hypoglycemia, ingesting lots of sweets will trigger the pancrease to release a lot of insulin. When this happens, there is first a rise in the blood sugar from the sweets that have been ingested, followed by a rebound fall from the excess release of insulin. In these instances, particularly, it's wise to limit your carbohydrate to raw fruits such as a good raw apple, vegetables and whole cereals. Sweets should be eliminated.

Now as far as the symptoms of low blood sugar are concerned, if you take sugar when you're having these symptoms, you'll immediately raise the sugar level again and the symptoms will disappear, if in fact that's what caused the symptoms in the first place. That, incidentally, is how many patients who really do have hypoglycemia become obese. Each time they feel weak, they can relieve the weakness by using something sweet. As a result, they consume enormous amounts of calories and begin to become obese.

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The Prayer For Today From The Upper Room

Good Teacher, what shall I do to inherit eternal life? (Luke 18:18 RSV)

PRAYER: Give us, O Lord, the wisdom to take for our own the spring of eternal life found in Jesus Christ. Amen.