Nebraska City News-Press
PARK NEWSPAPERS OF NEBRASKA, INC.
Roy H. Park, President

Vol 125 No 146 — **Sunday, May 6, 1979**

Publication News and Business Office, 123 South Eighth Street Nebraska City Otoe County Nebraska 68410

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VIEWPOINT

Inching up on metrics

So you don't care for the prospect of dollar a gallon, but would you buy 26.5-cent gasoline?

You may be should the oil industry act on a suggestion by U S Metric Board. Pointing out that breaking the dollar barrier under any circumstances is going to require adjustment of existing pumps capable of registering prices up to a 99-cent top, the board thinks this would be a dandy time to take an important additional step and convert to measurement by liter rather than gallon.

At 3 785 liters to a gallon, the 26.5-cent price would work out to — you guessed it — the equivalent of a dollar a gallon

Drawing millions of motorists into the metric system would be the biggest step so far toward American conversion to metrics The process is already farther advanced than the general public may be aware, with a number of key industries — from autos to soft drinks — rapidly introducing meters, grams and liters into production operations

While direct savings, as exemplified by the gasoline price, may not be apparent to individuals, the long-term benefits to the economy should be substantial, according to the Metric Board These would be most immediately apparent in world trade, where U.S. business with the rest of the largely metric world could be expected to pick up.

The United States, according to one optimistic prediction, should be "substantially metric" by 1990

Just in time, probably, for dollar-a-liter gasoline

What about windfall profits?

Speaking of measurements, the United States weighs in at an excess 2.3 billion pounds.

That's the conclusion of researchers at the University of Illinois, as reported in Omni Magazine, calculating the sum total avoirdupois of an estimated 50 million overweight American men and 60 million women A mass diet, they figure, would shed 5 676 trillion calories

That is the energy equivalent of 720 million liters of gasoline (for conversion to gallons, see above), enough to fuel more than a million autos for two months Maintaining correct weight would mean saving almost as much energy annually, 3 43 trillion calories.

Can it be that we have found our urgently needed dependable energy source, and it is us?

A heavy relationship

Speaking of diets, there's a new one designed specifically for certain inhabitants of New York City

Called the East Side Diet, it was developed by the East Side Animal Hospital not for the human residents of that super-affluent slice of Manhattan but for their pets. As the hospital explains it, overweight people often show a correlation in medical problems with their overweight pets

It only goes to prove what many a well-padded pet owner has probably already discovered. Dieting is for the dogs.



"Your new polls show a drop — people don't approve of your allowing the tornadoes, floods and earth tremors."

Today In History

By The Associated Press

Today is Sunday May 6, the 126th day of 1979 There are 239 days left in the year

Today's highlight in history

On this date in 1910, the Edwardian Era came to an end with the death of Britain's King Edward VII

On this date

In 1697 Trinity Church was founded by British colonists in New York City

In 1818, the German social philosopher Karl Marx, was born in Prussia

In 1861 Arkansas withdrew from the Union

In 1889 the Eiffel Tower in Paris was officially opened

In 1937 the German dirigible Hindenburg, exploded and burned as it was landing at Lakehurst, N J killing 36 passengers

In 1976 an earthquake in northeastern Italy caused widespread destruction and killed nearly 1 000 people

One year ago The U N Security Council condemned South Africa for invading Angola and demanded a withdrawal

Today's birthdays Actor-director Orson Welles is 64 Retired baseball star Willy Mays is 48 Writer T H White is 64

Thought for today No man is rich enough to buy back his past - Oscar Wilde, Irish writer 1854-1900

SAFETY VALVE

" steer calves "

EDITOR News Press

The other day I read that the U S Office of Education has awarded a grant of $169 618 to finance seminars in Nebraska and Michigan for women interested in running for public office

I don't know about Michigan but in Nebraska all the women I've ever known are intelligent enough that they need no seminars to teach them how to run for public office

A number of years ago when we produced too many cattle and the imports were opened for foreign countries to sell us their beef our market was disastrous and many cattlemen went broke and got out of the cattle business

Of course meat was cheap at the market until the supply disappeared and then the demand for beef increased as the population increased and today the cattlemen is again showing a profit

I remember the planners in Washington said if the cattleman would only produce steer calves instead of heifer calves for a few years the surplus would disappear ? ? ?

Some years ago the reachers sponsored a "sick chicken" research A research project that took several years and cost millions of dollars was designed to determine the survival rate of sick chickens And what they found out was that when chickens got sick, those that linger a few days have a whole better chance of making it than those that die right out ???

And that reminds of we farmers and all workers back in the 30's that were able to linger for a few years and made it

BOB KREIFELS

FROM CONSUMER REPORTS

Weights and measures

By the Editors of Consumer Reports

Consumer fascination with space-age technology has led to an abundance of electronic devices with digital readouts We have digital clocks, thermometers calculators and, more recently, digital bathroom scales

Consumer Reports evaluated two makes of digital bathroom scale - the Heathkit "Weighing Machine" GDW-1186 and the Counselor, made by the Brearly Co , Rockford, Ill

Digital scales are mainly for those who love gimmicks, although some people whose eyesight prevents them from reading the numbers on a dial-type bathroom scale might find such a device useful

We purchased two "Weighing Machines" for $140 each at Heathkit retail stores Our test models of the Counselor cost $50 plus shipping when purchased from the JS&A National Sales Group in Northbrook, Ill We also purchased a Counselor from Hammacher Schlemmer of New York City for $60

The digitals we tested all could run on carbon-zinc batteries, which are the cheapest kind, and which, according to the scale manufacturers, should power the scales for about one year The Heathkit had a useful indicator light designed to light up when the batteries needed to be changed

We found the readouts about equally legible on both scales, with the Heathkit providing the additional convenience of a raised console that could be tilted The Counselor's readout couldn't be tilted, but the viewing angle was convenient

The Heathkit switched on automatically when stepped on, while the counselor had a bar along its edge that had to be tapped lightly by the user's foot until a zero starting number appeared If the Counselor wasn't set at zero before weighing, it provided an incorrect reading

The "Weighing Machine" and the counselor both came with adjustment wheels for calibration like those you'd find on most bathroom scales To calibrate the "Weighing Machine," we simply set the scale to zero before stepping on

But the Counselor, despite the manufacturer's claim to the contrary, couldn't be calibrated by setting it back to zero We had to calibrate it by placing something or someone of known weight on the scale and setting it to that weight

Consumer Reports doesn't think a bathroom scale has to be extremely accurate The digital models we tested could monitor one or two-pound variations satisfactorily

But if you weigh youself several consecutive times, you should reasonably expect similar readings each time The Counselors performed better in this respect, with the Heathkits showing variation of about one pound.

• • •

Mention bathroom scales and the subject of dieting is likely to come up Battling weight gain is particularly difficult for those of us who look for ways to cut calories without sacrificing sweets

Considering this problem, Consumer Reports tested Sara Lee Light 'n Luscious Chocolate Original Butter Recipe cake The Light 'n Luscious cake doesn't contain any butter, egg yolks or whole milk.

We found that a single serving contains 117 calories That's 55 calories less than the Butter Recipe But it's still 117 calories, so if you're really serious about dieting, forget Light 'n Luscious cake (If you're simply watching colories, however, the use of Light 'n Luscious cake and other low-calorie products may help)

Removing the butter, egg yolk and whole milk might also be expected to contribute to a slimmed-down price But we paid an average $1 44 for the Light 'n Luscious, compared with $1 21 for the Butter Recipe cake Both weighed 13 and one-fourth ounces

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AS TIME GOES BY

Doctor is hurt

FORTY YEARS AGO
—1939—

Dr Mary MacVean Edmonds Nebraska City physician was injured in a traffic accident about six miles north of Auburn - Federal Judge T C Munger had taken under advisement the petition of Central Power Company for a permanent injunction to keep Nebraska City from condemning the company's local property

90 head of cattle were sold at a sale held at the Nebraska City Sales Pavillion Plans were being made for the 35th annual Eagles convention to be held in Nebraska City

TWENTY FIVE YEARS AGO
—1954—

W A Williams was elected president of the Board of Education B M Spencer vice-president and Edgar Lightbody secretary The board noted the resignations of 14 teachers Dunbar residents met with the county board which accepted boundaries for a proposed Dunbar Rural Fire Protection District Bob Rhodes and Shirley Erhart were crowned king and queen at the Weeping Water High prom Marlene Hutton was elected honored queen of Job's Daughters

TEN YEARS AGO
—1969—

The Mort Porter family were Arbor Day honorees William Galbraith, former National commander of the American Legion was the guest speaker for Arbor Day program Intruders stole two mink coats and two revolvers from the home of Dr M B DeJar nette Bobette Masters was chosen as May Queen of Peru State College, she was of Nebraska City Tom Hanks and Jeff Fisher senior and junior class presidents led the Grand March at the annual Senior High prom

Wedding Stationery
By
Carlson Craft

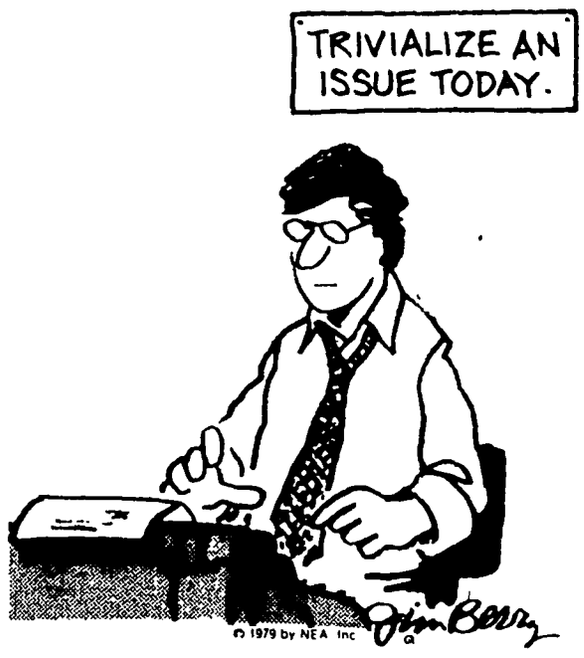
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THE BUCK ENDS HERE

Interesting reading

Western Cartoons —

Thanks to Dennis Brosz for some interesting reading of his cartoons published in an 8½ x 11 book form.

Dennis is a rancher He has cattle and horses and just recently added a wife to his spread at Kulm, North Dakota

Carol (Chaney) worked at the News-Press a number of years ago and stopped in to say hello and give us a copy of her husband's book

This is Carol's favorite

The rec director —

You'll meet an energetic and dedicated young man in the parks and recreation department at Syracuse

He's Mark Eiserman, son of Mr and Mrs Ron Eiserman of Nebraska City, and is the first rec-parks director for the mid-county town. Mark is getting things organized (he fired off dozens of letters on programs) and is anxiously looking forward to participation by the people in the community.

He is particularly proud of his pool administration They are Denise Menke and her assistant, Twila Beck They are Kearney State graduates and hold majors in recreation.

Good luck to you, Mark.

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Help!

I walked out of the annual Otoe County Farm Bureau awards banquet with a door prize, an African violet in a styrofoam cup.

It was a cold and breezy night, but I made it back to Nebraska City It has since been transplanted into a pot.

Now, what do I do?

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Rowe's —

Paul and Jan Rowe are selling out merchandise from their store at 811 Central Avenue. Rowe's will close after over 20 years of retail business on main street.

It will take several weeks to close the business, the couple said No definite plans on the future have been made.

Paul has been managing the store for about 13 years He worked with his late mother in the store and took over after her death.

There will be a new business at 811 Central, but as yet no definite plans have been made on that.

Good luck to Paul and Jan and daughters.



When you drove in and saw Uncle Charley standing here couldn't you have switched off the manure spreader?

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The athletes —

Congratulations to the athletes at NCHS They are Rich Wilberger, boy athlete of the year, and Jane Porter, girl athlete of the year

Others were Rick Gilman, football, Deanna Hauptman and Jane Porter, volleyball, Peg Fielder, basketball, Jeff Hotsenpillar, wrestling, and Lonnie Mead, track

We particularly liked the Olympic-style medals and special attention given to each individual A lot of work went into the successful awards program by Carline Moles and her volunteers.

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Jaycee recognition —

The Jaycees will recognize a number of residents Sunday at their annual awards banquet. It's a time when the Jaycees give credit where credit is due

We're sure you'll agree The honorees include, The Rev David Troxler, outstanding young man, Sev Sorensen, distinguished service and Mrs Bob Hawkes, outstanding young woman

The event will be even more special because the National president, Barry Kennedy of Pawnee City, will be the speaker

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The correspondent —

Mrs Bill Whipple has taken over the news writing assignment for the Union community The news reporting was done for many years by the late Connie Mullis

You can help Mrs Whipple with her contacts by giving her a call with your news item at 263-2185

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HEALTH

Lawrence E. Lamb, M.D.

Early exam is important

By Lawrence Lamb, M.D.

DEAR DR. LAMB — Recently I developed a slight discomfort in the stomach and abdomen accompanied by a change in bowel movement pattern. My stools were smaller and often watery.

A sigmoidoscopic examination and a barrium enema X ray of the colon showed no internal growth or polops.

My doctor's diagnosis was spasm of the colon with diverticula I was advised to take Metamucil and if this does not correct the condition, he will prescribe some form of belladonna.

As I understand it, I have diverticulitis What exactly causes this condition and is it apt to recur? Also can this condition develop into something more serious, such as a tumor or growth requiring a colectomy?

DEAR READER — Let me congratulate you on having the good sense to go see a doctor Anyone who develops a persistent unexplained change in his or her bowel habit pattern should go see a doctor at once That can be the first sign of cancer of the colon

We really don't hear much about it and I suppose it's because people are reluctant to discuss it. But cancer of the colon is the second most common cause of cancer deaths in both men and women Most of these, if they are found early enough, can be cured. The problem is that most of them are not found until they have already spread to other parts of the body

I can't stress too strongly to all of my readers the importance of having an early examination if they have any sudden change in bowel movements that's not explained or any unexplained bleeding from the rectum.

I'm sending you The Health Letter number 5-6, Diverticulosis. It will give you a great deal more detail than I can here about this problem of pockets of the colon. 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.

We really don't know what causes those little pockets to develop on the colon. Each one is like a small appendix. Most authorities think that they are ruptures. The muscular wall of the colon separates or tears and the inner lining of the colon literally ruptures through the tear to form the pocket.

The most common cause of the rupture is believed to be poor colon function — usually spasms of the colon as your doctor has diagnosed The area above the spasm is stretched like a balloon and it's this recurrent stretching process that ends up in the rupture and the little pocket called a diverticulum.

Once they've developed, they're probably going to stay there. You can help prevent symptoms and problems by proper bowel management.

Metamucil is simply a bulk laxative. It is a substance which is not absorbed but merely swells to provide bulk in the colon. It's all right but there are many other bulk preparations as well

In addition, the best bulk of all is nature's bulk — cereal fiber. That comes from whole wheat cereals, bran and real whole wheat bread. I say real because a lot of the so-called whole wheat bread marketed contains large amounts of refined or white flour in which the bran has been removed.

There's more to the whole problem than simply adding bulk to the diet. You will probably need to train your normal bowel reflexes which is discussed in The Health Letter I'm sending you.

Second class postage paid at the Post Office in Nebraska City, Nebr No. 375960 Published every evening (except Saturday) and on Sunday

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CIRCULATION RATES Single copy, 15 cents; by carrier, $3 a month in advance; by mail in Nebraska City trading area, $28.00; outside trading area $36.00 per year.

The Prayer For Today From The Upper Room

PRAYER: Father, we thank You that life and time are in Your hands. Help us to be subject to Your perfect will. We pray in Christ's name. Amen.