Nebraska City News-Press

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VIEWPOINT

THE ENERGY SHORTAGE???

Distributors sat through the month of April, and again through a portion of May, with not nearly enough product to furnish the needs of agriculture The Petroleum Allocation Act clearly states that agriculture shall have 100 percent of its current needs Yet, we have been advised that at least one company says they will not have any diesel fuel in Nebraska until September True, distillates are not now under the allocation act But herein lies part of the problem

They have decontrolled distillates but kept controls on gasoline. You can't be half free and half controlled You must be either free or not free

When the government decontrolled distillates, all that was accomplished was added confusion to an already very confusing picture. Suppliers were free to take their distillates any place they chose to knowing full well that their distributors were chained to them by virtue of the allocation act

They were not free to move about the market and seek out another supplier who would furnish them both gasoline and distillates They were stuck with a supplier who was free to give them what gasoline they wanted to, and take the distillates and move them to whatever market that brought the greatest return

The results, those states like ours in the upper plains, who are a long way from the refineries, suddenly find themselves on the short end of supply Why? Because why ship it in the pipe line, and pay the shipping cost, when it can also be sold close to home?

Anyway, at this point in time, we are convinced that the best thing the government could do would be to decontrol everything and let the system go to work

Let's put some competition back in the market place, at both the street level and at the refinery gate Let's make it necessary for a supplier to want to keep his customers, let's make it so that a disgruntled customer can go looking for another supplier if he is not treated in a manner like he used to be treated — like a customer

This would accomplish two very important things, (1) it would make for a more evenly distribution of product, it would see that agriculture got what it needed when it needed it, and (2) it would bring the best product at the best price to the ultimate consumer

And that is the way it worked so good for so long

--Nebraska Oil Jobber

The bottom line . . .

In a follow-up to the showing in West Germany of the American-produced TV dramatization of the Nazi era, "Holocaust", the national radio network and the government's Office for Political Education polled viewer reactions with some interesting results

Fifty percent of adults said that they had learned things from the series they had not known about that period of their own national past and tne percentage was even higher for the 14-19 age group — 70 percent

Compared with polls taken before the showings, approval of the 1944 plot to assassinate Hitler jumped from 49 to 63 percent

There was no change on one point, however For a steady 30 percent of respondents, Nazism remains a good idea badly carried out

The more things change

AS TIME GOES BY

Awards presented

FORTY YEARS AGO
—1939—

High school awards were given at the annual Honors Convocation at the Senior High 162 men and women represented the 16 councils of the United Commercial Travelers from across Nebraska at the state convention in Nebraska City The body of suicide victim Van Wyck Benner was cremated in accordance with his wishes, but it was not known if the ashes were strewn over the Missouri River in accordance with a letter he wrote before his death Police in four states were searching for four men who robbed a New York jewelry salesman near Glenwood, Iowa

TWENTY-FIVE YEARS AGO
—1954—

Mrs Earl Seyfer was installed as president of the Nebraska City Woman s Club Liberace performed at Ak-Sar-Ben Kurt Brown received the top prize in the News-Press Civics Awards competition Joy Eisenhauer and Wesley Ballard were valedictorians and Ruth Juilfs was salutatorian at Burr High School A barn struck by lightning on the farm of Ms Carl Bader near Burr burned to the ground

TEN YEARS AGO
—1969—

The Appollo 10 astronauts were headed for the moon for an attempted landing The Junior Girls Scout Troop 94 stayed overnight at Trails End in camp Catron George Stoltenberg, Hardy Holm, Jerry Eckery and John Klingman, NSVH, and Cheryl Burkhart, Nebraska City were winners in the local Lion's Club talent contest Kurt Schreiner, Carl Lathrop, Bill Sell, Phil Wynia, David Ottensen and Dan Zimmerman were selected as state track finalists from Nebraska city Senior High

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The Prayer For Today From The Upper Room

Having eyes do you not see? (Mark 8 18 RSV)

PRAYER: Heal us of our spiritual blindness, Lord Teach us to see Your truth and Your love more clearly Amen.



Don't look back, Jimmy — something might be gaining on you.

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News in Brief

AUSTIN Texas (AP) — Twelve state senators who were ordered arrested after they boycotted a Senate session are being sought by Texas Rangers and state troopers

The state Department of Public Safety issued an all-points bulletin Friday for the missing senators after Lt Gov Bill Hobby ordered their arrest and return to the Senate No criminal charges are involved

MANCHESTER N H (AP) — The turquoise ribbon opening his second-story campaign headquarters had been cut less than a minute before Republican presidential hopeful Rep Philip Crane began fending off printed allegations about his personal life

The Illinois congressman denied Friday ever saying he was committed in his life to 'bedding down 1,000 women'

LINCOLN Neb (AP) Gov Charles Thone attacked what he called the "total bankruptcy" of the Carter's administration s fuel policies Friday, and said he hoped Republicans would capitalize on the issue in the 1980 elections

LINCOLN, Neb. (AP) University of Nebraska Regents have rejected a proposal to end open admissions at the university's colleges and replace the policy with admissions standards

At a meeting Friday the board voted not to adopt the proposals offered by NU Regent Robert Simmons of Scottsbluff

Simmons proposed that admissions to the University of Nebraska in Lincoln and Omaha be based on standardized college admissions test scores, or a B average — or upper half class ranking — in high school

The regents also rejected a proposal from Regent Robert Prokop of Wilber to require additional minimum grade requirements at the university and ban remedial courses offered to incoming freshmen from inclusion as credits toward a degree.

FROM CONSUMER REPORTS

How good is tuna?

By the Editors of Consumer Reports

Tuna is a versatile, tasty and nutritious food that can be enjoyed unadorned or as part of a salad or casserole.

To learn more about this popular food, Consumer Reports evaluated tuna for nutrition against two other lunchtime favorites — hamburger and peanut butter.

We found that a three-ounce serving of tuna contains some 20 grams of protein — more than one-third the Recommended Daily Allowance (RDA) set by the National Academy of Sciences/National Research Council for an adult male It also provides close to one-half the protein RDA for a woman and more than half the allowance for a 7-to-10-year-old child

You can get a little more protein from a three-ounce cooked hamburger — 22 grams However, a peanut butter sandwich — made with two slices of bread and about two tablespoons of peanut butter — provides only about 11 grams.

What's more, the protein in peanut butter is of lower quality than that found in tuna and hamburger But the two slices of bread in a sandwich and a glass of milk would upgrade the peanut butter's protein quality, and the milk would raise the protein level to about 19 grams

Tuna also provides significant amounts of other nutrients Overall, it's a good deal more nutritious than peanut butter and only slightly less nutritious than hamburger

The ingredients listed on most cans of tuna we tested included salt. Most of the brands contained about two times as much salt as peanut butter and about eight times as much as cooked hamburger

If you're on a strict low-sodium diet, which can often limit you to 500 milligrams of sodium per day, you should seek out tuna that is labeled "diet" or "dietetic " Two of the brands tested by Consumer Reports were so labeled and contained no added salt. Each was thus relatively low in sodium, the medically important component of salt.

Many cans of solid white tuna are labeled "fancy," meaning the tuna is solid-style rather than chunk or flaked. (However, use of the word "fancy" is not an indication of the quality of the tuna)

You'll find that some labels list "sodium acid pyrophosphate " This ingredient prevents formation of struvite, a harmless substance that bears a frightening resemblance to glass fragments. (If you come across what seem to be glass fragments in a can of tuna, heat them in vinegar Struvite will dissolve, while glass won't.)

Tuna labels that list weight don't always tell you how much tuna you're buying That's because the weight of the packing liquid is included in the total. Even some seven-ounce cans we purchased didn't provide two three-ounce servings.

Chunk tuna — albacore or light — was most often short of the six-ounce total. Chicken of the Sea Chunk Light and Star-Kist Diet Pack Chunk White, both packed in water, were the worst offenders of the 22 brands (58 products in all) we examined. Both were labeled six-and-a-half ounces, although they only contained an average of five-and-a-quarter ounces of fish.

When we tested tuna in 1974, we found foreign matter (rodent hairs, moth scales, etc.) in the vast majority of brands It didn't mean the tuna was necessarily unsafe, although it was unappetizing.

Of the 695 cans examined for last January's Consumer Reports, however, less than 2 percent contained extraneous matter.

There is no mandatory inspection of seafood, although the National Marine Fisheries Service inspects tuna for a fee if the processors ask for inspection. Tuna that meets established sanitary and quality standards may carry a seal on the can that states: "Packed under Federal Inspection "

After the 1974 report, many packers volunteered to participate in the inspection program. But, when we bought the tuna for our January 1979 report, we discovered that only Ralston Purina Co. brands (Chicken of the Sea and Van Camp's) carried the inspection seal.

Consumers Union believes that seafood, like meat and poultry, should be subject to mandatory inspection

Berry's World



"They're always talking about MA Bell this, and MA Bell that! What about PA Bell?"



Ivan D.E. Beaumont — THE BUCK ENDS HERE

Room for rent?

The graduate —

Our youngest, Jeannea, will sport a cap and gown Sunday night for graduation from high school.

Gone will be the days of washing hair at 7 a m .no sweaty volleyball or track gear in the bedroom. gulping meals to rush back to school to decorate a float or a room or something .a seemingly solid ringing of the phone when some teen problem erupts.

Yup, it's gonna be different around here. wonder if I could rent her room

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Long and tall —

Bob Lynn of Syracuse sauntered up to where Don Chapin of the K Bar D was working on some horseshoes. Bob picked up a horseshoe not knowing it had just come from the forge.

He immediately dropped it and jammed his hand into his pocket trying to act as if nothing had happened.

Don noticed and smacked a grin through his moustache and asked, "kinda hot, wasn't it?"

"Nope," Bob drawled, "it just don't take me long to look at a horseshoe."

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The tunnel —

Roy Tucker of City Garbage Service, called the other day to say that the cave-in in the alley behind Frazier's was not in the tunnel that connects Frazier's and Mercer's.

We had reported earlier that it may have been a cistern and later said it was probably the old tunnel. Roy says the cave-in occurred about 10 feet from the tunnel. He should remember, his crews picked up trash through the metal doors on the south side of the tunnel when Hested's was in business.

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Lorton Day —

Congratulations to Jean Castle and others in the Lorton community for a successful program to raise money for a drainage system. Nearly $1,900 was raised in the one-day event.

We know Mrs Castle is a busy person, she's also secretary for the Otoe County Advisory Council for senior citizens and has been aetively working to get a handi-bus on the road.

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Little things —

Thanks to Linda Dovel of Falls City Federal S&L at Auburn for suggesting a Little Thing for Millie Linda was giving out the knick-knacks at the open house at Auburn and helped me pick out items from the gift box for display in Millie's type case which hangs on the dining room wall

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Music winners —

Congratulations to the Nebraska City high school students who were recognized at the annual Music Boosters banquet They ere Meri Meredith, Gayle Yamauchi, Cathy Sheair, Tony Nebelsick, Mike Steiner, Phil Brawner, Tammy Baucke and Toni Taylor

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Top of the hill —

A number of readers have asked why we aren't printing any more of the features of senior citizens under the weekly column, "Top of the hill."

We plan to start the series again and print it as often as we can get those active retired people to stand still long enough for an interview

We'd appreciate your help Give us a call or drop us a note about someone who would be interesting in print

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Summer help —

Marilyn Feller, a junior in advertising at the Journalism school at the University, is working this summer at the News-Press. Marilyn started her first week sorting out Associated Press teletype tape, proofreading and working in the ad department in the afternoons.

She attended the Wisner-Pilger high school and when introduced to Chuck Johnson, our plant superintendent, she asked if he knew her high school music teacher, Jim Johnson.

That drew a smile from Chuck "He's my brother "

Small world.

88 coming up —

The other morning we walked across the street to the post office with Miss Imo Heebner

It was 7 30 a m , a bright, sunny morning and Miss Heebner had a gripe

"It just isn't the same and I don't like it," she said

'What do you mean?" I asked

'I'm not what I used to be Things have changed."

'Do you mind telling me your age?" I asked

With her usual smile, she answered "I'm 87 years young and I'll be 88 on July 1 "

It was difficult to add anything to a punch line like that except a parting remark

'Miss Heebner, you are an inspiration to others "

Today In History

By The Associated Press

Today is Sunday, May 20, the 140th day of 1979 There are 225 days left in the year

Today's highlight in history

On this date in 1862, President Abraham Lincoln signed the Homestead Act, opening millions of acres of land to settlement in the American West.

On this date

In 1507, Christopher Columbus died in Spain.

In 1861, North Carolina voted to secede from the Union.

In 1902, the United States ended its occupation of Cuba

In 1972, Charles Lindberg began his solo flight across the Atlantic to Paris, taking off from New York's Roosevelt Field in his monoplane, The Spirit of St Louis.

In 1968, the U S. Supreme Court reaffirmed the right to a jury trial for anyone charged with a serious crime

Ten years ago The United Presbyterian Church urged the Nixon Administration to recognize the Cuban regime of Fidel Castro and lift the embargo on trade with Cuba

Five years ago U.S District Judge John Sirica rejected White House arguments and ordered President Richard Nixon to turn over Watergate tapes and other records subpoenaed by a special prosecutor

Today's birthdays: Actor James Stewart is 71. Hockey star Stan Mikita is 39. Manager Ken Boyer of the St Louis Cardinals is 48.

Thought for today: The secret of success is constancy of purpose — Benjamin Disraeli, British prime minister, 1804-1881



HEALTH

Lawrence E. Lamb, M.D.

Services are expensive

By Lawrence Lamb, M.D.

DEAR DR. LAMB — I read in your column about the new medicine Tagamet I have had an ulcer for 30 years and have chewed lots of Gelusil and drunk lots of Maalox I carried milk with me almost everywhere I went. I was willing to try anything one more time

I went to a local clinic and tried desperately to get a prescription for Tagamet and was told I would have to have a check up first I couldn't get the prescription without the examination so I submitted. I got the bill yesterday and waited a day to cool off before I wrote to you. You wouldn't believe it but the bill was $158 just for X rays I could have told them they wouldn't find an ulcer in my chest When everything was done I got the prescription for a total of $400 and three days time

I would recommend Tagamet for ulcer sufferers but try to get your prescription without the examination. The pills really do work but at 29 cents each and four a day, they are expensive

DEAR READER — I can understand why you would be annoyed People often feel that when they have had expensive examinations that don't reveal any significant disease that they have spent money unnecessarily

That really isn't true I know it's expensive but perhaps you should be thankful that nothing more serious was found.

Doctors can't just prescribe medicine on the basis of what their patients tell them their problem is In your case, for example, what if you had had an early cancer of the stomach which could have been cured and wasn't found because you didn't have any X rays done. In that case you could have lost your life because of the lack of concern by your physicians

The way this problem is usually solved is that you have a family doctor who manages your medical problems. In your case your family doctor should have known that you've had an ulcer because he would probably have treated you for years for it. It would have been unnecessary for him to have done a complete total reexamination to find out that you had a peptic ulcer and to give you a prescription

When patients go to new doctors who do not have the benefit of the previous studies, the only choice the new doctor has is to examine you adequately to find out exactly what your problem really is You cannot properly treat a patient without knowing what you are treating

It really is unfortunate that these services are as expensive as they are Unfortunately, those blamed X-ray machines cost money. So do hospitals and a lot of the other expensive equipment that modern technology has brought to bear on improving medical care.

So you will get something that doesn't cost much I am sending you The Health Letter number 1-5, Ulcers — Duodenal, Stomach. Others 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

CARRIER ROUTES OPEN OR COMING OPEN

Dunbar Route
Is Now Open

Rt. 16
2nd & 3rd Corso West from 15th Street to 19th Street

Route 29
9th St. Through 11th Street South, from 1st Corso to 7th Corso.

Rt. 17
1st Ave. East from 9th Street to 3rd Street

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