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VIEWPOINT

LOOKING AT BOTH SIDES

The other day an elected official told us how conservative his government agency is with tax funds, but how wasteful and unnecessary are such things as a coach for this and a coach for that, etc

We couldn't strike up much of a response The man had already made up his mind that he was doing a good job with his tax funds and the other fellow was wasting money

It seemed to us there ought to be a parallel thought to the subject

We like to think that our county and our communities are pretty good. They're operated by people we all know and trust. The experience of living within corruption and distrust is something that doesn't exist here

Perhaps the man's one-sided feeling was justified. At least he convinced us that he believes his own statements

NEWS IS OUR BUSINESS

We must keep in the center of our minds the simple truth -- that the founders of his greatest experiment in democracy didn't draft the First Amendment onto the Constitution to guarantee our freedom to print uncensored recipes — **Arthur Sulzberger, New York Times**

AS TIME GOES BY

Thieves strike

FORTY YEARS AGO
-1939-

Thieves were stealing produce from a four-acre truck garden ran by Mrs J G Griffin The cost of direct relief in Otoe county dropped to $2,556 for July, compared with $2,621 in June The U S engineers boat Bixby left Nebraska City having been here since last spring A 33-year-old man was being held in Lincoln on charges of possession of marijuana and shipment of the drug through the mails

TWENTY-FIVE YEARS AGO
—1954—

Jerome D Stamper replaced Irvin R Pitts as assistant football coach at Peru State College Robert Davis won first place at the Auto Drag Races at Scribner Kay Ann Phillips held the lead in the Centennial queen popularity contest-

Author Bess Streeter Aldrich died in Lincoln-

Adrian Newens was installed as commander of the Adam Schellinger American Legion post

TEN YEARS AGO
—1969—

The Silver Dollar Saddle Club held its annual horse show at the clubgrounds south of Talmage Four thousand chickens were killed or smothered when the driver of a semi-trailer truck missed a curve near Louisville Ted R Lyon has arrived in Nebraska City after completing four years of service with the U S Navy Operating engineers were ordered back to work at the Brownville nuclear plant

Safety Valve

Casey at bat "

EDITOR News Press I was 14 years old when at the request of the fellows around Paul I took over the management of the Paul baseball team

All of the players were 18 years old or older I started playing when I was 15 Back in those days we played our games in cow pastures and practically every community had a team

Talmage Lorton Dunbar Otoe Summit Union Nehawka Nebraska City Brewery rats Minersville, Peru Julian Rohrs and Muddy Creek

We only played on Sunday afternoons The bases were measured by counting steps and marked by sacks of straw or sand Of course cattle were moved away from the playing field while the game was being played

I remember one of our players first name Bill slid into what he though was second base but turned out to be a cow pile We never wore uniforms, just overalls and shirts and he was a mess There was a creek close to where we were playing so a substitute was allowed to play for Bill while he washed his clothes in the creek He came back and finished the game

One game I will always remember we played Lorton It was in the early 20's in the home-brew years Some of my players got to Lorton early and visited some of their friends before the game and I suppose drank some home-brew

Anyway I lost two catchers with split thumbs and one player knocked out by a pitched ball I had to ask for players from the spectators The diamond we played on was fairly level but there was a depression in right field and if the player was standing he could see home plate

I was playing right field and in the 7th inning I went to my position and there lay the right fielder of Lorton "Boots" sound asleep.

I don't remember what the score was and if we won or lost but played the game Yes, those were some of the good old days

BOB KREIFELS

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The Prayer For Today From The Upper Room

PRAYER All things come of Thee, O God. When our strength and wisdom accomplish something good, receive our thanks for the gifts of strength and wisdom. Take all pride from our thanksgiving. In Jesus' name Amen.



It's no euphoria food

New evidence on pot's side effects

By Richard Hawley
(Second of Three Parts)

NEW YORK (NEA) — There has since prehistory been a grail-like search for some substance, some practice some kind of understanding that will get us delightfully high without undesirable side effects

In the 1960s, the case was made, especially among the young, that pot was a superior substance nonaddictive, usually not too hallucinogenic, cheap, plentiful and without undesirable side effects

But pot is no euphoria food even though, like alcohol, it is still used as if it were

The best research on the physiological effects of marijuana shows unequivocally that it interferes with the metabolism of cells that are responsible for genetic replication, for sexual performance and the growth of sexual tissue, for long- and short-term memory, for thinking, for immunity and for regulating hormonal activity

Simply put, the subtle cell processes most responsible for the development of human personality are affected adversely — damaged — by marijuana

Getting high on marijuana occurs when its active chemical, THC, travels via the bloodstream to the brain and interferes sufficiently with various cell functions to produce an altered state of feeling

The functions most immediately affected are various systems of suppression, in which neural cells keep extraneous impulses and information at bay so that the brain can attend to the practical business of keeping the organism running

When suppression systems are working properly in reasonably mature human beings, we are able to unscrew the cap of a toothpaste tube, put paste on the brush and brush our teeth When suppression is interfered with, the tube, cap and bristles of the brush may become overpoweringly interesting and complex Their textures, tastes and smells register simultaneously, and we behold them with wonder and stupefaction

This latter response, common in infants up to 12 months old, is not at all a good sign in adolescents and adults. In fact, it is the neurological opposite of "mind expansion "

Critical amounts of hard-earned discrimination are lost Losing our suppression does not make the world more wonderful; it makes us more stupid

Two of the other suppression-interference aspects of the marijuana high are well known the satiety function of the hypothalamus is immobilized so that one is hungry even when one's stomach is full, and the suppressors that stop laughter after an appropriate interval are out of commission, so that with insufficient stimulation laughter goes on and on.

In other effects of the marijuana high, sequencing ability is impaired, as are memory, time sense and depth perception — all of which augurs poorly for highway safety. Heart rate increases, the whole body is mildly anesthetized, and psycho-motor skills are diminished

A marijuana high tends to dissipate within a few hours and to blend fairly smoothly into a "normal" state of mind Because people experience the drug this way, they tend naturally to consider the high to be the sum total of the drug's effect.

But this view is mistaken. The THC has by no means completed its assignment



and will not for a week. During that time, synthesis of the crucial genetic materials RNA and DNA is slowed, the system's hormonal instructions are altered, and immunity is lowered.

A number of medical authorities suggest that the acclaimed lack of hangover is actually a very gradually distributed hangover. Instead of experiencing the temporary nausea and splitting head, the weekend pot smoker may feel edgy and irritable at school or work by midweek Heavier users may feel deeply and chronically depressed

The neural reaction that distorts one's sense of time — an almost universal experience among those high on pot — continues in less obvious ways days after the drug is ingested

When RNA is not synthesized in the brain, experience fails to become memory In other words, learning does not occur

A tendency to insomnia and decreased dream activity are also characteristics of regular pot use

Experiments by scientists at Stanford University have correlated the ingestion of THC with an inability to sequence operations serially and to relate a step in a sequence to the goal of that sequence. These two mental processes are essential for school success from first grade on — and even more essential for living a comprehending life

Oddly enough, the processes that are affected by use of marijuana are many of the same ones measured by aptitude tests, whose scores have been going down for the past 11 years While it is obviously dangerous to claim that pot smoking is spoiling the nation's aptitude-test scores, poorer explanations have been offered.

(NEXT What to do)

PSYCHOLOGY TODAY

Untraditional happiness

By the Editors of Psychology Today

The blue-collar lady electrician and the pink-collar gentleman invoice clerk are likely to be happier at their work than either would be at the other's job. Not only that, but these untraditional workers are likely to be happier than their workmates in jobs that usually are considered "male" and "female "

The conclusion comes from a study of a large company that actively promotes "sex atypical" job assignments for people who want them. Yale psychologist Carold T Schreiber looked at 25 males and 25 females who took on non-traditional jobs in eight categories

These "New Type" workers, she found, contrasted strongly with the 50 "Same Type" workers she also studied They were less prone to call their work boring, and to say the parts of their job that pleased them most were fringe benefits and pay

Schreiber believes the greater satisfactions of the New Type workers came from choosing their work for the way it fit their natural predilections rather than letting society's norms choose for them

In addition, she says, many of the workers who crossed the gender barrier felt extra pressure to carry out their jobs well This pressure may have promoted commitment, a factor which other research has shown leads to work satisfaction.

The New Types did have to contend with initial mistrust among their workmates Traditional men felt New Type women might require special help. The women surrounding the New Type men frequently wondered why any man would choose such work, a telling sign of the low value they appear to give their own roles.

Both men and women working with the New Types, however, said that having pink-collar men and blue-collar women around made work more interesting.

The Answer Is: Scrubbing a floor, climbing several flights of stairs and having sexual intercourse

The Question Was Name three everyday activities that use up about the same amount of physical energy

This information may not do much for YOUR sex life, but it does reassure people who are leery about resuming sexual activity after a heart attack

The data is imparted during a cardiac rehabilitation program that has been going on since 1977 at the University of Texas Medical Branch in Galveston. Clinical psychologists Collier Cole, Ellen Levin, Jeffrey Whitley and cardiologist Stephen Young say sexual counseling is particularly important because patients feel less free about discussing sex than scrubbing floors or climbing stairs.

Cole and his colleagues talk with the patient and spouse together so that both have the same understanding. They point out that fear of another heart attack, on either partner's side, is likely to dampen sexual enthusiasm.

Their advice: Both parties should understand that the first few attempts are likely to be awkward, and they should not rush or worry.

RICHARD HAWLEY is dean of students and teacher of philosophy at University School in Chagrin Falls, Ohio He is completing a book on contemporary school issues



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Rodeo is coming

The rodeo—

The Sidney, Ia., rodeo opens this week with afternoon and evening shows for rodeo fans and musical entertainment by Bill Anderson.

The rodeo runs August 7-12 at the fairgrounds in Sidney. The annual event is sponsored by Legionnaires of the Sidney post.

Thanks to the Sidney rodeo board for inviting John Quinlan and myself to a dinner party last winter where we got to dine and talk with Mr Anderson. What followed was the full page feature in the News-Press on Anderson and his music group, the Po' Folks.

Nebraska City area residents will be particularly interested in the drummer. He's Mike Streeter, son of Mr and Mrs Ralph Streeter of Thurman

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Farm Families—

Several Otoe county 100 year farm families will be honored at the Otoe County Fair August 19-23 They are Dan and Leone Baltensperger, Mrs Tim Crook, Jr., Harold A James, Arthur H. Douglas, Palmyra, Alvin and Viola Hillman, Otoe, V V Jacobmeier, Wayne, Ervin Klingsick, Talmage and Charles and Esther P Miller, Lincoln.

Nemaha county will honor its farm families this week. They include Frank Clark Demarest, Talmage, Charles E Henning, Peru, Joy J Deuser, Lincoln, Blanche Markland, Mr and Mrs Frederick Markland, Ralph and Iona Norvell, Mr and Mrs Sterling Norvell, and Harold Oestmann, all of Auburn, Lloyd F Nichols and Allan Woerlen, Brock and Melvin and Luella Oestmann, Johnson.

They will be recognized individually at the county fairs and be presented with plaques from Ak-Sar-Ben. They will also be guests at a dinner party prior to the opening of the Ak-Sar-Ben rodeo in September

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The County Fair—

A change was made at the Otoe County Fair this year that will pep the activity on the opening day, Sunday, at Syracuse

The big and it's a biggie, style show that was held on Wednesday nights has been moved to Sunday at 7.30 p m , followed by the recognition of 100 year farm families and the 4-H purple ribbon song group

The purple ribbon livestock show will be held on Tuesday night as usual

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The new brand—

"What's the name of your spread?" Bob Herman asked cowboy Craig Beman

"The SKJ Lazy B Double Diamond Circle Q Bar D," Craig replied.

"How many head do you have?" Bob asked

"Only a handful," the cowboy answered "Not many survive the branding season."

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So long, Bill—

Good luck to Bill Perry, assistant manager at Gibson's in Nebraska City, on his new assignment as manager at the Lexington store.

Bill has been training for the manager's job under Stan Stava at the Nebraska City store. We've enjoyed working with Bill and wish him much success.

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Toastmasters—

Nebraska City Toastmasters missed their chance the other day when Eunice Edwards, Toastmistress of Temple City, Calif , was in Nebraska City to attend the Staack family reunion.

Dennis Kennell's speech, "reach out and touch someone" would have been especially appropriate for the visitor

Dennis won the best speaker award at the meeting.

P.S. We suggest the Toastmasters ask him to expound at the podium on his neighborhood remarks when he found "bugs" in his manicured lawn.

Tch. Tch.. ain't in Webster.

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So long Jan—

Jan Wiezorek, 24, public relations director at Peru State for the past school year, has accepted a similar position at Loyola University in Chicago.

Mr Wiezorek will leave Peru State at the end of this month. Prior to coming to Peru State he was in public relations for the Guild of Performing Arts in Minneapolis and moved to Omaha to head the department for Joslyn Art Museum.

He is a native of Dubuque, Ia , and a graduate of Iowa State. He will work in public relations for the theater department and teach a class in theater management at Loyola



HEALTH

Lawrence E. Lamb, M.D.

Swelling ankles

By Lawrence Lamb, M.D.

DEAR DR. LAMB — I am a 57-year-old woman in generally good health. About two months ago my ankles started swelling. I am now taking water pills which my doctor prescribed but my legs are still swelling. I've recently heard that swelling of the ankles can be caused by varicose veins and I do have the start of these. I've also heard it can be caused by heart or kidney trouble. I would appreciate any comments you have about this and if you think other tests should be performed to find the cause.

DEAR READER — You're on the right track. Swelling of the feet and ankles can be caused by many different things. It's simply an accumulation of fluid. As you've probably noticed, your feet and ankles are not swollen in the morning when you first get up and the swelling increases the longer you're upright. Put plainly, that's because water runs downhill from your heart. When you're lying in bed, your feet and ankles are not downhill. When you're either sitting up or standing up, they are.

I'm sending you The Health Letter number 11-6, Swelling: Causes and Management, to give you a more complete discussion of the problem and why swelling occurs. Other readers who want this issue can send 75 cents by check or coin 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.

Since you state you're in good health otherwise and you've been to see your doctor, I would think it's unlikely that you have any medical problem that's serious which can be causing your swelling. By serious I mean kidney disease, liver disease or heart disease.

Your doctor can pretty well tell if you're having heart problems that would cause swelling simply by examining you. When the left heart fails, fluid accumulates in the lungs which is analogous in some ways to collecting fluid in the ankles. The doctor can hear the moisture in the lungs each time you breathe and such a person will usually be short of breath.

When the right heart fails, the feet and ankles will swell but there are usually other changes in the heart and sometimes swelling of the liver that helps to tip off the doctors to what the basic problem is

Varicose veins can be the problem. So can a condition called lymphedema. We have another circulation that you hardly ever read about and it's the lymphatic system. This system contains the little lymph glands that get tender when you have an infection If you have a sore throat, the lymph glands in the neck may swell.

These little lymph nodes are all connected together with multiple channels just like very tiny blood vessels A clear fluid called lymph circulates through them, eventually being dumped into the rest of the bloodstream.

When these lymphatic channels in the legs are obstructed or injured in some way, a person may develop swelling of the feet and ankles even if there are no varicose veins present. The problem is treated a lot like varicose veins. That means using support stockings or elastic pressure bandages during the day when you're up. It means limiting your salt intake or taking a medicine to wash out salts as you are doing.

Today In History

By The Associated Press

Today is Sunday, Aug. 5, the 217th day of 1979. There are 148 days left in the year

Today's highlight in history

On this date in 1963, the United States, Britain and the Soviet Union signed a treaty outlawing nuclear tests in the atmosphere, in space and under water

On this date

In 1858, the first trans-Atlantic cable was completed.

In 1861, the U.S. government levied an income tax for the first time

In 1962, movie star Marilyn Monroe was found dead in her Los Angeles home

Ten years ago Three American servicemen held prisoner in North Vietnam were flown to Laos after their release

Today's birthdays The first man to set foot on the moon, Neil Armstrong, is 49 years old. Movie director and actor John Huston is 73. Pitcher Dave Rozema of the Detroit Tigers is 23.

Thought for today: If all our misfortunes were lumped together, with everyone forced to take an equal share, people would be glad to take back their own — Socrates, Greek philosopher, about 470 to 399 BC.

Berry's World



"THIS IS THE AYATOLLAH SPEAKING. HOW ABOUT TURNING DOWN THE STEREO?"