Nebraska City News-Press

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VIEWPOINT

Briefly noted . . .

That business about clouds and linings may have some application even to clouds of pollution.

A source of environmental concern of late has been the crop-damaging effects of acid rain, which returns to earth chemical particles spewed out by industrial operations and absorbed by the atmospheric moisture.

Now comes a report from the Department of Energy's Argonne National Laboratory suggesting that acid rainfall in moderation may be not only tolerable but beneficial to one important cash crop.

During two years of experiments at the laboratory, plots of soybeans treated with simulated acid rain of the strength of household vinegar not only survived but registered improved yields.

The finding, although still tentative and subject to continuing research, is regarded as of special significance to the shaping of a national energy program Coal, seen as the primary replacement for imported oil, is also a primary source of the sulfur dioxide emissions that contribute to acid rain.

It's some consolation to know that the earth below will still be fruitful if, as the price of energy independence, we must smoke up our spacious skies.

But somehow the prospect of coast-to-coast soybeans doesn't quite raise the spirits as did those old-time amber waves of grain

Today In History

By The Associated Press

Today is Sunday, Aug. 19, the 231st day of 1979 There are 134 days left in the year

Today's highlight in history·

On this date in 1955, the worst flood in the history of the northeastern United States took 200 lives in Connecticut and nine other states

On this date

In 1692, five women and a clergyman were executed in Salem, Mass , after being accused of witchcraft.

In 1812, the USS Constitution — known as "Old Ironsides" — defeated a British frigate in a battle in the North Atlantic

In 1934, the Germans voted for Adolf Hitler as the successor to President Paul von Hindenberg.

In 1942, in World War II, Canadian forces suffered heavy losses in a raid on Nazi forces stationed in Dieppe, France

In 1960, a three-man court in Moscow convicted American U-2 pilot Francis Gary Powers of espionage and sentenced him to ten years in prison

In 1973, George Papadopoulos took the oath as President of Greece and lifted martial law

Five years ago U S Ambassador Roger Davies was shot and killed in the American Embassy in Nicosia, Cyprus, during anti-American demonstrations by Greek Cypriots

One year ago A Federal judge in Chicago set $1 million cash bond for former CIA employee William Kampiles, who was charged with delivering top secret defense material to the Soviet Union

Today's birthdays Jockey Willie Shoemaker is 48 years old. The Secretary-General of the World Council of Churches, Philip Potter, is 58 Publisher Malcolm Forbes is 60.

Thought for today Rome wasn't built in a day, probably because it was a government job - anonymous

AS TIME GOES BY

Hogs are sold

FORTY YEARS AGO
— 1939 —

One hundred head of hogs and 77 head of cattle were sold at the Nebraska City Sales Pavillon . Copies of John Steinbeck's "The Grapes of Wrath" were removed from the shelves of Kansas City, Mo., public libraries . Spencer Tracy starred in "Stanley and Livingstone" at the Overland. Preparations were being made for the annual Otoe county free fair at Syracuse.

TWENTY-FIVE YEARS AGO
—1954—

Legion Juniors Joe Peck and Troy Lyon planned to go to the St. Louis Cardinals' try-out camp in Omaha-

Barbara Ann Bridgewater of Brownville became a WAC County Attorney Otto Wellensiek was on the convention committee of the National Air Force Committee Gen George Kenney spoke at the opening of the convention in Omaha

TEN YEARS AGO
— 1969 —

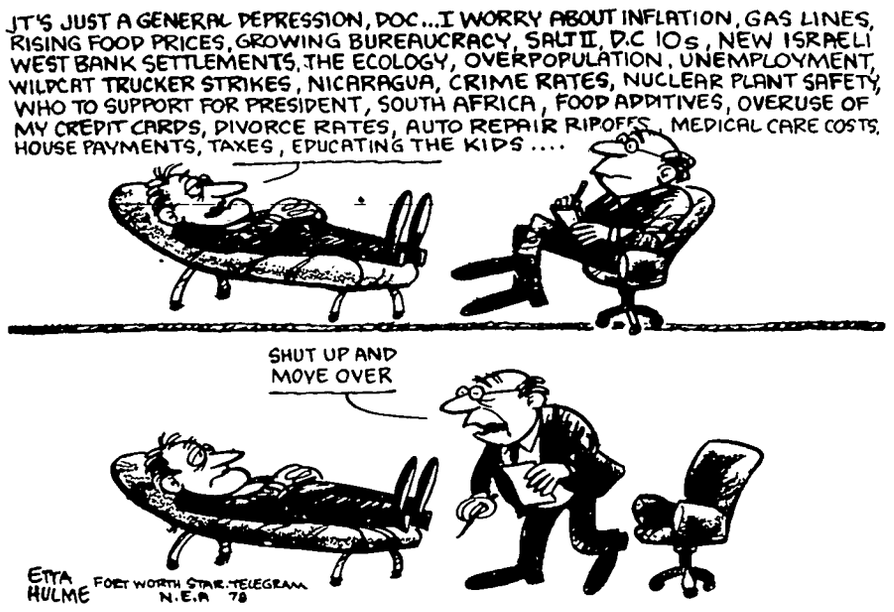
Hot dry weather caused a decline in all crops the past week the State-Federal Division of Agricultural Statistics said. Nebraska City Utilities crews installed a traffic light at the intersection of No. 2 and No 50 at the northeast corner of Syracuse at the direction of the department of highways

The legislature gave final approval to a bill creating a division of Corrections in the State Institutions Department and establishing a separate State Parole Board

Berry's World



"Give it to me straight. How long will it be before our relationship will be brought to a 'cold shutdown'?"



COURTHOUSE NEWS

District court

State vs Rodney Lee Huffman, grand larceny, $30[illegible]us costs and 18 months probation. Charge stemmed from the November 17, 1978, theft of property belonging to Richard Aufenkamp

State vs Kevin M Thomas, auto theft, 18 months probation Charge stemmed from the October 11, 1978, theft of a van belonging to Scott or Cindy Bassinger

State vs Geoffrey Gilbert, burglary The defendant pleaded guilty to the November 11, 1978, theft of property belonging to Commonwealth Electric A pre-sentence investigation was ordered

State vs David Pearson II, burglary Defendant pleaded guilty to the August 25, 1978, break-in at the Syracuse Vet's Club A pre-sentence investigation was ordered

New cars titled and licensed

Professional Leasing, two Chevrolets, two Chevrolet pickups and Cadillac, Joann M Rumery, Chevrolet Frank or Mary Reavis Chevrolet, Donald Peterson, Chevrolet, Whitehead-Rhoden) Sheldon Sharp, Yamaha motorcycle, Johnny's Cycle Mark Beccard, Pontiac Mike Koory Motors, Mark or Wendy Bauer, Burr Chevrolet, Roland or Constance Rodaway Unadilla Chevrolet Strong, Syracuse Ralph E Smith, Cook, Chaparral stock trailer, Robert Kelley, Auburn.

Howard or Mary Jane Engelbrecht, Syracuse, Ford pickup; Keith Kimbell, Unadilla, Ford, Kenneth or Mildred Werner, Syracuse, Ford, William or Ina Mehlhop, Syracuse, Ford pickup, Thoms Enterprises, Nehawka, Ford chassis cab, Janssen-Kastens, Syracuse, Delphus Busacker, Talmage, Ford, Obermeyer, Auburn, Emmet Wessel, Palmyra, Chevrolet, Misle, Lincoln, Virgil or Roberta Sugden, Douglas, Wilderness, Family Camping, Springfield

Martha Drake, Palmyra, Chevrolet, DuTeau, Lincoln, Duane or Margaret Johns, Syracuse, Countryside Homes, Lincoln, Frona Garreans, Chevrolet, Hughes, Council Bluffs, Iowa, Jerry or Tammy Moeller, Dunbar, DellaVista mobile home, Downtown Trailer, Bellevue, Melvin Peterson, Palmyra, Ford pickup Lee, Ashland, Electro-Gas, Inc , Chevrolet, Levien, Fort Dodge Iowa

National Assembly

The first National Assembly, representing both parts of Vietnam, met on June 24, 1976 The country was officially reunited on July 2, 1976 The former North Vietnamese flag, capital, anthem, emblem and currency were applied to the new state Nearly all major government posts went to officials of the former Northern government

ASTRO-GRAPH

Bernice Bede Osol

Your Birthday

August 20, 1979

Your leadership qualities will become more pronounced this coming year and you may find yourself in the forefront of an important cause or enterprise You won t have any problems handling the reigns

LEO (July 23-Aug 22) Your words carry considerable weight today especially among your admirers Should you find an opportunity to compliment one who is fond of you by all means do so Find out more about yo[illegible] by sending for your copy of Astro Graph Letter which begins at your birth date Mail $1 for each to Astro-Graph P O Box 489 Radio City Station N Y 10019 Be sure to specify birth date

VIRGO (Aug 23-Sept 22) Hunches flashes of insight or intuitive perceptions that you get today should not be ignored This is particularly true if they re of a positive nature

LIBRA (Sept 23-Oct 23) This is a good day to lay foundations for a new project or enterprise Seeds planted now will produce a bount[illegible]

SCORPIO (Oct [illegible] Nov 22) The more competi[illegible] the situation is today th[illegible] efficiently you are likely to function Your best thoughts come when under pressure

SAGITTARIUS (Nov 23-Dec 21) Learning experiences will come from the contacts you have with others today Mundane happenings serve as the textbook

CAPRICORN (Dec 22-Jan 19) You re far better at sorting out the affairs of others today than you are at handling things for yourself. Use your talents where they ll do the most good

AQUARIUS (Jan 20-Feb 19) You're not likely to make poor decisions today because you are able to size up all the angles Weigh your alternatives judiciously

PISCES (Feb March 20) People are willing to do things for you today because they recognize that you would be willing to do the same for them if the roles were reversed

ARIES (March 21-April 19) Because you know how to appreciate life for what it has to offer, it will make your burden much lighter as well as lift the spirits of those around you today

TAURUS (April 20-May 20) You have the tenacity to get what you go after today and you do it in an appealing manner In fact, they'll even be supportive

GEMINI (May 21-June 20) Mental tasks, more so than the physical, are your cup of tea today You re especially adept at things which beg for a touch of creativity

CANCER (June 21-July 22) Put your imagination to work today If you size up situations now available, you may think of a good way to add to your resources

[illegible]

LEGAL NOTICE OF SHERIFF'S SALE

You are hereby notified that I will on the 22nd day of August, 1979 at the hour of 10 00 a m , 420 4th Corso, in Nebraska City Nebraska offer for sale and sell to the highest bidder for cash the following described personal property

MOTORCYCLES

1975 Harley Davidson VIN No 5D54947 H 5
1976 Harley Davidson VIN No 9E[illegible]179 H 6 1975 Harley Davidson VIN No 5D55060-H 5 1976 Harley Davidson VIN No 6F11993 H-6
Unknown Suzuki VIN No T350 12198
Unknown Indian VIN No 1003-214719
Unknown Suzuki, VIN No RV125-27172
Unknown Honda, VIN No CR125-M1013249.
1974 Suzuki, VIN No. TM400-41382.
1974 Suzuki VIN No TM400-41298
1972 Suzuki VIN No MT50 40161
1972 Honda VIN No CL350-4023482.
1975 Harley-Davidson, VIN No. 6D3152-H5
and miscellaneous Motor Cycle parts, accessories, oil, office equipment, wearing apparel.

Dated this 7th day of August, 1979
RUSSELL C. SEALS, JR.
Otoe County Sheriff
4978—August 8, 9, 12, 15, and 19, 1979.

from Consumer Reports

Push is on for rate reform

By the Editors of Consumer Reports

Before the 1970s when fuel was cheaper and inflation more moderate than they have been lately, power companies found it profitable and efficient to charge you progressively lower rates as you used more electricity

In the past decade, however, the costs of fuel and generating plant construction have skyrocketed In most cases, the increased expenses have been passed along to you

Consumer Reports notes that the average homeowner's monthly electric bill more than doubled between 1969 and 1976.

Many consumers reacted by effecting their own economies — turning off lights when leaving a room and the like Yet despite the individual conservation measures, electric bills continued to rise relentlessly

With all that in mind, power companies, state utility commissions and, more recently, the federal government have been experimenting with utility rate reform

In no way does "rate reform" mean price cuts. Instead, the idea is to structure utility prices to encourage you to use electricity sparingly and when demand is lowest. In that way, existing generators would be used more efficiently and the need for new ones would be reduced.

Utilities and state regulators have been testing several types of rate restructuring, with the federal government becoming more involved recently through the National Energy Act. Enacted last fall, the legislation requires all states to consider a list of reforms, including "time-of-use" rates

With such rates, you pay more for electricity on weekdays and less during "off-peak" periods — evenings and weekends.

To benefit, you would likely have to change your lifestyle and adjust to some inconvenience. Or you could avoid rescheduling and pay higher rates for the power you draw at peak periods.

When Boston Edison Co. tested time-of-use rates for one year, some participating families had trouble rearranging their schedules for cooking, laundry and bathing, among other things

There's another problem with time-of-use rates The meters needed to record hourly usage are more expensive than their conventional counterparts

In a survey, the St Petersburg-based Florida Power Corp learned that three-quarters of the participants in a time-of-use test wouldn't continue in the program if they had to bear the cost of new meters

Some proposed reforms attempt to conserve energy while at the same time trying to protect people and the politics has given rise to so-called 'lifeline rates" in about half the states

"Lifeline" rate structures would provide the poor and elderly with a minimum amount of electricity at a low price — perhaps less than cost

The concept faces strong opposition from business and industry, which would probably have to pay higher rates to compensate for discounts.

* * *

In 10 states, the traditional rate pyramid has been reversed — consumers pay lower rates for using less power.

But the Miami-based Florida Power and Light — ordered in 1977 to use inverted rates — says the system hasn't worked well. The utility says that two extremely cold winters and a warm summer brought on increased use of heating and air conditioning despite the higher rates.

Utilities in at least 17 states have been experimenting with "flat rates." The same price per kilowatt hour is charged no matter how much electricity you use. That eliminates any advantage to using more electricity.

(c) 1979 Consumers Union
NEWSPAPER ENTERPRISE ASSN



Ivan D.E. Beaumont

Ivan D.E. Beaumont — **THE BUCK ENDS HERE**

Easy riding time

Easy riding—

We dusted off the BMW a couple of Sundays ago and went to the Czech Festival at Wilber It had to be the hottest Sunday this summer, but motorcycle riding couldn't have been more comfortable

We made side stops at a nursing home to visit someone special, then at the ice cream shop in Crete and motored home through Lincoln

Next just might be the Worlds of Fun at Kansas City

I mentioned it to Marv and Jane Zimmerman

"Oh, I dunno if we're going to take a trip," Marv said

"Oh, yessiree we are and I want to go to the Worlds of Fun," Jane answered.

"I don't want to get you all stirred up because the Queen Bee might not want to go-

she's canning pickles, crab apples and what-all," I said

"I'll talk to her," Jane answered

Just in case you missed the story on the Zimmermans, they pull a two-wheeled camper behind their motorcycle

The last time I took Millie camping was when we met the Bob Tolers at Lake McConaughy near Ogallala a number of years ago I took along a tent and Bob had his pickup-camper

At bed-down time, Bob and I discovered that the tent was to be our shelter The kids got a kick out of it but if there was any kick to it, I think I got it in the back

+ + +

Miss Nebraska—

Rose-Ellen Lorber, a new staffer in the news department at the News-Press, had a chance to meet, and photograph Miss Nebraska, Kathy Saathoff

Kathy was in Nebraska City for a rehearsal and appearance at a fashion show It was an opportunity for us to get a fresh story and pictures on her

Rose-Ellen's pictures and story will appear today in a page layout

Rose-Ellen is a native of New Jersey and a journalism graduate of the University of Colorado at Boulder She worked at the World Herald before joining the News-Press

+ + +

The visitors—

My mother is here visiting for a few days She is 72 years young and accompanied my brother on the drive from Los Angeles to Nebraska City

They took some side trips- you know how mothers are several days and almost a thousand extra miles.

Hi, mom

+ + +

Clyde Hatten—

Few people have held the popularity like Clyde Hatten His death last Sunday morning was a shock to the community

Clyde was supposed to have left his home to donate another day to his town as a volunteer fireman He suffered the fatal heart attack and never made it out of his garage

There was always the friendly wave as we passed his business on the way to work (he was an especially early riser) and many mornings we stopped to visit

He had an opinion on most subjects and they often cranked up into some interesting discussions, but we never saw anyone leave his office angry

Our sympathy goes to Neva and family Clyde is missed also by his friends

+ + +

The romance—

The National Enquirer carried a couple pictures and story about Prince Albert of Monaco and a new romance with Cathy Crosby, an American actress

Virg Pitstick had a copy of the news article in his pocket Miss Crosby is his niece

+ + +

Welcome, OPPD—

The Chamber of Commerce board of directors is doing its part to roll out the red carpet next month for the opening and dedication of the $352 million Omaha Public Power district plant south of town.

OPPD will have a three-day event September 7-8-9 with many visiting dignitaries, a special day for OPPD employes and families and then the open house for the general public on Sunday, September 9

It promises to be a big three days And they could be bigger

OPPD Director Robert Corn has invited President Carter No one knows if he is coming, but if he does that will add to the busy time now planned

+ + +

Election night—

Thanks to Don Haith, area manager of Lincoln T&T and his crew for the special attention to our phone service on election night

John Quinlan and Mrs Dorene Duffey answered several hundred telephone calls on the school budget lid election as a service to News-Press readers The job couldn't have been done without the help of the LT&T boys With so many calls coming in so fast the lines get jammed and someone at LT&T stays on duty to keep the lines open

Suit settled

ST LOUIS (AP) — The Pulitzer Publishing Co and former Missouri Gov Warren E Hearnes have reached an out-of-court settlement in Hearnes' $3 75 million libel suit against the St Louis Post Dispatch and reporter Ronald J [illegible]ence

Michael P Casey attorney for the Post Dispatch, filed a stipulation of dismissal Friday in St Louis



HEALTH

Lawrence E. Lamb, M.D.

Improve calorie balance

By Lawrence Lamb, M D

DEAR DR LAMB - Everyone wants to lose weight but my problem is the opposite I'm 25 years old and when I graduated from college in 1975 I weighed about 170 I'm 6 feet 6 inches tall

Since then I have worked as a reporter on several newspapers and now work for a major wire service My weight has dropped to 150 and seems to be dropping still

I had a two-hour physical a few weeks ago and was found to be completely healthy My thyroid and metabolism are normal I eat a moderate amount of food and am on the go a lot Who can I see and what can I do to gain weight? And is it dangerous to be 6 feet 6 and only weigh 150 pounds?

DEAR READER — There are marked genetic differences that determine how much a person should weigh One ethnic group in the hot climate of Africa is particularly well-known for being extremely tall and thin Some scientists think that is an adaptation so that the body can readily lose heat

The factors that control weight gain are essentially the same that control weight loss You can t change the laws of energy just to satisfy different groups

Body fat represents stored energy If you use more energy than you consume and absorb into the body, you will not be able to store body fat Not only will you use up all the body fat stores, but after they're gone you'll start using the muscles if you still need energy to support vital functions That's exactly what happened to people in starvation conditions such as concentration camps

The first requirement is to eat a large number of calories. Let's assume that you don't have a medical condition that interferes with the absorption of these calories or that causes you to lose absorbed calories from your body About the only way the latter occurs is in diabetics who lose a lot of sugar calories in the urine Your normal medical examination should rule that out

Although calorie balance affects fat stores that s only one factor in body weight The other is muscle size Muscles develop and grow in direct proportion to the amount of work they're required to do The work in this instance is increased resistance as in weight lifting as opposed to constant repetition of exercises that don't require a lot of strength

Send me your address and I ll send you The Health Letter number 5-4, Weight Training for Energy and Weight Control It will give you some basic information on how exercise can help increase the size of your muscles Other readers who want this issue can send 75 cents in 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

Don't expect to grow muscles unless you have a positive energy balance meaning absorbing more calories into your body than you use That s just as important as having sufficient protein If you don't consume enough calories, the protein in your diet will be used for immediate energy rather than for building

Beyond ruling out any contributing medical problem such as an overactive thyroid or loss of calories through diabetes, about the only two things you can do are to improve your calorie balance as I ve discussed or to increase the size of your muscles through appropriate exercise

(NEWSPAPER ENTERPRISE ASSN)

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The Prayer For Today From The Upper Room

"What no one ever saw or heard, what no one ever thought could happen, is the very thing God prepared for those who love him " (1 Corinthians 2:9 TEV)

PRAYER: Open our eyes today, Lord, to the beauty, the glory, and the wonder of life. Break into our consciousness with the miracle of today. Amen.